

The Valley Weekly

*"Just because a man lacks the use of his eyes
doesn't mean he lacks vision." - Stevie Wonder*

FREE

Volume 2, No. 35

www.valleyweeklyllc.com

Friday, May 13, 2016

Mental Health a Key Focus in May

May is Mental Health Month: Life With a Mental Illness

When mental illnesses or disorders are talked about, the language typically used to describe them tends to be clinical and impersonal. These words, while useful for doctors or clinicians, often don't do justice to what life with a mental illness feels like.

That is why this year's theme for May is Mental Health Month—Life With a Mental Illness—is a call to action to share what life with a mental illness feels like to someone going through it.

May as Mental Health Month

was started 67 years ago by Mental Health America (MHA), to raise awareness about mental health conditions and the importance of good mental health for everyone.

This year, Mental Health America is encouraging individuals to give voice to what it really means to live at stages 1, 2, 3, and 4 of mental illness. Life with a Mental Illness is meant to help remove the shame and stigma of speaking out, so that more people can be comfortable coming out of the shadows and seeking the help they need.

"Mental illnesses are common and treatable, and help is avail-

able. We need to speak up early—before Stage 4—and in real, relatable terms so that people do not feel isolated and alone," said Paul Gionfriddo, president and CEO, Mental Health America. "Sharing is the key to breaking down the stigma surrounding mental illnesses and to showing others that they are not alone in their feelings and their symptoms." This Mental Health Month, we are encouraging people to speak up about how it feels to live with a mental illness.

For more information on May is Mental Health Month, visit MHA's website at www.mentalhealthamerica.net/may.

'Magic' to Receive OUC Award

Oakwood University Church (OUC) will present its 2016 Humanitarian Award to legendary NBA Hall of Famer Earvin "Magic" Johnson.

The basketball icon will be presented the distinguished award on Saturday, May 14, at 11 a.m. at Oakwood University Church.

OUC is located in 5500 Adventist Boulevard, NW, in Huntsville, Ala.

For more information, call (256) 837-1255, or visit www.ucsa.org.



2016 City Lights and Stars to Begin

Burritt on the Mountain will begin the City Lights and Stars Outdoor Concert series on Friday, May 13, featuring Mambo Gris Gris.

Mambo Gris Gris' members include Mark Torstenson, vocals, guitars; Mike Dendy, vocals, drums; Steve Motz, saxophone; Newt Johnson, accordion; piano, Jim Cavender; bass, Jose Joaquin Matienzo; vocals, percussions.

The concerts will run through August 12, featuring great music. Gates open at 6:30 p.m., and the music begins at 7:30 p.m.



So, dress casually, pack your picnic basket, grab a blanket and lawn chair, dance, enjoy the music, and get the best view of Huntsville.

Contact Burritt on the Mountain at (256) 536-2882 for ticket information; or visit them online at www.burrittonthemountain.com.

Business Owners Will Get Toolbox for Success

Business ownership is much more than a notion, so two entities that exist to assist businesses have teamed to provide business owners with a special "business toolbox."

The Alabama A&M University Center for Entrepreneurship, Innovation and Economic Development (CEIED) and First Commercial Bank of Huntsville will host "Build Your Business Toolbox" on Tuesday, May 17, in the bank's fourth floor conference room at 303 Washington Street, downtown Huntsville, 9:30-11:30 a.m.

This free workshop will provide business owners the knowledge and financial tools needed

to plan future growth and to make business-healthy, informed decisions. While having a trusted financial bank advisor should be plan one for business owners, the correct information and tools can make or break a business, organizers say.

Are you a business owner in need of a little help? Do you have a qualified trusted advisor walking you through business decisions? This free breakfast workshop could be the missing key. To register, contact Dr. Teresa Merriweather Orok, CEIED, at (256) 372-5603; fax (256) 372-5683; or e-mail Teresa.Orok@aamu.edu or StuartWhitaker@fcb-hsv.com.

