

Happy
Fourth
of July!

Volume 4, No. 43

"The deepest principle in human nature is the craving
to be appreciated."

- William James

FREE

The Valley Weekly



www.valleyweeklyllc.com

Friday, July 6, 2018

Local Movers and Shakers Honored at National Conference

by Reggie D. Allen

State Rep. Laura Hall, Rosetta James and Kimberly Lewis were honored at the National Organization of Black Elected Legislative Women (NOBEL) Shining Gala Saturday, June 30, at the Sheraton Hotel in Birmingham. The annual conference, which ran from June 28-30, attracted some of the country's most distinguished women of color to discuss pressing matters and bolster emerging voices. This year, the Magic City hosted the highly-influential conference.

The gala featured remarks from newly-elected Alabama Senator Doug Jones. Civil Rights activist Tarana Burke, the founder of the #MeToo movement; Donna Brazile, and Rev.

Cassandra Gould received national Shining Star awards. Due to a series of racially-charged death threats, Congresswoman Maxine Waters, who was slated to speak at a moderated discussion, was forced to abruptly cancel her appearance.

Hall, who served as this year's honorary chair, was honored for her years of unyielding service with a portrait unveiling and special serenade by songstress Barbara Williams. The song, titled "This Lady", was written by Joe Lewis exclusively for the honoree.

James was bestowed the local Shining Star achievement for her civil engagement and philanthropic efforts. A servant to her community, James has



State Representative Laura Hall (center) was honored in Birmingham, Ala., at the gala of the National Organization of Black Elected Legislative Women on June 30.

dedicated countless hours volunteering at First Missionary Baptist Church and other charitable organizations.

A pioneer for community service, the Akron, Ala., native helped inspire the

Rosetta James Foundation, a non-profit that commits to youth and workforce development, educational excellence, volunteerism, community outreach and honoring elders. Every

See NOBEL, Page 8

Educator Appointed to College Trustee Board

Dr. Annie Grace Robinson of Huntsville has been appointed to a three-year term (from 2018 to 2021) to the Texas College Board of Trustees.



Texas College is a Christian Methodist Episcopal (CME) College in Tyler, Texas. Previously, Robinson served on the Board of Trustees at Miles College in Birmingham for many years.

Robinson, a graduate of Stillman College in Tuscaloosa, Ala., is a third-generation member of the CME Church. She also serves on the Board of Directors and is a founding member of the Rosetta James Foundation, based in Huntsville, Ala.

Rep. Daniels Among Speakers at Major Advertising Conference

Regional advertising and marketing conference attendees to hear from over a dozen speakers, including astronauts, artists, public officials and more

Marketing leaders from five states will converge in the Rocket City August 2-4 for the American Advertising Federation's (AAF)

District 7 Conference "LAUNCH."

AAF North Alabama--the Huntsville-based chapter of the American Advertising Federation tasked with organizing the conference --has announced its lineup of keynote speakers, which includes four keynote addresses, complemented

by 14 breakout sessions.

The two-day conference, hosted at the Embassy Suites in Downtown Huntsville, is open to all advertising and



marketing professionals interested in sharpening their leadership skills and networking with like-minded marketing enthusiasts. Those inter-

ested may register and pay online.

Keynote speakers will include James Gilby, vice president and group creative director, Discovery Company of the Discovery Channel; Astronaut Robert L. Stewart, who became a NASA Astronaut in August 1979; Alabama State Repre-

sentative Anthony Daniels, District 57/ House Minority Leader; and David Nuttall, owner, Arti Maps.

For more information on joining AAF - North Alabama or attending AAF's professional development luncheons, visit the AAF North Alabama website or connect on Facebook and Instagram.

Washington in One Minute



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

1. The House and Senate are in recess this week and will reconvene next Monday, July 9.

2. On Saturday, President Trump tweeted that he would announce his pick to replace retiring Supreme Court Justice Anthony Kennedy on July 9 and has narrowed his choice to three men and two women

candidates.

