Capt. McCarver on the Minneapolis Atrocity, p. 3 Is Your Cookware Panning Out?, p. 7



Friday June 5, 2020 Vol. 6, No. 39 ValleyWeeklyllc.com

New Game Plan, p. 5

"Judge a man by his questions rather than his answers." - Voltaire

A&M Seeking Community's COVID Experiences

In an insightful move, the collective staffs of the J.F. Drake Memorial Learning Resources Center (LRC) and the State Black Archives (SBA) at Alabama A&M University are launching an archival project aimed at capturing the multifaceted experiences of the COVID-19 pandemic.

"We are inviting the community, faculty, staff and students to participate and share their pandemic experiences," commented Dr. Annie Payton, director of library services. The end result, notes Payton, will be the collection and preservation of stories through narrative and digital images for future research and interest.

Interested persons should simply click on the "Library" button on A&M's main webpage at www. aamu.edu or e-mail annie. payton@aamu.edu.

Some Stocks Fared Well During COVID-19

Financial experts say that it usually takes six months to determine a recession has actually occurred.

The National Association for Business Economics expects economic growth fell 2.4% in Q1, and will drop 26.5% in Q2. That coupled with the staggering number of 30 Million Americans who've filed for unemployment, it definitely feels that way.

However, some stocks have fared well during the pandemic. Here are a few: 1) Zoom Video Communications (ZM); Hershey (HSY); 3) Diageo (DEO); 4) Microsoft (MSFT); 5) Church & Dwight (CHD); 6) Teladoc Health Inc (TDOC); and 7) Walmart (WMT).

- BlackDoctor.org

GHIMF Presents Virtual Men's Conference

The Greater Huntsville International Ministerial Fellowship, Inc. (GHIMF) will host "Uprising of the Sons of God: A Live Virtual Men's Conference" on June 11-12.

The conference may be accessed via YouTube at 7 p.m. each night by searching New Beginnings Christian Church Huntsville.

The Thursday night session will feature Pastor Mario D. Ford, Douglas Tabernacle P.B. Church, Huntsville, Ala.; and Pastor Mitchell M. Walker, Church Street Cumberland Presbyterian Church, Huntsville, Ala.

The Friday session will feature Pastor Donald F. Smith, Southeast District Superintendent, United Methodist Church; and Pastor Don D. Butler, First Missionary Baptist Church, Huntsville, Ala.

For additional information, contact Pastor Errol Davis, New Beginnings Christian Church, at (256) 489-4943 or e-mail errol@ newbcc.org or Minister Dianne Bryant at dianne1997@ gmail.com.



Local Poet to Be Featured in Houston Exhibition

Valley area poet Carey Link will have a work featured in Color:Story 2020, a poetry reading and visual art exhibition in Houston, Tex.

Piar Uribe has chosen to illustrate Link's poem, "A Sea of Souls," for the worldwide event scheduled for November 21, 2020. The exhibit will include 20 visual artists and poets.

"I'm honored to be part of this project!" exclaimed Link. "I hope to able to attend the event."

"Color:Story," created by artists Marlo Saucedo and Leslie Gaworecki, is a

community visual art and literary event. For more informa-

tion, visit Color:Story Literary:Visual::Words:Art at colorstoryart.com.



Perspectives on EGO-holism, Page 3 Spotlight: Mrs. Beulah Toney, Page 4 Champion Game Plan, Page 5 About Your Cookware, Page 7 Staying Connected, Page 7 FMBC Makes Donations, Page 8

Valley Weekly



Here are the happenings in Washington, D.C., this week:

1. The House and Senate are in session this week. On Friday, the House released a voting schedule for the rest of the year, with votes on the House floor clustered at the end of the month in June and July. The House also announced its legislative priorities through July 31, including (1) an Infrastructure bill + a multi-year reauthorization of surface transportation programs (currently known as the FAST Act); the FY2021 defense authorization bill; reauthorization of the Water Resources Development Act (WRDA); FY2021 appropriations bills; and legislation to strengthen and expand the Affordable Care Act.

