

OU Sets up George Floyd Scholarship, p. 6

FREE

Friday

June 19, 2020

Vol. 6, No. 41

ValleyWeeklyllc.com

FMBC Celebrates Youth Week, p. 11

For Mrs. Bennett, p. 4

*"Life is not a matter of holding good cards,
but of playing a poor hand well."*

- Robert Louis Stevenson

The Valley Weekly

THE VALLEY WEEKLY SALUTES FATHERS THROUGHOUT THE DIASPORA!



Local artist and art educator John "Jahni" Moore coordinated "aRtEVOLUTION" with several Valley-area artists whose works are displayed on Clinton Street in Downtown Huntsville near the U.S. Postal Service for the next month. (See Page 10)

Artists Make Appeals for Social Justice Via "aRtEVOLUTION"

In less than a week, local artist John "Jahni" Moore coordinated "aRtEVOLUTION" with a team of area artists to pull off a talented call for social justice and an end to police brutality.

The call is made in the

form of an exhibition of nearly 20 4x8-foot panels on Clinton Avenue, west of the downtown post office.

The project is sponsored by *The Valley Weekly* online newspaper, the Rosetta James Foundation and the Tennessee Val-

ley Diversity Leadership Colloquium, all founded by Dr. Dorothy W. Huston, retired educational administrator.

"When you are in the downtown area, please stop and take a look at these wonderful pieces of

artistically inspired work that pays tribute to Black Lives Matter and police brutality in our country," said Huston.

View the art striking pieces on Page 10 of this edition of *The Valley Weekly*.

Two of Famous Birmingham Sextuplets Will Enter A&M

The renowned Birmingham-area Harris sextuplets have joined the nation's graduating high school seniors and have set their collective sights on new educational ventures.

The two girls (Kaylynne and Kiera) and four boys (Kaleb, Kieran, Kobe and Kyle) graduated a few weeks ago from Center Point High School in a program heralded by area media and press as far away as Nigeria. The parents, Christopher

and Diamond, have had their share of the spotlight, as well, from local television to the international star power of Oprah.

Now, Brothers Kaleb and Kieran have been accepted into Alabama A&M for the fall, according to the Office of

Admissions. Two siblings will attend Alabama State; one, Lawson State Community College; and one will study life skills at Center Point High School.



The Valley Weekly

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Washington in One Minute



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

1. The House and Senate are in session this week. The House has no votes scheduled on the floor until June 25, but will hold several committee hearings, including the House Transportation & Infrastructure Committee's markup of the five-year, \$494 billion Highway Reauthorization bill (known as the "INVEST in America Act") on Wednesday at 10 a.m., which will be a hybrid committee markup with members participating in person and online. The Senate will continue work on the Land and Water Conservation Fund bill and Senate Republicans are

expected to introduce their version of a police reform bill this week.

2. Last Monday, House and Senate Democrats introduced the 136-page "Justice in Policing Act" that would: reform police officers' qualified immunity to allow individuals to recover damages in civil actions against law enforcement officers; change the standard of prosecution in police misconduct cases from "willfulness" to "recklessness"; provide grants for states to create structures for investigating police-involved deaths; create a National Police Misconduct Registry and require state and local law enforcement turn over data on use

of force broken out by race, gender, disability, religion and age; mandate police officer racial training and change the standard for evaluating whether use of force was justi-

fied from "reasonable" to "necessary;" require that federal law enforcement officers wear body cameras and limit transfer of military-grade equipment to state and local law enforcement; ban no-knock warrants in drug cases; ban police chokeholds; and make lynching a hate crime.

3. This week, President Trump is expected to issue an executive order advising police departments to adopt national standards for the use of force. He will travel to Tulsa, Okla., on Saturday for his first campaign rally since March 2 (this event was moved from its originally scheduled date on

Friday).

4. On Tuesday at 10 a.m. before the Senate Banking Committee, Federal Reserve Chair Jerome Powell testified at the first of two committee hearings on the state of the economy. The 2nd hearing will be on Wednesday at 12 noon before the House Financial Services Committee.

5. On Tuesday at 2:30 p.m., the Senate Judiciary Committee held a hearing on "Police Use of Force and Community Relations."

6. As the U.S. Supreme Court's 2019-2020 term comes to an end this month, the court over the next 2 weeks will be issuing major decisions on abor-

tion, Electoral College procedures, LGBT rights in the workplace, the deportation status of nearly 700,000 young undocumented immigrants and the fate of President Trump's tax returns.