Last week, the White House announced that the President has added a meeting with Russian President Vladimir Putin at the tail end of his upcoming European trip,

which starts on July 11 with NATO meetings in Belgium, followed by a visit to the U.K. to meet with Prime Minister Theresa May (as well as a meeting with Queen Elizabeth at Windsor Castle on July 13). The President then heads to Helsinki to meet with Putin on July 16. Today, the President meets with Netherlands Prime Minister Mark Rutte at the White House.

On Wednesday, the President and First Lady welcomed military families to the South Lawn for a Fourth of July picnic and then hosted entertainers and military bands for a patriotic evening that for the first time was televised live.

3. Last Friday, according to The Washington Post, General Motors submitted comments to the Commerce Department strongly opposing the Trump Administration's proposed 20 percent tariffs on foreign automobiles, saying that the tariffs could add several thousands of dollars to the cost of a vehicle and could cause GM to reduce hiring, investment

and wages.

GM employs 110,000 workers in the U.S. at 47 manufacturing sites and 25 service-part facilities, but also makes cars for the U.S. market in Canada and Mexico. Shares of GM stock fell 2.8% on Friday. The Commerce Department announced that it will hold two days of hearings on the proposed tariffs on July 19-20. 4. On June 28, the full Senate Appropriations Committee approved a bipartisan FY 2019 spending bill that increases money for a wide range of education programs, including Pell grants. Senators voted 30-1 in favor of S. 3158 (115), legislation that would increase overall funding for the Education Department by \$541 million to \$71.4 billion. The bill, which now heads to the Senate floor, would increase the maximum Pell grant award by \$100 to \$6,195. The legislation largely rejects many of the cuts that President Donald Trump's budget had requested.

5. Former President Obama

has pledged to return to the campaign trail to raise money for House and Senate candidates and last Friday headlined a fundraiser in Atherton, Calif., a tony suburb of San Francisco - that raised more than \$2.5 million for House Democrats.

6. Last Saturday, NBC News reported that Saudi King Salman bin Adulaziz Al Saud has pledged that he could raise his country's oil production by two million barrels per day "if needed" in response to rising world oil prices caused by unrest in Venezuela and Libya and the U.S. pressure on allies to end purchases from Iran. The average price of a gallon of regular gas in the U.S. has risen from \$2.33 last year to a current \$2.85.

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Champion Game Plan for Life

by Preston Brown

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 seem to be so many people



placing political beliefs and political preferences over mankind itself.

How do we allow the separation of a family due to a political decision? Also, with all the mass shootings going on, how do we allow the current gun laws to stay in place? And, is it okay to shoot someone that is running away from you, that is not even a threat to your life?

And, how can we say one thing and mean it, yet when it threatens our job position or our livelihood, we say, "Oh I didn't mean it like that"?

All of these unanswered questions should help us realize the serious condition that our nation is in. But thanks be to God for His favor. So 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 peoples. Now, it doesn't say he was perfect; it says he was *blameless*. Blameless means innocent of wrong doings. 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, even in a wicked and evil world.

Stay encouraged, my brothers and sisters. And, remember: you can purchase my book, "A Champion Game Plan For Life," on amazon.com.

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For The View event details and tickets, visit burrittonthemountain.com/

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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.

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The Valley Weekly

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From the Editor

Ahhh Happy 4th of July!

By July, school is out all over the United States. Our local students have been out since May; therefore, they will be headed back to school by the end of this month. What happened to the three months of recess we used to enjoy throughout the summer? May has run into June and June has run into July. Life is moving fast.

Back in the early 1980s, I had the wonderful blessing of serving as director of the Upward Bound program at Ohio Wesleyan University, just north of Columbus in Delaware, Ohio. This month, we are having a reunion. Yes, the month of July is loaded with different types of reunions. I look forward to seeing some of my former students. We are going through photo albums, looking for pictures to share while there. Our oldest son, William, was an Upward Bound baby. He was born in October 1986, but by June of the next year, he was a resident of Smith Hall at OWU's Upward Bound program with Bill and me. By July, he was walking at 9 months because the students encouraged him and celebrated when he took off walking across the gathering room of the residence hall. You can imagine how excited we are to return to see everyone, to share and to care! This is making for another memorable July.