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Starbucks (Governors Drive, N. Parkway at

Maxtin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

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Your Washington Recap

Hello, everyone. Here are the top issues in DC this week:

1. The House and Senate are in session this week. The House will take up a large number of anti-opioid abuse bills on the floor, including legislation to create a new \$515 million grant program for local governments to fight opioid abuse (a similar bill passed the Senate on March 10). The Senate will continue work on the Fiscal Year 2017 Energy and Water Development Appropriations bill with a vote scheduled at 5:30 p.m. today to cut off the filibuster, which would require 60 votes. There will be a pause in the Senate's action on Tuesday morning to allow Senators to attend an 11:00 a.m. funeral service for former Senator Robert Bennett (R-UT) in Virginia, with whom I worked with from 1999 to 2010. The Senate may also turn to a supplemental appropriations bill to provide \$1.1 billion to fight the Zika virus.

2. Student Loan Refinancing: Rep. John Garamendi (D-CA) will officially introduce legislation, the Student Loan Refinancing and Recalculating Act (SLRRA) of 2016, this week to allow students to refinance federal student loans - a proposal that builds on efforts from both Senators Elizabeth Warren (D-MA) and Kelly Ayotte (R-NH).

3. On Friday (May 13), President Obama will host the leaders of Denmark, Finland, Iceland, Norway, and Sweden at the White House for a U.S.-Nordic Leaders Summit and State Dinner. Issues on the agenda include countering terrorism and violent extremism, protecting the environment, and addressing the migration and refugee crisis.

4. On Wednesday (May 11) at 2:30 p.m. EDT, Transportation Secretary Anthony Foxx will host a virtual Town Hall conference call to discuss the future of

transportation and his vision for transforming communities in the 21st Century. On May 4, DOT announced a new Ladders of Opportunity Every Place Counts Design Challenge (go here for more information: <https://cms.dot.gov/opportunity/challenge/notice>). Participants will have the opportunity to ask questions to the Secretary and engage via twitter and live webcast chat box about the future of the nation's transportation system. To RSVP for the call, visit MailFilterGateway has detected a possible fraud attempt from "links.govdelivery.com" claiming to be <http://svy.mk/1T00wMF>.

5. It has been reported that House Speaker Paul Ryan (R-WI) will release a 5-point national GOP agenda in late spring/early summer, for which House Republicans have been soliciting policy ideas from constituents at

town hall gatherings and other meetings in their districts. It will address national security, jobs and economic growth, ObamaCare, poverty and the president's use of executive authority. It does appear that immigration reform will be on the list.

6. 2016 Presidential Watch. On Thursday (May 12), Donald Trump will visit Capitol Hill to meet with Speaker Paul Ryan and Republican National Committee Chairman Reince Priebus. Speaker Ryan announced last week that he was not yet ready to endorse Donald Trump as the presumptive GOP presidential nominee.

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The Valley Weekly

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Alabama A&M University

Key Founder's Day and Commencement Events

May 6, 2016



Rev. Michael Jones keynotes Community Breakfast



Dr. Rosalind Brewer, CEO, Sam's Club



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Gravesite Ceremony: Laying of the Wreath



Dr. Lydia Davenport



Ted Stewart



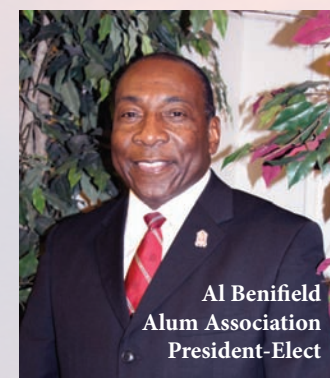
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Golden Class of 1966



Golden Class of 1966



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Alum Association
President-Elect



AAMU Choir



Gift from Normalite Walkway Project



AAMU Choir



General Dennis Via receives honorary degree.

Champion Game Plan for Life

by Preston Brown

You know, we all have problems in our lives, but some of us realize more victories than others.

Why is that ?
In Proverbs 6:6-8 it talks about having the work ethic of an ant. It says that the ant gathers what it need

for the Harvest and nobody has to make it do it.

And, when we can do what is right because it's the right thing to do and no one has to tell us to do it, we can be assured of victory in every part of our lives.

We won't be jealous and envious of other people and their blessings because we will have plenty of our own ...