Although there are no votes on the House floor this week, House committees have scheduled 7 hearings.

2. The Senate may take up

a bill by Sens. Rubio (R-FL) and Cardin (D-MD) to reform the SBA's Paycheck Protection Program (PPP) loans, similar to a bill passed by the House last week on a 417-1 vote. On Friday, Senate Majority Leader Mitch Mc-Connell (R-KY) said that the Senate would take a "careful look at a fourth and final [coronavirus relief] bill, but he said it will be "narrowly crafted" (unlike the House's recent \$3 trillion relief bill) and a decision to go forward on a bill will be made at the end of June.

On Friday, President Trump announced that the U.S. was terminating its relationship with the World Health Organization over its response to the novel coronavirus (The Hill newspaper reported that the U.S. contributes \$400 million annually to the WHO and is the body's largest contributor). 3. On Saturday, Presi-

dent Trump postponed until September 2020 the Group of 7 (G-7) summit of world leaders that had been scheduled for June 10-12 at Camp David and the White House. The President said he will invite Russia, South Korea, Australia, and India to the September meeting. The Washington Post reports that he will convene events this week with law enforcement officials and black leaders in response to the national protests over the death of George Floyd in police custody in Minneapolis. D.C. saw another night of protests and destruction Sunday night where "baseball bats bashed through windows at coffee shops, banks and one office building after another [and v]andals and looters roamed throughout the city, scrawling graffiti and targeting dozens of businesses well after the mayor's 11 p.m. curfew began" (The Washington Post, 6/1/20).

4. On Friday, Senate Judiciary Committee Chair Lindsey Graham (R-SC) said that he and Ranking Committee Democrat Dianne Feinstein (D-CA) have agreed to hold a hearing in the near future on police use of force after the killing of George Floyd.

5. Last Thursday, President Trump signed an executive order on the topic of selective online censorship requiring

the Secretary of Commerce to file a petition with 60 days for a rulemaking with the Federal Communications Commission requesting that the FCC expeditiously propose regulations to clarify the extent of immunity from liability for online companies such as Twitter, Facebook, Instagram, and YouTube created by section 230 of 1996's Communications Decency Act. Section 230 codifies the policy that social media companies cannot be held liable for the content of online posts.

6. On Friday night, the U.S. Supreme Court declined to intervene in challenges by churches in southern California and the Chicago area to stay-at-home orders issued as a result of the COVID-19 crisis.

The churches had asked the justices earlier last week

to lift restrictions on crowds in time for them to hold services on Sunday, but the justices turned them down. The court issued only

a terse order in the Illinois case that referred to the new guidance issued by the state earlier in the week, but the justices were closely divided on a 5-4 vote in the California case (announced near midnight on Friday), with Chief Justice John Roberts casting the deciding vote and writing a late-night opinion to explain his decision to deny relief.

7. Higher education advocacy organizations are working to convince Senate Republican leaders to support another pandemic recovery package that would include at least \$46.6 billion to help colleges and their students.

In a May 29 letter to

Majority Leader Mitch Mc-Connell (R-KY) and Minority Leader Chuck Schumer (D-NY), the American Council on Education (ACE) asked the senators for the additional support, which Republicans have been reluctant to do. ACE, which wrote the letter on behalf of more than 40 higher education organizations (noted several higher education association surveys indicate that three-fourths of institutions reported current-year revenue losses of up to 20 percent, and many institutions expect their losses next year will be greater. Ron Hamm

Hamm Consulting Group 400 North Capitol Street, NW Suite 585 Washington D.C. 20001 T: 202-596-8384 rhamm@hammconsulting.com www.hammconsulting.com

MARTINSON & BEASON, PC - ATTORNEYS AT LAW SINCE 1997 - Delivering Results.

Personal Injury | Auto Accidents | Probate & Estate Administration Corporate Law | Real Estate Law Divorce | Criminal Law

Contact Us

Phone: 256-533-1667 Fax: 256-533-1696 info@martinsonandbeason.com www.martinsonandbeason.com facebook.com/martinsonandbeason



No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.

MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.

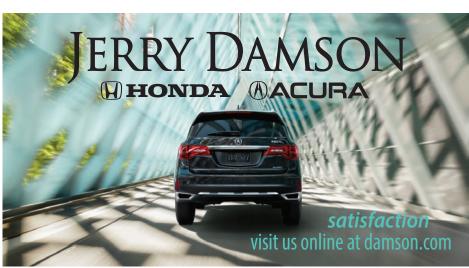


JAMES F SMITH & ASSOCIATES 256-852-7310

415 CHURCH ST NW BUILDING B HUNTSVILLE jamesfsmith@allstate.com



Subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co. © 2013 Allstate Insurance Co.



Alley Weekly

Publisher The Valley Weekly, LLC

Editor-in-Chief Dorothy W. Huston, Ph.D.

Editorial Consultant/ Senior Editor Jerome Saintjones, Ed.S.

Editorial Assistants Linda Burruss Phyllis Chunn Gary T. Whitley, Jr.

Advertising Associate Phyllis Chunn

- Contributing Editors tim allston Lamar A. Braxton, Jr. Minister Preston Brown Cody L. "Global" Gopher Ron Hamm Pastor Michael D. Rice

Website Administrator Calvin Farier

Mailing Address:

The Valley Weekly 415A Church Street - Suite 100 Huntsville, AL 35801 (256) 651-9028 www.valleyweeklyllc.com Copyright 2019

Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@ valleyweeklyllc.com. Items do not necessarily reflect the views of The Valley Weekly, LLC.

Submissions to TVW do not necessarily reflect the belief of the editorial staff and TVW is not responsible for the authenticity of submissions.

The Valley Weekly Ad Rates Single Issue		
Back Cover	10x10-inches	\$1,000
Full Page 3/4 Page	10x10 inches 7.5x10 inches	\$800 \$600
Half Page	Horizontal 5x10 inches Vertical	\$400
Fourth Page	10x5 inches	\$400
	5x5 inches	\$200
Eighth Page	2.5x5 inches	\$100
Sixteenth Page	2.5x2.5	\$50
Classified	1 col.x1 inch \$6 (4 col. in. minimum=\$24)	
6 Month/1 Yr10% & 20% Discount!		

The nation is struggling with the atrocity that occurred in Minneapolis, to include the men and women in law enforcement. I, like many cops, am sickened, embarrassed, and angry. We know that people have lost faith in us due to the actions of those four officers. I have not spoken to a single officer who believes that this is justified. As we all struggle with a sense of disbelief and frustration, I want to point out two things that I believe we should all be

First, openly acknowledge the situation. Those cops were absolutely wrong, and should be held accountable. We have no room in our profession for this behavior, and it must be condemned.

doing.

Second, we have to know that every single contact is

The Minneapolis Atrocity by Captain DeWayne McCarver HPD Police Academy Director

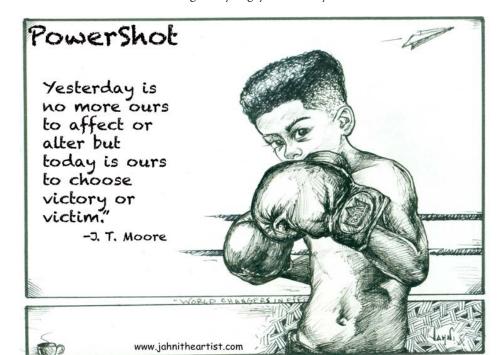


Valley Weekly

an opportunity to begin rebuilding the public's trust. Every single interaction matters. Every single cop must work to rebuild what four cops have destroyed.