We can do so much in life with a little dose of encouragement. When we have the opportunity to share and care, we should take full advantage of it. We never know

what the outcome will be. So many adults from our past continue to say 'thanks' for the many acts of sharing and caring over the years. At some point in all of our lives, we should be able to focus on the impact we are making on others rather than what we can get out of them. I think of many, many missed opportunities to have done better had I only known then what I know now. Sometimes, no matter how hard we try, we still overlook circumstances that are staring right at us. We live and learn! And, as we learn our actions should reflect new knowledge and experience.

The entire TEAM at The Valley Weekly wishes for each of you an enjoyable and memorable 4th of July. Although we were online by Tuesday, the printed paper

was delayed one day, until Thursday, July 5th, due to the holiday. Enjoy your family, loved ones and friends. Forget the diet and enjoy some ice cream, watermelon and baked beans. I have never met an elder who was blessed with longevity who regretted enjoying these things once or twice a year.

I hope you get to visit with family, friends, acquaintances of the past, and even meet new ones. Fewer things are as enjoyable as experiencing the love of family and friends. To love is to express freedom. Begin with self-love and affirmation. I'm almost there and I keep trying each day. I shedded some hair and am enjoying some "natural" freedom. It might not be *hair* for you; but whatever it is that can 'free you up,' let it go and enjoy the power of unwanted domination.

Love, Live, Laugh and Let it Go! Until next week ...



Dorothy



New Century Among State's ACT Score Top 20

The ACT (originally known as American College Testing) is a national college admissions examination that consists of tests of four key subject areas: Eng-

lish, Mathematics, Reading and Science.

The scores can range from a low of 1 to a top score of 36. The score from each subject area is

combined to give an overall average score.

This list shows the high schools in the state of Alabama with the highest overall average score dur-

ing 2016-2017 school year.

Information for this report was gathered from the Public Affairs Research Council of Alabama.

Senior Center to Host Silent Auction and Dinner

The Huntsville-Madison County Senior Center, Inc., will hold the 3rd annual "Hot Southern Nights Auction and Dinner" at 6 p.m. on Saturday, August 4, at The Jackson Center, 6001 Moquin Drive in Huntsville, Ala.

The event will benefit Meals on Wheels, Rock Steady Boxing, Adult Day Care, and Studio 60.

Entertainment will be provided by the Rocket City Jazz Orchestra and the Huntsville Swing Dance Society.

Honorees for 2018 include Rev. Dr. Julius Scroggs, pastor, First Missionary Baptist Church, and Nancy Robertson, executive director of TARCOG. During the silent auction, dinner and live auction, tribute will also be paid to Angela Benson, First Missionary Baptist Church; Jennie Coe, Episcopal Church of the Nativity; Joy Groenke, St. Mark's Lutheran Church; Arthur Lange, All Saints Lutheran Church; Paul & Martha Nelson, First Baptist Church; Doris O'Donel, Latham Methodist Church; Cinfy Thomason, Twickenham Church of Christ; and Miriam Dendy, Trinity Methodist Church.

Individual reservations are \$100 each. Sponsorship levels range from \$600 to \$5,000.

For additional information, contact hsn@senior-view.com or call (256) 382-0925.

The Valley Weekly Calendar of Events

July 6

Stewart Standouts Education Gala
Roundhouse Banquet Hall
393 Monroe Street, NW
Huntsville, Ala., 7 p.m.

July 7

Fifth Annual Youth Football & Cheer Camp Stewart Standouts (Free, Ages 7-17)
Milton Frank Stadium
8 a.m.-12 p.m.

July 14

Basic Floral Design: An Introduction to Flowers and Form
Huntsville Botanical Garden
Anderson Education Classroom
Instructor: Mickey Jordan Lollar, B.S.Ed., M.A.
Marketing Analyst, Surface

Elements; Writing Instructor, University of North Alabama and the Helen Keller Library
2-4 p.m.