Stay encouraged, my brothers and sisters.



Good Samaritan Hospice Receives Award



Good Samaritan Hospice was among several companies honored during the recent Chamber of Commerce of Huntsville/Madison County's Best Places to Work awards luncheon.

The Chamber and sponsor First Commercial Bank presented the annual event at the Jackson Center in Cummings Research Park. Best Places to Work recognizes "the best of the best" Chamber-member

businesses in the Tennessee Valley.

Janet Melton RN, co-owner of Good Samaritan Hospice had these comments: "We are honored to be chosen as one of the "Best Places to Work" in the Huntsville/Madison County area. This award, which we also won in 2011, was earned based on surveys completed by the employees of Good Samaritan Hospice. We know that the key to truly outstand-

ing service to the patients and families we serve is to first and foremost have happy employees. This also reflects our recent patient/caregiver survey in which we received a 100% satisfaction rate given to us by the families we serve."

Kevin Heard, co-owner, added, "We are blessed to have a great group of folks who work with us every day to provide outstanding hospice care all across North Alabama."



Valley Deaths

Funeral service for **Ms. Veronica A. Taylor** was held at 12 Noon on Saturday, May 7, 2016 at Lewis Chapel The Good Shepherd Cumberland Presbyterian Church – 5001 Pulaski Pike N.W. , Huntsville, AL 35810 with Pastor Versey Jones officiating. Interment: Huntsville Memory Gardens.

Funeral service for **Mr. Alonzo "Moby" Cross** was held at 1 p.m. on Saturday, May 7, 2016 at Indian Creek Primitive Baptist Association Tabernacle with Reverend Adolphus Elliott officiating. Interment was in Clay Cemetery.

Funeral service for **Mr. Nickolas Dean** was held on Saturday, May 7, 2016, at Nelms Memorial Funeral Home Chapel with Elder Vernon Hereford, officiating. Interment was in Pine Grove – Deposit Cemetery.

Funeral service for **Ms. Gloria A. Hereford** were held at 12 Noon on Wednesday, May 4, 2016, at Bethany Primitive Baptist Church with Reverend Lester Baker, officiating. Interment was held at Pine Grove Cemetery.

Funeral service **Mrs. Myong Parks** (better known as Wanda) were held at 12 Noon on Thursday, May 5, 2016, at Taylor's Chapel Primitive Baptist Church (3100 Stringfield Road NW – Huntsville, AL with Elder James Lane, officiating. Interment was in Meadowlawn Garden of Peace.

Funeral service for **Mr. Jerry Collier** was held at 1 p.m. on Friday, May 6, 2016 at Liberty Primitive Baptist Church with Elder Johnny Jones, officiating. Interment was held at Liberty Cemetery.

Funeral arrangements for **Mr. James Haygood** are incomplete and will be announced later.

Funeral arrangements for **Ms. Glenda Thompson** are incomplete and will be announced later.

- Brenda Friend
Nelms Memorial Funeral Home

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Squeeze Life's Lemons

I am one of the millions of fans that purchased tickets to Beyoncé's "The Formation World Tour," and I witnessed the greatness this past weekend when she made her stop in Atlanta, Georgia.