This is a painful and confusing time for all of us. We have to hold our heads high and know that the vast majority of police officers work hard everyday to do the right thing. So, be humble in the face of this adversity. People are rightfully angry at us. They the uniform that they wore. They now look at us all in that uniform and feel betrayed. We have to understand their frustration and fight to remind them that those four officers do not represent our profession. It is your actions that will represent us. Let's strap on our gear, and once again go back to work. It is going to take a while to reshine our tarnished badge.

see those four officers as



Perspectives on EGO-holism

June 2020 News Flash: Trump is NOT the Enemy

For we wrestle not against flesh and blood, but against principalities against powers; against the rulers of the darkness of this world; against spiritual wickedness in high places" Ephesians 6:12

Suffering from "Trump-xhaustion"?

- The Washington Post: as of April 5, 2020, President Trump has uttered 18,000+ false or misleading claims (lies, y'all); and
- The U.S. House made him last December the first-ever first-term impeached president.
- More? The COVID-19 pandemic exposes that
- He presides over four percent of the world's population, but also 32% and 25% of coronavirus cases and deaths, respectively;
- Cries of "racial genocide" argue that African Americans comprise 13% of the U.S. population, yet 52% and 58% of the infections and deaths, respectively;
- Unemployment claims from 40 million Americans compete with the 1930's Great Depression levels and
- Although a self-proclaimed germaphobe, this de facto leader of the free world refuses to publicly don a face mask, claiming it as a "sign of weakness."

And daily, we ask: how can one person be responsible for so much mayhem?

But Relax, ...

Trump is NOT the enemy. Calling President Trump THE enemy is like running a sprint, but calling yourself a marathoner!

It's soothing and quite comforting to gang-tackle Trump for his ongoing trademark gaffes, arrogance and complete disregard for the rule of law - as if neither ethical rules nor Constitutional regulations apply to him.

But Again, . . .

TRUMP is not the enemy. Just ask two radically-opposing former religious icons:

Malcolm X: "Whether you use bullets or ballots you've got to aim well; don't strike at the puppet, strike at the puppeteer." And

The Apostle Paul: Ephesians 6:12.

Option: Light vs. Darkness?

Our forever-enemy is Satan, the Devil, the Father of Lies - not Trump.

While Trump and his policies, words and actions need to be opposed, exposed and challenged vigorously and hourly, in Malcolm X's analogy, "45" is just the daily visible manifestation of the poisons and deceit which come directly from Satan, the Prince of Darkness.

Only when we focus on Jesus Christ, the Prince of Light, will we then be able to prioritize everyone's venomous words and actions, and then combat hourly the true enemy, Satan. **Bottom Line?**

At best, flesh-and-blood Trump is an "enemy-du-jour." With God's help, however, you and I can escape becoming Satan's soup-du-jour.

tim allston is the author of the free book, 7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else," free and downloadable now at www.GetEgoHelpNow.org.



People Who Know the Joyful Sound

Psalm 89:15-18

Upon reading this title, what can be promptly postulated is that there are some people who "do not know" the joyful sound.

A luminating list of differentiating descriptions follow that informs and inspires the readers in order to create an opportunity for a decision to be made if



they find themselves juxtaposed to those who know the joyful sound.

Alley Weekly

These descriptions also give the template for those who are unsure about which group they belong to. Reading the list helps them to see the "evidences" that exist in those who do know.

The Psalmist marked the mantras of those with this knowledge with definite and distinguishing descriptions:

They walk, O LORD, in the light of Your countenance. In Your name they rejoice all day long, and



in Your righteousness they are exalted. For You are the glory in their strength, and in Your favor our horn is exalted. For our shield belongs to the LORD, and our king to the Holy One of Israel. Our elders used to say things like, "I just couldn't keep it to myself." "This joy I have, the world didn't give it to me, and the world can't take it away."

Knowledge of this "joyful sound" produces songs like, "The Center of My Joy;" "The Hallelujah Chorus," hymns and anthems and psalms and spiritual songs.

The bottom line is that those who know this sound will be, not might be, easily recognizable and show ecstatic rejoicing.

Come Discover the Magic on the Mountain!

NOW OPEN!

Spotlight on Our Elders ... Featuring Mrs. Beulah Toney

Mrs. Beulah Ballard Toney was born in Limestone County, Ala.. She is a graduate of Trinity High School and attended Alabama A&M University. Through the years, she faithfully--and with honor, integrity and great distinction--worked quietly away at making communities better places to live, often with little recognition and no pay.