7. The U.S. Department of Education is expected to publish an "interim final rule" (IFR) on CARES Act student emergency grant eligibility and related issues as soon as today, June 15. The regulation comes more than two and half months after the legislation was signed into law. It represents the fourth major public communication to colleges and universities on awarding the funds to students that institutions received through a statutorily

prescribed formula. Upon publication, the IFR has the force of law although it has not undergone the standard notice and comment period generally required of federal regulations. In the regulation, ED states that "An important policy goal for the Department is to make emergency financial aid grants available to students in the most efficient, effective, and expedient way possible and consistent with Congressional intent."

Ron Hamm

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	1 col.x1 inch	
Classified	1 col.x1 inch	\$6
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A Good Read



by Jerome Saintjones

Andre Dubus'

"A Father's Story"



Luke Ripley lives alone and operates a farm in New England. He allows youngsters to offer horse riding lessons there, and he looks forward to receiving friendly visits from a local priest.

The divorcee's sons have families of their own and rarely visit their father, but his college-age daughter still finds time to visit and to rekindle her childhood friendships during her summer stays on the farm.

One night on her way home from visiting friends and having drinks, she fatally wounds a man when he is struck by her vehicle. Shakened, she tells her father, who goes back into the incredibly windy night to find the scene and the man, who later dies.

The father fakes an accident by running into a tree, effectively masking the car's previous damage from striking the unknown man.

A&M Seeks
1971 Grads for
Reunion

Calling all Alabama A&M University graduates of the CLASS OF 1971!

Plans are being made for the 50th year reunion to be held in May 2021. Your support and input are needed.

For details and updates contact the reunion class agents - Mrs. Agnes Holley Smith at aholley-smith@gmail.com or Rev. Jonell Yarbrough Calloway at jonellcalloway@att.net.

AAMU Foundation Accepting Scholarship Applications Thru June 30

The Alabama A&M University Foundation has announced that it is accepting scholarship applications through June 30. The scholarships will be awarded based on financial need and academic success. Additional consideration will be given to leadership, volunteerism and scholarship-specific criteria. Visit <https://www.aamu.edu/about/inside-aamu/news/aamu-foundation-announces-scholarships.html>

PowerShot

"There will be opposition but it is possible. The divine imprint is on you and in you and no one can stop you but you."

-J. T. Moore

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Perspectives on
EGO-holism

by tim allston

Sprinters or Marathoners:
Which will you become?

"The race is not given to the swift or the battle to the strong, . . . But the one who endures to the end will be saved"

- Ecclesiastes 9:11, Matthew 10:22

In both the Old and New Testaments, followers were encouraged to disregard short-term thinking, living. Instead, think and live for the long haul.

Similarly, reforms in our home, social and work spaces will only come when we think, plan and move as marathoners and not as sprinters.

"The Revolution IS Being Televised"

The overlapping pandemics of police brutality (Ahmaud Arberry, George Floyd and Breonna Taylor's deaths) and the disproportionate coronavirus deaths of people of color, have created the needed surge in social activism.

America's version of the 2010-2012 Arab Spring - the sustained protests and uprisings which un-seated four Middle Eastern tyrants and demanded socio-political reforms - is currently playing in communities near you (e.g., on smartphones, tablets, all social media platforms). But what's next? **Home Remedies?**

African Americans have a stellar history of winning sprints, but an abysmal marathon track record - and unfortunately, it's not restricted to the Summer Olympics!

For each of his 14 years as Oakwood College president, Dr. Calvin Rock would end every Commencement charge to graduates famously with "Go on, GO on, go ON, GO ON, . . . Go on/go On/go-on/Go . . . On (pause) Go On . . ." - get it? **Stacey Gets It!**

In its review of her latest book *Our Time Is Now*, Sunday's Washington Post headline captured this marathoner: "Stacey Abrams wants to be Biden's veep. But her new book is about bigger hopes," [washingtonpost.com/outlook/2020/06/04/stacey-abrams-wants-be-bidens-veep-her-new-book-stresses-other-ambitions/](https://www.washingtonpost.com/outlook/2020/06/04/stacey-abrams-wants-be-bidens-veep-her-new-book-stresses-other-ambitions/)

Our bigger hopes must extend beyond this current "chic" of protests and apologies. "Lift Ev'ry Voice and Sing" ends with "Let us March on til Victory is Won."