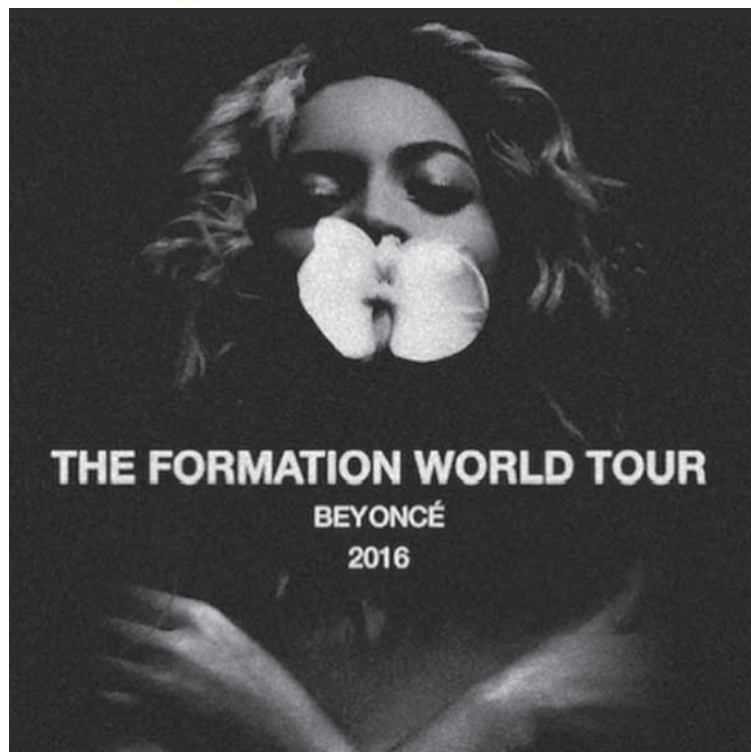
After dropping a surprise music video, performing at the Super Bowl, launching an active wear clothing line, releasing a "visual album" on HBO, and touring the world, Beyoncé Knowles-Carter continues to build her portfolio as an entertainment business mogul. She opened up her concert stating she has "been doing what she loves for almost 20 years," and thanked her fans for their continuous support.

For someone who seemingly has all the success, money, and power in the world, she continues to put in work and even increases the workload by releasing multiple projects at once. There was once a social media post circulating saying, "You have just as many hours in the day as Beyoncé," and I couldn't agree more with this post. Nobody is given extra time in the day, but what one does with their time of day is the difference.

If Beyoncé, Oprah, Barack Obama, and other busy individuals can juggle all that they do, we shouldn't find any excuse as to why we aren't working on being our very best.

As Beyoncé found time to release all of these various projects, she also seemed to have a personal struggle going on which she revealed in her album, "Lemonade." She touched on personal problems within her marriage, which inspired the album title from a statement her grandmother made, "I was served lemons, but I made lemonade."

Many of us have probably heard this saying from our parents or grandparents, whenever



things got tough. It reminds us that no matter who we are or what we have accomplished, no one is exempt from problems. It's something we all at some point will encounter, especially entrepreneurs; however it comes down to how we work through the problems that matter.

I am always upfront when I state that going after your dreams or starting a business comes with difficulties, hurdles, and hardship, however, I also make it known that it is nothing that you can't overcome, although it may not be easy.

Yes, you too can make lemonade if you're ever thrown a lemon or two, or ten, when you go for your goals. There are plenty of lemons that make people bitter or scared to do business such as: time, risk, fear of rejection, backlash, bad past experiences, or finances.

However, you must find it within yourself to squeeze the lemon into sugar and water, turning bitter situations into something sweet.

by Amoi Savage

Photo cred:

www.beyonce.com



"There is never time in the future in which we will work out our salvation. The challenge is in the moment; the time is always now."
- James Baldwin

Save The Date

Annual Car Show

All Cars & Trucks Welcomed!!

June 11, 2016
St. Rebecca Church
330 Grimwood Road - Hazel Green, AL 35750

\$20 Registration Fee 9:00 a.m. - 2:00 p.m.

- Admission is free to the public
- Registration is open to Cars and Trucks (Classic, Customs or Current Vehicles) from 9 a.m. until 11:00 a.m. day of the show.
- \$30 Late Registration fee after 11:00 a.m.
- Top 20 Judging by Car Entry Owners
- Pastor's Choice, First Lady's Choice, Best Work In Progress, People's Choice, Best Car Club Participation
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 - All of our guest voting in this category will be asked to give a \$1 donation per vote.
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- \$50 Give-away every hour.
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 - 301 piece Professional Mechanic's Tool Set & Mini Air Compressor
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Retired Judge to Join Local Law Firm

The Law Firm of Conchin, Cloud & Cole, L.L.C. is pleased to announce that The Honorable Martha Lynn Sherrod, District Court Judge, retired from the 23rd Judicial Circuit, has joined the firm *Of Counsel*. Judge Sherrod will concentrate her practice efforts on mediation of civil and domestic disputes, and in providing sound legal advice.