She made substantial efforts toward achieving the ambitions and goals of our community as an unsung hero. Toney continues to be very active in the community as founding member of the Bo Matthews Center for Excellence; co-founder of the Beulah Ballard Toney Scholarship; board member of the Meadow Hills Initiative; and board member, Community Action Partnership.

She led and participated in numerous organizations over the past 40 years: past chairperson of the Madison County Board of Registrars; past chairperson of the 5th Congressional District of New South Coalition; founding board member of the Coalition On At-Risk Minority Males; member, Fun Set Social and Charity Club (organizers of the Annual Beautillion Ball); past president of the Charity Floral Club; past leader for Girl Scouts of America, Inc.; past coach for Youth Softball and Basketball Leagues; and many others. Even though she



has had many public accomplishments, her three daughters--Cheryl Edwards (Ralph), Wylene McCrary (Don) and Sylvia Fitts (Seatreion) and two granddaughters--Kenya McCrary and Sydney Edwards--are her pride and joy. "The possible has been tried and failed. Now it's time to try the impossible." - Sun Ra



No matter what time of year you explore Burritt on the Mountain, there is something delightful and new to see. And no matter how young – or old – you are, there is something for you on the Mountain! If you've never visited, you're in for a treat. If it's been awhile, what are you waiting for? Come on up and let the Magic begin!

THE MOUNTP

JUNE 5 - JOHN CARLOS - Most well known for raising a black gloved fist during the playing of the American anthem while standing on the winner's podium after winning a Bronze medal at the 1968 Mexico City Olympic Games. - BlackinTime.info



3101 Burritt Drive • Huntsville, Alabama 35801 • 256.536.2882 www.burrittonthemountain.com OPEN: April-October: Tuesday - Saturday: 9 am - 5 pm & Sunday: noon - 5pm November-March: Tuesday - Saturday: 10am - 4pm & Sunday: noon - 4pm

alley Weekly

Champion Game Plan for Life by Preston Brown

ANXIOUS FOR NOTHING

Philippians 4:6 says, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God.

You know, one of the reasons why we may be anxious about a lot of things is because we are not thankful for what we already have.

So, Paul is saying, if you never stop and pray, and thank God for what you already have , you will always be anxious. So many Christians today are anxious about so many things that this world



has to offer. It may be our jobs, or our marriage, or

Tennessee Valley

maybe our children. But instead of being anxious, Paul is saying that we should pray about

everything. You see, we have to know what it means for God to be for us and train our hearts and minds to be anxious for nothing.

Remember, if we are following after God's purpose for our lives, there is no reason to have these needless worries ... Stay encouraged, my brothers and sisters.

Marshall England, Agent

600 Madison Street, SE - Suite B Huntsville, AL 35801 Bus: 256.539.2014 marshallengland@marshallengland.com





www.marshallengland.com

Unsure whether you can retire? Let's talk.



Lillian B Henderson Financial Advisor

5045 Memorial Parkway Nw Ste E Huntsville, AL 35810 256-852-5591

Edward Jones



2505 University Dr. NW Huntsville, Alabama 35816 (256)539,9693 A New Generation Of Service

Calendar of Events

June 6

Step Back in Time Burritt Museum Visit burrittonthemountain.com 1:30-2:30 p.m.

Mic Night @ the Valley Conservatory (An open forum where people can come to perform or enjoy the performances of others) 7-9 p.m. *Valley Conservatory Facebook Page*

June 7

Step Back in Time Burritt Museum Visit burrittonthemountain.com 1:30-2:30 p.m.

June 11

\$5 After 5 Huntsville Museum of Art

June 13-14

Step Back in Time Burritt Museum Visit burrittonthemountain.com 1:30-2:30 p.m.

June 20

Step Back in Time Burritt Museum Visit burrittonthemountain.com 1:30-2:30 p.m.