July 10

Tuesday Night Jam on Jefferson Street
(Meet under the Light Tree)
5-8 p.m.

July 12

Supplier Diversity Conference Presented by Alabama Automotive Manufacturers Association and J.F. Drake State Community and Technical College
Von Braun Center - North Hall, 8 a.m.-4:30 p.m.

July 14

Food and Cultural Festival

Trinity United Methodist Church

607 Airport Road, SW
Huntsville, Ala., 11:30 a.m.-1:30 p.m. (Entertainment - 1-4 p.m.)

"The Walls Are Talking"

Stage Play
Huntsville High School Auditorium, 6 p.m.

"Party of the Year"

The Black Jacket Symphony
U.S. Space and Rocket Center
rocketcenter.com/concert
7 p.m.

July 20

NSBE Golf Tournament
The Links at Redstone Arsenal
anthonyclancaster@gmail.com
7 a.m.

'Artsy Tots: Artful Koi Fish'
Huntsville Museum of Art
Class fee is \$5 members/\$7 non-members (up to 2 adults/2 children).

Fees are non-refundable. However, registration is transferable to another session.

July 26

Boys & Girls Club Leaders and Legends
Featuring Charles Barkley
Von Braun Center North Hall
www.bgcna.com/lld
5-8 p.m.

July 27-28

Eagles' Nest Ministries Church Uncommon Worship
"Mask Off: Uncut: Revealed"
2nd Annual Dance Confer-

ence, 7 p.m.

July 27-29

Stand Up Live Huntsville
Featuring
"Earthquake" - 7 p.m.

July 28

8th Annual CAFY Event
Calhoun Community College
Huntsville Campus
Wynn Drive - 10 a.m.-2 p.m.

September 2

Annual Caribbean Day at the Park
Family Fun Day
www.CANAonline.com
(256) 606-6878
11 a.m.-7 p.m.

September 9

Jazz in the Park

Featuring Adam, Hawl
Big Spring Part, 6-9 p.m.
(Free)

September 16

Jazz in the Park
Featuring Kim Scott and T.A.D. of Jazz
Big Spring Part, 6-9 p.m.
(Free)

September 23

Jazz in the Park
Featuring Brian Simpson and Norris Jones
Big Spring Part, 6-9 p.m.
(Free)

September 30

Jazz in the Park
Featuring Theo Crocker
Big Spring Part, 6-9 p.m.
(Free)

Where to Find Your FREE Copies of The Valley Weekly

AAMU Public Relations Office

Albert's Flowers

Alphonso Beckles, Attorney at Law

Bob Harrison Senior Wellness Center

Briar Fork CP Church

Bryant Bank - Church Street

Chris' Barber Shop

Depot Professional Building

Dunkin Donuts

Eagles' Nest Ministries

Fellowship of Faith Church

Fellowship Presbyterian Church

Health Unlimited

House of Hope and Restoration

Huntsville Bible College

James Smith - AllState Insurance

Lakeside United Methodist Church

Lucky's Supermarket

Marshall England - State Farm Agent

Martinson & Beason, PC

Nelms Memorial Funeral Home

N. Ala. Center for Educational Excellence

Oakwood University Post Office

Regency Retirement Village

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Popular Toy Chain Closes Its Doors

by Reggie D. Allen

After 70 years, Toys 'R' Us closed the last of its 700-plus stores, including their Huntsville location in the heart of Bridge Street Town Centre, which has been there since 2011. It was an emotional moment for children and young adults, who grew up shopping at the toy-giant. The superstore, which dually operated as a Babies 'R Us, locked its doors for good Friday, June 29.

The Bridge Street store served as a replacement to its former University Drive location, which closed shop in October 2011. The building has since become a Planet Fitness.

In its finale trek, the 58,000-square-foot building was almost unrecogniz-

able. The once flooded aisles, were now barren and closed off. The shelves, once stocked with barbies, hot wheels and action figures, were empty. Large banners boasted impressive mark-downs, but their inventory was far from bountiful.