The Firm will continue to represent injured people and businesses in cases involving insurance disputes, automobile accidents, 18-wheeler accidents, defective products, explosions, industrial disasters, wrongful death, on-the-job injuries and construction accidents.

Judge Sherrod has served this community as a practicing attorney, Assistant District At-

torney, and Presiding Municipal Court Judge before her appointment to the District Court in 1999. She developed the first Family Drug Court in Alabama and added an Adult Drug Court (felony criminal offenders) and a Juvenile Drug Court to the specialty courts of Madison County, Alabama.

She developed The Lend An Ear Court Mentoring Program in Madison County, and she initiated Mediation in Small Claims Court, the Judicial Volunteer Program, and carried the "Alive At 25" defensive driving program into the local high schools. She currently serves on the Board of Directors of the National African American Drug Policy Coalition, Washington, D.C. She was among the first appointed members of

the original board of directors of the Alabama Civil Justice Foundation and was reappointed twice, becoming the longest serving board member. She served as President of the Alabama Lawyer's Association and was the 35th Chairperson (First Alabamian) of the Judicial Council of the National Bar Association.

She served on the Board of Trustees of Alabama A&M University, was a founding member of the Board of the Ivy Center Foundation. She served on the Board of Directors of the National Children's Advocacy Center, and the National Policy Council of the Joint Center for Political Studies. She holds membership in the Alabama State Bar Association, the Huntsville-Madison County Bar Association, the

Alabama Lawyers Association, The National Bar Association and formerly in the Association of Family and Juvenile Court Judges, the American Inns of Court, the Alabama District Judges Association, and the American Bar Association.

Sherrod is a member of Alpha Kappa Alpha Sorority, Incorporated, and The Greater Huntsville Chapter of the Links, Incorporated. For additional information: Call (256) 705-7777 lynn@conchincloudcole.com

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Rosetta James Scholarship Foundation

#94612

The Rosetta James Scholarship Foundation provides financial scholarship to undergraduate students who demonstrate sound academic principles; commitment to community volunteerism, civic engagement and unselfishness to assist others in Huntsville/Madison County.

The Rosetta James Foundation is a 501(c)3 organization with a 0% Administrative and Fundraising Rate (AFR). For additional information, contact (256) 536-9717 or write P.O. Box 17452, Huntsville, AL 35810.



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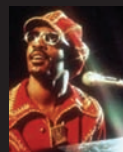
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On This Day - Friday, May 13, 2016

Stevie Wonder - The legendary singer and composer is one of the most successful music artists in all history. Wonder is one of the key figures behind the creation of the Martin Luther King Holiday. - BlackInTime.info



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Huntsville Progressive Alumni Chapter, Inc.
Alabama A&M University Alumni Association, Inc.

15th Annual Leadership Awards Banquet

Saturday, June 4, 2016

6:00 p.m.

Ernest L. Knight Reception Center

Alabama A&M University

2016 HONOREES



Civic/Community Award
Mr. Trent H. Griffin
NASA



Education Award
Mrs. Joyce L. Rentz
J. F. Drake State Community & Technical College



Corporate Award
Mrs. Cathy Anderson
Woody Anderson Ford



Government & Industry Award
Colonel William L. Marks, II
United States Army



Government Relations Award
The Honorable Anthony Daniels
Alabama House of Representatives



Religion Award
Dr. Charles E. Rodgers
Hope Community Church



Small Business Award
Mr. Michael Miller
MJT Integrated Systems Solutions, Inc.



Huntsville Progressive Alumni Chapter, Inc. Outstanding Alumna Award
Miss Tomita Phipps
Madison County Department of Human Resources



Huntsville Progressive Alumni Chapter, Inc. Outstanding Alumnus Award
Mr. Erskine L. Valrie
Retired, Loan Administrator Manager
Redstone Federal Credit Union



William Hooper Council Distinguished Alumna Award
Mrs. Alice F. Sams
Retired, Contract Specialist
NASA

~Ticket information: \$50.00 per person - Reserved Tables \$500.00~

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ValleyScopes

by Melissa Wilson/Seloma

Taurus You are finding tranquil moments, where self-analysis deepens your well of wisdom.