June 25

"Newsies" IMPHuntsville Lee High School 7:30-10:30 p.m.

June 25-26 Summer Meetings

Board of Trustees Alabama A&M University

July 18-19

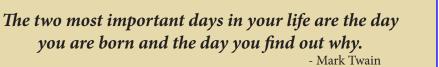
5th Annual Huntsville Comic & Pop Culture Expo Von Braun Center South Hall

August 6

The Price Is Right Live Von Braun Center Concert Hall 8-11 p.m.

September 19

Escape To Margaritaville Von Braun Center Mark C. Smith Concert Hall



Albert's Flowers

Located Downtown in Medical District; Closest Florist to Huntsville Hospital Free Delivery to Huntsville Hospital and Local Funeral Homes

716 Madison Street - Huntsville, AL 35801

FLOWERS, GIFTS, EXOTIC FLOWERS

Graduate of American Floral Art School 256-533-1623 256-536-6911 www.albertsflowers.com



Valley Weekly

alley Deaths

NELMS MEMORIAL FUNERAL HOME -2501 Carmichael Avenue NW - Huntsville, AL 35816 -(256) 539-8189

Graveside service for MR. EUGENE MAYFIELD (b. 1936) was held Monday, June 1, in Valley View Memorial Gardens with Pastor Melvin Jones officiating.

Graveside service for MR. EDWARD "PETOE" HUM-PHREY (b. 1958) was Sunday, May 31, in Bloucher's Ford Cemetery with Pastor Sandy Kinslow officiating.

Graveside service for MRS. ODELL SHECKLES (b. 1936) was held Saturday, May 30, in Bloucher's Ford Cemetery in New Market, Ala., with Elder Sandy Kin*slow*, *Sr.*, *officiating*.

Funeral service for MR. JERRIUS GARNER was held Friday, May 29, in the Nelms Memorial Funeral Home Chapel with Pastor W. K. Smith officiating.

ROYAL FUNERAL HOME - 4315 Oakwood Avenue -Huntsville, AL 35810 - (256) 534-8481

Graveside service for MS. KANESHIA MONIQUE SALES (b. 1996) was held Sunday, May 31, at the King Cemetery (476 Everette Road Maysville, Ala.) with Bishop Daniel J. Richardson officiating.

Graveside service for MR. ANTHONY TUTT, SR., (b. 1957) was held Saturday, May 30, at Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.) with Pastor William L. Robinson officiating.

Funeral service for MR. CLYDE WOODS, JR. (b. 1949) was held Saturday, May 30, at Hopewell Missionary Baptist Church (292 Cemetery Road New Market, Ala.) with Pastor Larry Davidson officiating.

Funeral service for MRS. ANNIE MARIE HALMON (b. 1925) was held Friday, May 29, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.) with Dr. Carlton P. Byrd officiating.

The Celebration of Life for DAVE ANTHONY WIL-LIAMS (b. 1967) was held on Thursday, May 28, at the Royal Funeral Home, 4315 Oakwood Avenue NW, Huntsville, Ala., with Dr. Carlton P. Byrd officiating.

SERENITY FUNERAL HOME - 2505 University Drive NW - Huntsville, AL 35816 - (256) 539-9693

A private family service of remembrance was held for MS. TANISHA RUSSELL (b. 1986) on Tuesday, May 26, at Serenity Funeral Home with Elder Jerry L. Crutcher officiating.

A Good Read





Lynn Sharon Schwartz's "The Trip to Halawa Valley"

A divorced couple attend the wedding of their prosperous son in Hawaii, staying at the former's place as the younger couple enjoys its wedding night at another location.

Spending time alone together for the first time in four years, the mother and father of the groom get an opportunity to review their lives and the problems that negatively impacted their other three children.

Now that their adult children were either dead, in a same-sex relationships or had joined a religious cult, the two began to ponder whether their lives would actually fare better together or apart. They attempt to explore the island, rekindle the flames during a physical rendevous.