For Example:

- National Football League commissioner Roger Goodell apologized for demeaning players' protests (sprint, <https://nflcommunications.com/Pages/Statement-From-NFL-Commissioner-Roger-Goodell----.aspx>) - but when will you un-chokehold teams from hiring exiled Colin Kaepernick (marathon, https://www.espn.com/nfl/story/_/id/29272996/nfl-players-spoke-roger-goodell-responded-now-here-know?)
- Michael Jordan pledged \$100 million (sprint, <https://economictimes.indiatimes.com/magazines/panache/george-floyd-death-michael-jordan-pledges-100-million-for-social-equality-and-social-justice/vedioshow/76241410.cms>) - but what fellow billionaires or even multi-millionaires will catch his alley-oop (marathon)?

Protest marchers fill our current news cycles (sprint) - but who will set up accompanying voter registration and COVID-19 testing tables (marathon)?

Marathons are simple (approximately 52,000 steps), but not easy. They require one breath at a time.

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.

Called 2 Preach

by Pastor/Founder Michael D. Rice
Grace Gethsemane Mission Church

Disassembling, Cleaning, Reassembling and Tuning

Galatians 1:11-17;
Ephesians 2:10

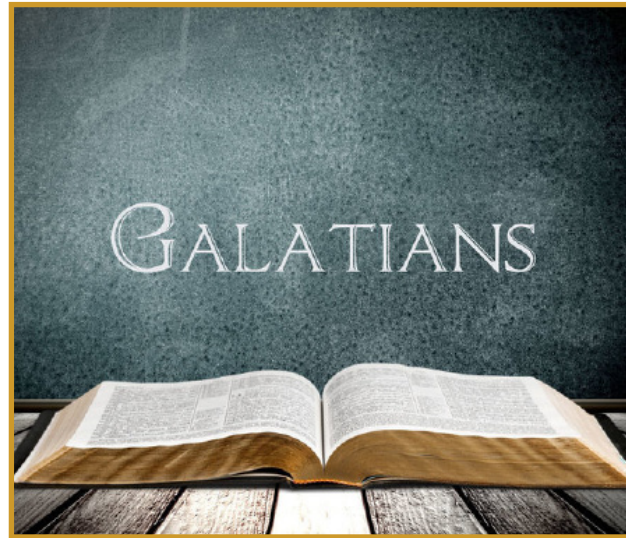


These are the words that I saw headlining a post from a former student of mine. It was a Facebook live session where he explained the process of getting his drums in proper shape for peek performance. This particular student is not just a drummer, he is an “artist.”

He takes his craft seriously and knows the “sounds” of the drums are just as important as the rhythms they produce.

They are his workmanship that he uses in providing the “foundation” for the “rhythm section. In his post he talked about the need for “careful” disassembling so as not to “knock the paint off” of the drum. He also talked about the “customizing” of the sound. The “tapping” heard on the video was loud in my ear.

This reminded me of Paul’s explanation of how



we as believers are God’s workmanship created for good works that God

beforehand created us for. The “stages” and “process” of God’s disassembling of

us includes some “tapping” as well, but as my student noted, it sounds worse than it is. After his conversion, Paul spent time in Arabia, in solitude, yes you got it, being disassembled, cleaned, reassembled and tuned. His whole theological construct of Judaism had to be disassembled, cleaned out, reassembled and tuned, in order that his preaching and teaching would have the right sound.

Therefore, if you are in a season of DCR&T, when God is finished, you’ll have the right sound.

Spotlight on Our Elders ... Featuring

Mrs. Jacquelyne Bennett

A native of Oneonta, Ala., Jacquelyne Kyle Bennett, performed phenomenally as a supervisory human resources specialist in the Civilian Personnel Advisory Center of Redstone Arsenal. She served as a personnel management staffing specialist from 1968-69. From 1969-79, Bennett was a supervisory personnel staffing specialist. She served as an employee relations specialist from 1979-84, a supervisory employee relations specialist from 1984 until her retirement in July 2015, with 48 years of government service in human Resources.

She earned a master’s

degree in personnel administration and psychology in 1995 from Alabama A&M University, where she earlier received a bachelor’s in secondary education/English in 1967.

Elder Bennett is also a member of Fellowship Presbyterian Church Presbyterian Women, whose purpose is to nurture faith through prayer and Bible study. She has volunteered to lead many of the Bible study lessons, which require considerable research and preparation.

This loyal daughter of AAMU celebrated her 50th year college reunion in May 2017. Mrs. Bennett and her Golden Class raised over



\$50,000 to celebrate their 50 years.

Mrs. Bennett has worked tirelessly as a fund raiser for the Annual Alabama A&M University Black Tie Scholarship Gala, a premier fundraising event designed to close the financial gap of students aspiring toward higher education.