In 2017, the toy conglomerate filed for bankruptcy with reported 4.9 billion dollars in debt. Initially closing 180 stores, it was only time before the store's ultimate demise. In March, Toys 'R' US made the official announcement that it would be going out business, promising gradual liquidation sales.

During the store's final days, a photo of Geoffrey the Giraffe, Toys 'R Us anthropomorphic mascot,

standing in an empty aisle with a packed suitcase, circulated the internet. The viral photo, shared by Renee Johnpiere, may have pulled the heart strings, but, for some, the store's closure means a one-way trip to the unemployment line. It is reported that over 33,000 workers will be laid off without severance this month.

"When they announced 182 stores closing and my store wasn't on the list, I thought I'd be OK," a Florida employee, who had been working with the company 12 years, told CNN in March. Since Toys



'R' Us filed for bankruptcy, workers aren't able to get a severance package. However, it was reported that employees received 60 days salary with benefits until the store's official closing date.

While many flooded the store, then in its last months, looking for a good deal, others came to say their final goodbyes. The 70-year-old toy behemoth

leaves behind a legacy of memories that spans multiple generations.

"There is still enough child in me that I enjoy looking at toys and especially with my grands to see how excited they are when they see that 'must-have' toy!" said a Decatur native in a nostalgic social media post. "... I guess my inner child will have to find another toy store and I will."

CAFY Annual Event July 28

The 8th annual Community Awareness for Youth (CAFY) annual event and monthly youth awards program will be held Saturday, July 28, from 10 a.m. to 2 p.m. at the new location: Calhoun College Huntsville Campus, 102 Wynn Drive NW, Huntsville, Ala.

This is a free event, with free food, activities, give-a-ways, information and limited book bags with limited school supplies.

This activity was set up to assist youth in the Madison County area to become more successful in school and their futures. It is a family-friendly event sponsored by the City of Huntsville Multi-cultural Affairs office. The Director of this event is the City of Huntsville Multi-Cultural



Affairs Officer, Mr. Kenny Anderson kenny.ander@huntsvilleal.gov work 256-883-3993.

This is an opportunity to give back to the community's most precious resources ... the youth.

Persons and/or organizations interested in donating school supplies to put in the free, limited book bags should contact kenny.ander@huntsvilleal.gov.



BIRTHDAY - July 6 - DELLA REESE - Born in Detroit, Mich., in 1931, the late singer/actress is well known for both her music and her television and acting roles over a 70-year career. -BlackinTime.info

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Valley Deaths

- Nelms Memorial Funeral Home -

Memorial Service for MRS. CLARA PETERSON ROCK (b. 1931) was held Sunday, July 1, at 1:00 p.m. at the Oakwood University Seventh-day Adventist Church.

Funeral service for MRS. SHARON OVERTON (b. 1961) was held Saturday, June 30, at Progressive Union Missionary Baptist Church (1919 Brandontown Road - Huntsville, Ala.) with Pastor Errol Davis officiating.

Funeral service for MR. KENNETH L. RICE (b. 1958) was held Saturday, June 23, at New Hope Cumberland Presbyterian Church in America (CPCA) with Interim Pastor Reverend Earnestine Gordon officiating.

Funeral service for MR. WELTON GIDEON (b. 1932) was held Friday, June 22, at the Fellowship of Faith Church (3703 Memorial Parkway North - Huntsville, Ala.) with Pastor Troy Garner officiating.

- Royal Funeral Home -

Funeral service for MS. GLADYS E. SHELTON (b. 1933) was held Tuesday, July 3, at the Cherokee Church of Christ (Cherokee, Ala.) with Brother John Branch officiating.

Funeral service for MRS. WILLIE MAE PRYOR (b. 1931) was held Monday, July 2, at the Antioch Cumberland Presbyterian Church of America (923 Browns ferry St., Athens, Ala.) with Pastor Robert L. Rice officiating.