By story's end, the two make the long trip back to the mainland and silently split again.





www.WoodyAndersonFord.com | 256-539-9441 2500 Jordan Lane, NW Huntsville, AL 35816

WOMACK & ASSOCIATES LLC

"Partnering With You to Make Informed Decisions"

*Comprehensive Financial Planning *Estate Planning *Accounting Services *Tax Planning and Preparation for Individuals, Businesses, Estates and Trusts To learn more contact us:

Lori A. Womack, CPA/PFS, CFP® Managing Member lwomack@womackassociatesllc.com 4650 Whitesburg Dr S, Suite 101 Huntsville, Alabama 35802 256-534-1360

Jalley Weekly COVID-19 Assistance

UNITED WAY COVID-19

Assistance Fund Donate: www.uwmadisoncounty.org Get Assistance: Call 211

SMALL BUSINESSES

disastercustomerservice@sba.gov (800) 659-2955

COVID-19-RELATED **UNEMPLOY-**

MENT Alabama Department of Labor (866) 234-5382 labor.alabama.gov

MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

LATEST COV-**ID-19 INFORMATION** Alabama Department of Public Health www.alabamapublichealth.gov

Centers for Disease Control and Prevention cdc.gov

TAKEOUT/DE-LIVERY RESTAU-RANTS

https://hsvchamber.org/ restaurant-deliveriestake-out-food-serviceproviders/

June 5, 2020

Valley Weekly Is Your Cookware Slowly Killing You?

study report toxic chemicals in a variety of products are associated with an increased risk of celiac disease in children and young adults.

Findings from a new

Celiac disease is a serious autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. According to the Celiac Disease Foundation, the disease affects about 1 in 100 people worldwide. Additionally, more than 2.5 million Americans are undiagnosed and are at risk for long-term health complications.

When celiac disease patients consume gluten (a protein found in wheat, rye and barley products), their body produces an immune response that attacks the small intestine. These attacks ultimately damage the villi, small fingerlike figures in the small intestinal lining, that aid nutrient absorption. When the villi is harmed, nutrients are not stored and distributed properly into the body.

It has also been found that celiac disease can develop at any age after people start eating foods or medicines that contain gluten. If not monitored, celiac disease can lead to additional serious health problems down the line. This is precisely why this study is so groundbreaking.

Researchers from NYU sampled the blood of 30 children and young adults newly diagnosed with celiac disease and compared those results with those 60 young people without the disease. It was found that elevated levels of toxic chemicals found in pesticides, nonstick cookware and fire retardants were named as risk factors to being diagnosed with the disease.

"Our study establishes the first measurable tie-in

Dr. Jeremiah Levine in a press release. "These results also raise the question of whether there are potential links between these chemicals and other autoimmune bowel diseases, which all



between environmental exposure to toxic chemicals and celiac disease," said senior study investigator and pediatric gastroenterologist warrant close monitoring and further study."

In the reports, it was found that patients with high blood levels of pesticide-related chemicals called dichlorodiphenyldichlorethylenes (DDEs) were significantly more susceptible to be newly diagnosed with celiac disease as those without such levels.

Researchers also looked closely at the patients' sex as well. Females — who account for the majority of celiac patients — with higher-than-normal pesticide exposure were at least eight times more likely to have celiac disease.

In the study, it was found that women with elevated levels of non-stick chemicals called perfluoroalkyls (PFAs), found in most pots and pans were five to nine times more likely to have celiac disease.

Males were twice as likely to have celiac disease if they

had elevated blood levels of fire-retardant chemicals called polybrominated diphenyl ethers (PBDEs), which are found in foam, upholstery, mattresses, carpets, curtains, fabric blinds, computers, laptops, phones, televisions, and household appliances, plus wires and cables.

Although the study was extremely illuminating, researchers stated further data is needed to determine if these toxic chemicals are a direct cause of celiac disease since this study only showed an association.

It was also noted that all the chemicals are known to human hormone levels, which are essential in sexual development and immune system function.