JUNE 19 - PHYLICIA RASHAD is actress/singer, most well known for her role as Clair Huxtable in television’s “Cosby Show.” She also made history in 2004, becoming the first black actress to win a Tony Award for her role in “A Raisin In The Sun.”
- BlackinTime.info



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“Cleverness is not wisdom.”

- Euripides

Champion Game Plan for Life *by Preston Brown*

Finding Favor With God

Genesis 6:8 says, "But Noah found favor in the eyes of the Lord."

According to the Bible, during the days of Noah, the entire human race had become wicked and evil. So, God decided to destroy all the people on earth. Genesis 6:5 says, "Because every inclination of the thoughts of the human heart was only evil" and yet God found favor in Noah. We should all be thankful for God's grace and favor, because where would we be without it?

Today, it appears that we live in a wicked and evil world, as well. We see that the devil has made his ugly mark on human kind, and it has caused many

senseless acts of violence. We also see the undertones of racism in these violent acts. And then, there seems to be so many people placing political beliefs and political preferences over mankind itself. My brothers and sisters, this can not be. I believe that now is the time for us to seek out God's favor and to live a life that is pleasing to Him.

How do we find favor in the eyes of God in a wicked and evil world? Let us consider the characteristics of Noah. In this scripture we find that he was a righteous man. Now the word *righteous* means that he was in right standings with God. Being in right standings with God means that you are obedient



to His word. It also says that he was blameless among his people. Now, it doesn't say he was perfect, it says he was blameless. Now

blameless means innocent of wrong doings. And then the Bible also tells us that Noah walked faithfully with God. Now to be faithful means you have to be patient. So if we are in right standings with God and if we are blameless among our people and if we walk faithfully with God, just like Noah, we will find favor in the eyes of God, as well as man, even in a wicked and evil world ... Stay encouraged, my brothers and sisters!

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Edward Jones
MAKING SENSE OF INVESTING

Tennessee Valley

Calendar of Events

June 20

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

Heartfulness Purity
Weaves Destiny
Celebrating International
Yoga Day
Ministry of Ayush - lifecast@heartfulness.org
(Virtual Event) - 6 p.m.
facebook.com/practice-heartfulness

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
via Zoom and YouTube

June 30

Last Day to Submit
Alabama A&M University
Foundation Scholarship

Applications

July 18-19

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

July 29

Last Day to Register for
Huntsville Virtual Academy

August 6

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"Stupidity lies in wanting to draw conclusions."

- Gustave Flaubert

Valley Deaths

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Funeral service for MR. WILLIE E. BLANCHARD (b. 1939) was held Friday, June 12, in the Nelms Memorial Chapel.

Funeral service for MRS. FRANCES CLARKE (b. 1944) was held Friday, June 12, in the Nelms Memorial Chapel with Pastor O. Wendell Davis officiating.

Funeral service for MRS. NORA MASSEY LEE (b. 1940) was held Wednesday, June 10, in the Nelms Memorial Chapel with the Reverend Dr. Edward Anderson officiating.

Public viewing for MRS. IRANETTE DANIELS HAWKINS (b. 1959) was held Friday, June 5, from 8:30 a.m. until 5 p.m. at Nelms Memorial Funeral Home.

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

Graveside service for MRS. FRANCESSE EUNICE PEAN (b. 1933) was held Wednesday, June 17, at the Oakwood Memorial Gardens (2900 Wynn Drive, Huntsville, Ala.) with Pastor Benjamin Jones officiating.

Funeral service for MRS. MARY LILLIAN CRUTCHER (b. 1939) was held Saturday, June 13, at the Royal Chapel of Memories with Minister Earnestine Hobbs officiating.

Funeral service for MR. ROYCE EDWARD McCOMB (b. 1964) was held Saturday, June 13, at First Church of God in Christ (3804 Oakwood Avenue, NW Huntsville, Ala.) with Pastor Curtis Banks officiating.

Graveside service for MRS. IDELL MONTGOMERY MERRELL (b. 1923) was held Friday, June 12, at the Baldwin Cemetery (1612 Old Highway 431 Gurley, Ala.) with Pastor Maurice Wright officiating.

Funeral service for MS. CARLENA FRITZI DRAPER (b. 1967) was held Wednesday, June 10, at the True Light Church of God in Christ (6380 Pulaski Pike Huntsville, Ala.) with Pastor James Strong officiating.

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

MS. DOROTHY SUGGS (b. 1922) of Huntsville, Ala., died Monday June 8. The family will have a private memorial at a later date.

The family will have a private memorial at a later date for MR. ROMEO BROWN, JR.