Funeral service for MR. JAMES TERRELL (b. 1930) will be announced at a later date.

Funeral service for MS. ERICA VERNELL EDWARDS (b. 1981) was held Saturday, June 30, at the Union Hill Primitive Baptist Church (Winchester Road, Huntsville, Ala.) with Dr. Oscar L. Montgomery, Sr., officiating.

Funeral service for MS. HEAVEN HINES (b. 2001) was held Saturday, June 30, at the Hope Community Church (1111 Pulaski Pike, Huntsville, Ala.) with Bishop Robert Rogers officiating.

- Serenity Funeral Home -

Funeral service for MS. XZARIAH RICE (b. 2002) were held Friday, June 29, at Blue Sprig Road Church of Christ (2150 Blue Spring Road NW, Huntsville, Ala.) with Elder Thomas Malone officiating.

Funeral service for MS. CRENA JOSEPH (b. 1941) will be announced at a later date.

Funeral service will be announced at a later date for MRS. NINA "DELOISE" HEARNE-HOPKINS (LANKFORD) (b. 1957).

Called 2 Preach

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

It's the Thought that Counts

Generally, we hear this statement being said after someone receives a gift that is either not wanted, or obviously one not well thought out. Spouses speculate about what to get for those meaningful dates and days; children check their limited funding and know that they can't give what they desire to give.

Gift-giving is not the only area of life where this is true. Proverbs 23:7 says that this is really the way of life: "As a man (person) thinketh, so is he." When it comes to how life is perceived, the Book of Wisdom says, it's the thought that counts. The text is tailored to teach us that God is always analytically aware of our motives. The second half of verse 7 speaks of the person whose heart is not really into something that is done for another. This is the pretender who says from their

lips, "Eat and drink," but their heart is saying, "that cost me too much." When this happens, God says that it is sterile and stale and void of heartfelt meaning.

Verse 8 speaks of vomiting when one learns the truth about the stinging that lurks unnoticed by the natural eye but known by God. Could this be an anthropological way of God saying to us that it turns His



stomach when He sees His children live out life with more desire than devotion? With more intentions than intentionality? With pretense rather than purpose?

It's the thought that counts.

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Huntsville City Council Meetings

Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m. Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

For more information, call (256) 427-5011.

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Willard Scissum Receives Ring ... Finally

A few months after his mom (Jeanette Scissum) received local, statewide and national recognition for her role as first female mathematician at NASA's Marshall Space Flight Center (a "hidden figure"), Willard Scissum (far right) received equal recognition in the Redskins Football



Replacement Team Ring Event in Washington, DC, on June 9.

Willard, a Lee High School and University of Alabama standout under Coach Paul "Bear" Bryant, was recruited, among several others, to replace the striking Redskins team in 1987.

The team's winning led

to the Redskins' triumph in the Super Bowl. The "scabs" received their long overdue recognition with a huge Super Bowl Ring and a weekend of celebration.

The NFL ring will join Willard's 1981 SEC Championship ring the Tide Team won under Coach Bryant.

by Dr. Barbara Anthony



Spotlight on Our Elders ... Featuring

Mrs. Grace Love

Born on September 11, 1922, in Decatur, Ala., Grace Love and her family moved to Huntsville when she was a child. Her father's work took them to Cincinnati, Ohio, and back to Huntsville by the time she was 6 years old.

Her affiliations with community and civic activities date back to when she attended bible school at First Missionary Baptist Church when its membership met on Steele Street. She was baptized in Big Spring Park in downtown Huntsville, Ala., because at that time the facility on Church Street did not have a pool on-site.

Love enjoys an active church involvement. She



has been a regular at First Missionary Baptist Church for nearly 80 years. After attending Councill High School through the 11th grade, she was employed for more than 52 years as a domestic worker for various families, including some of Huntsville most prominent residents - Woody Anderson, Martha

Fleming, Judy Smith and the family of Atty. Jim Smith.