Leo Creative processes are churning away within your head, and you're getting awesome ideas that will be beneficial to many.

Gemini Now's the time where your ambition takes a front seat, or more forward role, in the social arena.

Scorpio Your well-trained eye for handling finances is sure to reduce the stress of a current situation.

Aquarius You're less likely to be found "shooting the breeze," at present, and more prone to be found accomplishing a demanding

feat, as you favorably zero in on another long-awaited undertaking.

Cancer You are remedy-oriented, and future success in your problem solving is evident in the techniques that you use.

Libra Your dependability is valued immensely as you help others to tackle urgent matters.

Pisces You are apt to find yourself ready to fortify your funds, as well as justify your actions at this time the bottom line being your assets, and capital while making adjustments, for those things that stand out, as having major significance or impact on your life.

Sagittarius You're likely to find yourself offering tips, on healthy nutrition, in a self-assured manner, that is encouraging to others.

Capricorn The ideas that you've envisioned will come in handy as you go about assisting others, in daily tasks.

Aries You may find yourself pondering the standards of perfection, as you take a breather from the ruthless corporate-climb, just long enough to more thoroughly take in the sounds and scents around you.

Virgo You're likely to find that you're in a cooperative, somewhat appeasing, mood, as you employ methods to stay on task, your way of making things run better.

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Calendar of Events

May 20

Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville
The Lumberyard Parking Lot,
108 Cleveland Avenue
5-9 p.m.

May 21

"Mental Health: A Guide for
Faith Leaders"
Sponsors: Good Samaritan
Ministries, the Council for
Faith and Mental Illness, the
Huntsville Association for
Pastoral Care and Wellstone
Behavioral Health
Contact: frederickwoods@
gmail.com
4040 Memorial Parkway SW
7:45 a.m.-3:30 p.m.

May 21-22

Dance Theatre of Huntsville
"Aladdin" - \$10-15
1 & 6 p.m. (5 p.m.-May 22)
Lee High School Main Stage

May 28

Old School Blues Festival
Acts: Johnny Gill and Cameo
Huntsville Dragway
502 Quarter Mountain Road
Harvest, Ala.
11 a.m.

June 4

15th Annual Leadership
Awards Banquet
Sponsor: AAMU Huntsville
Progressive Alumni Chapter
Ernest L. Knight Reception
Center
Alabama A&M University
6 p.m.

June 17

Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville
The Lumberyard Parking Lot,
108 Cleveland Avenue
5-9 p.m.

July 15

Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville
The Lumberyard Parking Lot,
108 Cleveland Avenue
5-9 p.m.

August 19

Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville
The Lumberyard Parking Lot,
108 Cleveland Avenue
5-9 p.m.

September 16

Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville
The Lumberyard Parking Lot,
108 Cleveland Avenue
5-9 p.m.

ANOTHER JOE DOUBIAS PRODUCTION

HUNTSVILLE, ALABAMA

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Pegasus Records	612 E Tennessee St	Florence, AL35630	(256) 767-4340
The London Shop	1597 Darby Dr	Florence, AL 35630	(256) 767-1880
Huntsville Dragway	502 Quarter Mtn Rd.	Harvest, AL 35749	(256) 852-4505
Alfred's Hair First	4820 University Dr NW #6	Huntsville, AL35816	(256) 837-5843
Club Envy	200 Oakwood Ave NE	Huntsville, AL35811	(256) 801-9015
Jamie Cut & Style	104 2nd St.	Muscle Shoals, AL 35661	(256) 381-0820
JB House of Fashion	1630 3rd Ave. West	Birmingham, AL 35208	(205) 788-4491
James Records	2422 Memorial Pkwy NW	Huntsville, AL 35810	(256) 270-9199
Mr Shoes	1020 Jordan Ln NW	Huntsville, AL 35816	(256) 536-2538
Zaids	1708 Jordan Ln NW	Huntsville, AL 35816	(256) 721-3366
Haddox Pharmacy	1508 Charlotte Ave	Nashville, TN 37023	(615) 329-3943
WZZA	1570 Woodmont Dr	Tuscumbia, AL 35674	(256) 381-1862

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