OU Establishes George Floyd Scholarship

Oakwood University answered the challenge issued by President Dr. Scott Hagen of North Central University in Minneapolis, MN to establish a George Floyd Memorial Scholarship to support students.

During the funeral service held on June 4, 2020, for Mr. Floyd, Hagen was quoted by Forbes.com as saying, "I am now challenging every university president in the United States to establish your own George Floyd Memorial Scholarship Fund."

"What better way to memorialize Mr. George Floyd than to rally donors to his memory and bless some young man with the gift of education! Oak-

wood accepts the responsibility for guaranteeing that Mr. Floyd did not die in vain" said Dr. Leslie Pollard, President of Oakwood University.

President Pollard issued a statement on May 31, 2020 addressing Floyd's death.

An HBCU, historically Black college university, Oakwood was established by the Seventh-day Adventist church in 1896 to educate Blacks for self-sufficiency and spiritual transformation.

The scholarship is being established at Oakwood University in memory of George Floyd and to honor his life by supporting students pursuing higher

education in preparation for a life of service.

To donate to this fund visit <https://give.oakwood.edu/george-floyd-memorial-scholarship/>.

by Dr. Maquisha Ford Mullins

*Let the
beauty of
what you
love be what
you do.*

- Rumi

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MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

LATEST COV- ID-19

INFORMATION
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Public Health
www.alabamapublichealth.gov

Centers for Disease
Control and Prevention
cdc.gov

TAKEOUT/DE- LIVERY RESTAU- RANTS

<https://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/>

ASBCC Issues Statement on Policing, Social Justice

Michael Brown, Eric Garner, Philando Castille, Breonna Taylor, Ahmaud Arbery, and now George Floyd; the names change, but the color does not. The Board of Directors of the Alabama State Black Chamber of Commerce (ASBCC), denounces the heinous and cavalier killing of George Floyd at the hands of law enforcement. These occurrences continue to be a routine happening across the country, all because our culture allows for the devaluing of human life.

Over the last week, we've

had several folks call and write about the need for greater diversity and inclusion. But we must start with a cultural change to alter some mindsets that believe, based on race and ethnicity, it's okay to: profile and stereotype, deny resources and opportunities, injure or kill because an individual has the position to do so, and worst of all, remain silent or disengage altogether in the face of inequities.

Our state often finds itself at or near the bottom in many categories. Because of our history and culture,

we have failed to embrace our most valued asset, our Diverse Human Resources. The tragic death of Mr. Floyd has renewed attention to injustice and inequality. The ASBCC is committed to advancing the economic and social condition of its members and the communities we serve throughout Alabama. Going forward, we seek to partner with those organizations and individuals who would move beyond words and mobilize with concrete actions for change.

About ASBCC Network:

The Alabama State Black Chamber of Commerce Network consists of the ASBCC, Birmingham Metro Black Chamber of Commerce, Mobile Area Black Chamber of Commerce, North Alabama African American Chamber of Commerce, Northeast Alabama Black Chamber of Commerce, River Region Black Chamber of Commerce, and the Tuscaloosa Black Chamber of Commerce. For general information about the ASBCC or to inquire about membership, visit www.alblackcc.org.



Deltas Host Free Food Truck

The Covid-19 pandemic has negatively impacted the lives of many residents in the Huntsville community. With unemployment skyrocketing, many families are struggling to make ends meet and more importantly to feed their families. Consequently, the Huntsville Alumnae Chapter (HAC) of Delta Sigma Theta Sorority, Inc., sprang into action to bring some relief to its community.

The Huntsville Alumnae Chapter, led by its B.A.S.I.C.S. (Being A Standout In Community Service) and supported by Huntsville Housing Authority (Tony McGinnis, director) hosted a free food truck event in the Butler Terrace community. Residents were treated to a barbecue dinner plate catered by *Badd Newz Barbecue*. HAC members also created snack bags that included two drinks and a pack of cookies for dessert. The chapter continued its efforts by moving the truck and distributing additional meals to the Tent City (homeless) community. By the end of the night over 115 hot meals were provided free of charge.

Furthering their efforts, HAC presented the Food Bank of North Alabama with a \$1,000 donation to help the organization reach its pledge goal. The \$1,000 donation alone will provide over 7,000 meals in the community.

Kudos to the B.A.S.I.C.S committee, chaired by *Remika Garrett*, *Rosa Kilpatrick* and *Alicia Nunez* for spearheading the efforts. *Ovetta Hobson* serves as HAC chapter President.

Protesters Voice Complaints at June 11 City Council Meeting

One after another, local citizens stood at a podium before fellow Huntsvillians and the Huntsville City Council on June 11 to make their complaints known.