For years, she would iron baskets of clothing, especially white shirts of men, curtains, linen and tablecloths. The matriarch and her late husband of 58 years, Mr. Herbert Jones, Sr., had seven sons and one daughter.

She is affiliated with the NAACP, the national AARP (for more than 30 years), the local AARP, First Missionary Baptist Church Circle #3, and the Alabama Democratic Conference (ADC). She enjoys 21 precious grandchildren, 20 of which live in Huntsville and one in Yuma, Ariz.

2018 Alabama A&M University Bulldog Football

Date	Opponent	Site	Venue	Time
Sept. 1	Miles College	HOME	Louis Crews Stadium (Crews Classic)	TBA
Sept. 8	University of North Alabama	HOME	Louis Crews Stadium	TBA
Sept. 15	U. of Cincinnati	AWAY	Cincinnati, Ohio	TBA
Sept. 22	Southern University	Neutral	Mobile, Ala. (Gulf Coast Challenge)	TBA
Sept. 29	Jackson State University	AWAY	Jackson, Miss.	TBA
Oct. 6	Texas Southern University	AWAY	Houston, Tex.	TBA
Oct. 13	Alcorn State University	HOME	Louis Crews Stadium (HOMECOMING)	TBA
Oct. 20		OPEN		
Oct. 27	Alabama State University	Neutral	Birmingham, Ala. (Magic City Classic)	TBA
Nov. 3	U. of Ark. Pine Bluff	AWAY	Pine Bluff, Ark.	TBA
Nov. 10	Grambling State University	HOME	Louis Crews Stadium	TBA
Nov. 17	Mississippi Valley St. U.	AWAY	Itta Bena, Miss.	TBA

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ProjectXYZ CEO Kim Lewis (1st photo, 2nd, r) and voter rights advocate Rosetta James (2nd photo, 2nd, r) were among the honorees at the National Organization of Black Elected Legislative Women on June 30.

NOBEL, from Page 1

year, the organization awards multiple scholarships to deserving individuals seeking to further their education.

Lewis, CEO of ProjectXYZ was awarded the local Shining Star for Technology. The Huntsville-based company provides information technology, programmatic and logistic support services to business. Since launching the company in 2002, Lewis has assisted numerous business's and garnered multiple accolades, including the U.S. Chamber of Commerce Woman-Owned Business

of the Year.

Most recently, ProjectXYZ was selected by the U.S Army for a potential \$75.9 million contract. The company would assist with foreign military sales, security assistance and other international programs of the service branch through-out 2023. A loving wife and mother of two, Lewis serves on multiple boards, such as the Huntsville Hospital Foundation, Cummings Research Park and Huntsville/ Madison County Chamber of Commerce, which she serves as Chair-Elect.

Additional Shining Star

honorees included Brenda Hong (Health), T. Marie King (Empowerment of Women and Girls), Aleese Sims (Education) and Lajuana Bradford (Social and Economic Justice). This year's NOBEL conference featured a bevy of panelists, including Rep. Anthony Daniels. The weekend also boasted a cavalcade of entertaining and educative events, such as "Host Night Out", the conference's official kick-off party at the Birmingham Museum of Art, featuring Hip Hop veteran Doug E. Fresh and comedian/ radio personality Funny Maine.

Jump Starting Fitness Goals

3 expert ideas for getting out of workout ruts

BPT - Fitness is central to your well-being, however it's easy to get stuck in a rut. Dan Gaz, exercise director at Mayo Clinic, suggests three simple ways to break free:

Get Outside

"When you get outside it's a nice change of pace," says Gaz. "You may find

higher levels of energy as you breathe in the fresh air, plus, you get a dose of vitamin D from the sun."

Try Something New

"Sign up for a community 5k run. Look at your local rec center class catalog and sign up for an activity of interest. The social dynamics of these



activities benefit mental health also," Gaz says.

Bring or Make Friends

"When you take an exercise class or join a running club, you may push yourself harder," says Gaz.

"With someone leading the group, you'll do things you may not have done alone. This can accelerate fitness."



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