The full study can be found in the Environmental Research Journal. - BlackDoctor.org

How to Stay Connected While Social Distancing

(BPT) - The COVID-19 pandemic presents daunting challenges for many seniors and other vulnerable populations. Social distancing and shelter-inplace requirements are necessary for their continued health and safety. But with it comes the risk of social isolation, and the mental and physical tolls this can take.

How can older people balance the requirements for social distancing with the inherent need for social engagement? Here are a few recommendations.

Explore new technology

Apps like FaceTime, Zoom and Skype offer fun and interesting ways to connect face-to-face with family and friends, even if



it's a screen version. And most don't require a terrific amount of tech-savvy: a neighbor, niece or nephew can help with a quick tutorial.

Even popular board games have gone virtual. Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. A game night is a great way to bring people closer, and take your mind off your worries.

If you need help getting started with a smartphone or tablet to use this technology, check the offerings from a carrier like Consumer Cellular. They've been an approved AARP provider for more than 10 years, and in addition to low prices and a wide variety of phones, offer top-rated customer support, which makes setting up and using your service easy.

Stay active in the community, from home

It may sound counter-

intuitive. How can you remain a part of the community if you need to stay separated from it?

Many organizations, like political parties, faithbased groups or nonprofits, offer remote options, relying on volunteers to make phone calls. Explore your options for doing community-based activity right at home.

Go on a news diet

While it's important to stay informed, don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour, and enduring the repetitious pummeling from TV all day long can bring needless anxiety. Instead, try watching a news update in the morning, then check in again at night. And don't stay with it all evening: 30 minutes or an hour is usually plenty to stay well informed.

Find a buddy system

The Centers for Disease Control and Prevention is recommending that communities create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through a church group, social group or daily neighborhood email blasts.

Reach out to people in your communities to locate these groups, or start one of your own. Something as simple as a message with a kind word can go a long way during uncertain times.

Make a phone call

All the digital options available today may make a simple phone call seem old fashioned. But sometimes, the old ways are the best ways. Just hearing someone's voice can be enough to lift both your spirits. Even if you only reach voicemail, you've let someone know you were thinking about them, which is always good medicine.

Social distancing doesn't have to mean social isolation, and even a threat like coronavirus should not force us to be alone. Now, more than ever, people need to find smart ways to stay connected.

Valley Weekly FMBC Donates to Non-Profits, Holds Outdoor Service, Blood Drive PENTECOST SUNDAY - May 31, 2020

by Denise Chandler and Linda Burruss

The First Missionary Baptist Church observed Pentecost Sunday with a drive-up morning worship service. Pentecost is celebrated 50 days after Easter Sunday commemorating the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks.

FMBC held worship in the parking lot of the campus. Rev. Dr. Don Darius Butler, wearing an "I Can't Breathe" shirt, continued his series of messages from the book of Lamentations. Sunday's message was taken from Lamentations 5: 1-22. Members parked their vehicles in the parking lot at the south end of the campus for the service, which was also livestreamed on YouTube.

Additionally, the FMBC Foundation awarded \$45,000 in grants to 9 community-based organizations. HEALS, Huntsville Hospital Foundation, Lincoln Village, Lott Carey Foreign Missions Convention, North Alabama Center for Educational Excellence, Thrive Alabama, The Legacy Center, Huntsville Inner City Learning Center and Manna House each received a \$5,000 grant. Representatives from each organization received the grants during a ceremony after morning worship.



JesHenry Malone Commissioner District 6

As Commissioner, JesHenry Malone:

- Secured the funding for the first road built in 20 years in District 6 and will continue to fight for our fair share for roads and infrastructure.
- Is working to recruit additional industries to the North Huntsville Industrial Park to provide jobs for our community.
- Will continue to fight to move our commission forward and to keep our streets safe and lower our crime.
- Moved our county forward by helping to bring Mazda Toyota to our county.
- Will continue to fight for our quality of life including our schools and recreation.
- Will continue to support Alabama A&M University, Oakwood University and University of Alabama Huntsville.
- Led the effort for the new service center to be located in District 6.

VOTE TUESDAY JULY 14th!