They had participated Wednesday, June 3, in peaceful protests against the May 25 killing of George Floyd by Minneapolis police. The protest early last week ended with the unwarranted use by law enforcement of tear gas, pepper spray, rubber bullets and flash bangs.

They represented a spectrum of professions, even engineers and lawyers.

"A badge is not a shield," said one man. "It's not a power unto itself." He said that although no one expects perfection from police, good cops should be reinforced and bad ones dealt with immediately. The often stinging comments kept coming, as Council members and Mayor Tommy Battle listened silently.

A common theme among

those lodging their complaints was that protesters did not pose a threat and that officials should pay much more attention to "people who were there," as opposed to only law enforcement accounts.

One woman pleaded for the Council to reverse the trend among policemen that leads to a rapid lessening of the importance of soft skills. Others spoke out firmly against "a quasi-military force" that practiced on

their city as though it were a warzone.

A woman, drawing from previous experiences, suggested that law enforcement apparatus was in dire need of demilitarization and the addition of mental health first responders. Some citizens made earnest appeals for the removal of the monument symbolizing the "Spirit of the Confederacy."

One woman commented that she no longer views Huntsville as "different."



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AAMU Gets Closer to Zero-Emission



Alabama A&M University's transit system is among projects in more than 40 states that will receive a portion of some \$130 million in grants from the Federal Transit Administration (FTA) to boost low- or no-emission (Low-No) transportation and related infrastructure.

AAMU's Bulldog Transit System (BTS) has been awarded over \$2.2 million to buy additional zero-emission electric buses that will ultimately allow the school to replace diesel buses that have reached the end of their usefulness.

BTS and Proterra formed a strong partnership to deliver clean, quiet transportation to AAMU and the surrounding com-

munity.

Proterra is a leading innovator in the manufacture of heavy-duty electric transportation and designs, engineers and manufactures its battery systems and buses in America.

In November 2019, AAMU introduced two state-of-the-art Proterra electric buses to the campus and the state.

The buses marked the first electric buses on the road in Alabama, as well as the first electric bus fleet

on a predominantly black college campus.

The FTA grant announced June 2, 2020, will allow AAMU's Bulldog Transit System to further increase its total number of electric buses, as well as to work toward its goal of providing needed infrastructure upgrades, charging stations, a bus storage facility, and overall safer and cleaner campus environment, according to Marshall Chimwedzi, director of BTS.

Council Awards Arts Fellowships to Three Valley Area Teachers

At its June 4 quarterly meeting in Montgomery, the Alabama State Council on the Arts awarded 21 fellowships, including a new fellowship category for arts educators, with a total \$105,000 in funding. Three Alabama Educators were awarded the FIRST ever Art Education Fellowships.

DeLinda Morris, a visual arts teacher at Mae Jemison High School in the Huntsville City School System was awarded the arts educator fellowship in the amount of \$5,000. Morris employs genuine, seamless, and robust methods for equity and diversity in her teaching, while including real world content in her curriculum. Her students engage in fashion design, logo development, and numerous monthly art competitions, including Black History month, Native American month, Women's month and Hispanic month. She has received the Black History Art Teacher of the Year award three times.

Megan Jones, a vocal performance teacher at Decatur High School in the Decatur City School System, was awarded the arts educator fellowship for \$5,000. She has a passion for using music to provide excellence and success for an increasingly diverse and challenged student body. She encourages leadership among foreign speaking students by choosing repertoire in their language and using them to mentor other students on the correct pronunciation.

Jennifer Winholtz, a visual arts teacher at Oak Grove High School in the Jefferson County School System, was awarded the arts educator fellowship for \$5,000. With a determination to reach every student in her community, Ms. Winholtz developed a program using her high school students to teach and mentor elementary school students, thus impacting the entire feeder system.

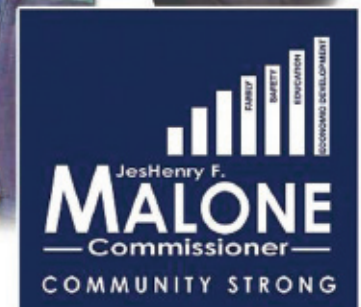
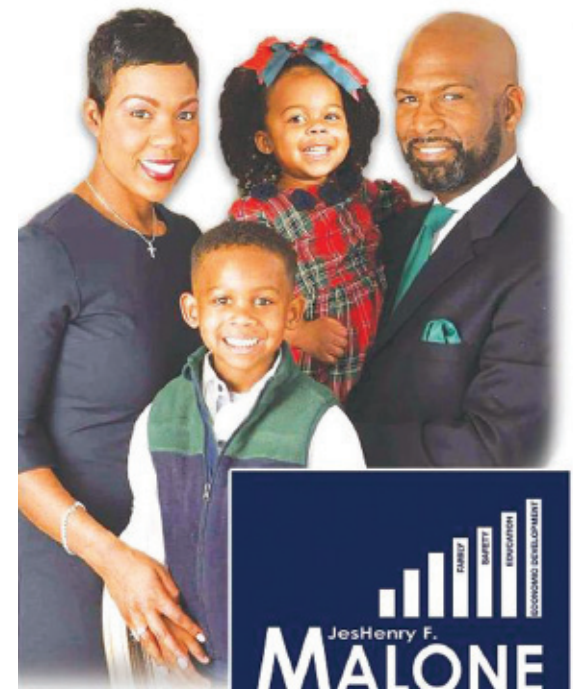
JesHenry Malone Commissioner District 6

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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
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JULY
14th!



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• Alabama Democratic Conference
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7 Reasons You're Tired All the Time

“Why am I tired all the time?!” Have you been asking yourself this question lately?

It may be more than just a lack of sleep. But first, try this test: For two weeks, add some healthy changes to your routine, including sleeping more, going out a little less often, eating a better, more nutritious diet, drinking more water, and cutting back on caffeine and alcohol.

“If you're still feeling the symptoms of fatigue after those changes, then you need professional help,” says Sandra Adamson Fryhofer, MD, an internist in Atlanta. Excess exhaustion could be the sign of a more serious medical condition, including the following most common problems:

1. Anemia. The fatigue caused by anemia is the result of a lack of red blood cells, which bring oxygen from your lungs to your tissues and cells. You may feel weak and short of breath. Anemia may be caused by an iron or vitamin deficiency, blood loss, internal bleeding, or a chronic disease such as rheumatoid arthritis, cancer, or kidney failure.

Women of childbearing age are especially susceptible to iron-deficiency anemia because of blood loss during menstruation and the body's need for extra iron during pregnancy and breastfeeding, explains Laurence Corash, MD, adjunct professor of laboratory medicine at the University of California, San Francisco.

Symptoms: Fatigue is a major one. Others include extreme weakness, difficulty sleeping, lack of concentration, rapid heartbeat, chest pains, and headache.

Tests: A thorough evaluation for anemia includes a complete physical exam and blood tests.

2. Diabetes. READ: Girl, 11, Opts For Radical Amputation Surgery

Sugar, also called glucose, is

the fuel that keeps your body going. And that means trouble for people with type 2 diabetes, who can't use glucose properly, causing it to build up in the blood. Without enough energy to keep the body running smoothly, people with diabetes often notice fatigue as one of the first warning signs, says Christopher D. Saudek, MD, professor of medicine and program director for the General Clinical Research Center at the Johns Hopkins University School of Medicine.

Symptoms: Aside from exhaustion, other signs include excessive thirst, frequent urination, hunger, weight loss, irritability, vaginal yeast infections, and blurred vision. *Tests:* There are two major tests for diabetes. The fasting plasma glucose test, which is more common, measures your blood glucose level after fasting for 8 hours, usually first thing in the morning. A second test is the oral glucose tolerance test (OGTT), where blood is drawn twice – just before drinking a glucose syrup, then 2 hours later.

3. Thyroid Disease. The thyroid gland, about the size of a kiwi fruit, is found in the front of the neck and produces hormones that control your metabolism. Too much thyroid hormone (hyperthyroidism), and metabolism speeds up. Too little (hypothyroidism), and metabolism slows down.

Symptoms: Hyperthyroidism causes muscle fatigue and weakness, which you may notice first in the thighs. Exercises such as riding a bike or climbing stairs become more difficult. Hyperthyroidism is most commonly diagnosed in people in their 20s and 30s, but it can occur in older women and men too, says Robert J. McConnell, MD, codirector of the New York Thyroid Center at Columbia University Medical Center in

New York City.

Hypothyroidism causes fatigue, an inability to concentrate, and muscle soreness, even with minor activity. Other symptoms include weight gain due to water retention, feeling cold all the time (even in warmer weather), heavier and more frequent menstrual flows, and constipation. Hypothyroidism is most common in women over age 50.

4. Depression. Depression is a major illness that affects the way we sleep, eat, and feel about ourselves and others. Without treatment . . . the symptoms of depression may last for weeks, months, or even years. So it's important to recognize the warning signs and get help.

Symptoms: People experience depression differently, but commonly, depression can cause decreased energy, changes in sleeping and eating patterns, problems with memory and concentration, and feelings of hopelessness, worthlessness, and negativity. *Tests:* Your doctor may be able to identify it by asking you a series of questions. If you experience five or more symptoms below for more than 2 weeks, or if they interfere with your life, see your doctor or mental health professional.

- Fatigue or loss of energy
- Sleeping too little or too much
- A persistent sad, anxious, or “empty” mood
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment, such as headaches, chronic pain, or constipation and other digestive disorders
- Difficulty concentrating, remembering, or making decisions
- Feeling guilty, hopeless, or



worthless

- Thoughts of death or suicide

5. Rheumatoid Arthritis. RA happens when your immune system turns against itself and attacks healthy joint tissue, sometimes resulting in irreversible damage to bone and cartilage.

Symptoms: Many symptoms (such as fatigue, low energy, loss of appetite, and joint pain) are shared by other health conditions, including fibromyalgia and lupus. Also, anemia and thyroid disorders, which also cause fatigue, are even more common in people with RA, according to John Klippel, MD, president and CEO of the Atlanta-based Arthritis Foundation.

Tests: A thorough physical exam by a rheumatologist can provide some of the most valuable evidence of the

disease, but there is also a test for the presence of rheumatoid factor, an antibody found in the blood. About 80% of people with RA test positive for this antibody, but the test is not conclusive.

6. Sleep Apnea. Sleep apnea is a disorder characterized by brief interruptions of breathing during sleep. In the most common type, obstructive sleep apnea, your upper airway actually closes or collapses for a few seconds, which, in turn, alerts your brain to wake you up to begin breathing again. Someone with obstructive sleep apnea may stop breathing dozens or even hundreds of times a night, says Roseanne S. Barker, MD, former medical director of the Baptist Sleep Institute in Knoxville, TN.

Symptoms: Sleep apnea is

often signaled by snoring and is generally followed by tiredness the next day. Because sleep apnea can lead to heart disease, high blood pressure, and stroke, it's important to be tested.

Tests: This involves an overnight stay at a sleep clinic, where you'll undergo a polysomnogram, which is a painless test that will monitor your sleep patterns, breathing changes, and brain activity.

7. Chronic Fatigue Syndrome. People who suffer from CFS feel too tired to carry on with their normal activities and are easily exhausted with little exertion. *Symptoms:* Other signs include headache, muscle and joint pain, weakness, tender lymph nodes, and an inability to concentrate.

- BlackDoctor.org

“aRtEVOLUTION”

Project Coordinator: John “Jahni” Moore

Sponsors: The Valley Weekly, The Rosetta James Foundation and the Tennessee Valley Diversity Leadership Colloquium





First Missionary Baptist Church Celebrates Youth Week

The pandemic did not stop First Missionary Baptist Church from hosting their annual Youth Week, June 8–14. The theme, “We’re All in this Together,” was inspired by Psalm 133:1: “How wonderful and pleasant it is when brothers live together in harmony.”

From Bible Stories and Sing Alongs, a Trivia Night to a Tik Tok Talent Show, the FMBC Youth Week helped the youth grow

closer to Christ while having FUN.

One of the highlights of the week was a Scavenger Hunt. It was conducted via the Zoom video communication media, and participants were challenged to find items around their homes based on a bible story.

Youth Week also featured a Tik Tok Talent Show. The tweens and teens were

challenged to share their talents and gifts utilizing the popular social media platform.

During Friday’s Movie Night, the younger children enjoyed an online movie experience using the Kosmi platform, while the older youth gathered in person, while social distancing to watch “The Hate You Give”. The movie was followed up with a

mid-day Saturday Rap Session to discuss and unpack the movie, which included Huntsville Police Captain, Jeffery Rice, to promote a balanced and informed dialogue.

The week culminated with a Youth Day worship service that was held in the FMBC parking lot and streamed live.

The guest speaker was Minister Myka Hambrick

from Nashville, Tenn. She challenged the youth to not allow the pandemic and current day events to keep them from loving everyone, using their gifts to build the kingdom of God and to care for the well-being of others.

Rev. Dr. Don Darius Butler closed the service with a special prayer for the youth to have an “undeterred spirit, a devotion,

[and] a commitment to what God wants [them] to bring forth in the world.”

The events for this week were organized by Staff Minister for Youth and Young Adults, Rev. Kim Carrington, along with FMBC’s team of Youth Advisors and Youth Council.

For more information on the church’s ministries, please visit the website at www.fmbc.org.