

The Valley Weekly

"You are not entitled to your opinion. You are entitled to your informed opinion. No one is entitled to be ignorant."
- Harlan Ellison

FREE

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www.valleyweeklyllc.com

Friday, July 12, 2019

Caribbean Day Starts September

The Caribbean Association of North Alabama, Inc., will host its 14th Annual Caribbean Day at the Park activity on Sunday, September 1, from 11 a.m.-7 p.m. at Stoner Field Park, located at 3715 Bragg Street, NW, Huntsville, Ala.

The free event will include Caribbean performances, music, food, vendors, activities for kids, games, giveaways and more.

For additional information, visit canaonline.com or call (256) 361-9745.



"Stuff the Bus" Supports CAFY

Apple Bus, in conjunction with the City of Huntsville Office of Multicultural Affairs and Rocket City Broadcasting, will host the "Stuff the Bus" school supply drive on three days in mid-July.

The activity is being held in support of the Community Awareness for Youth (CAFY) program and will accept materials from 10 a.m.-2 p.m. on July 19-20, and from 1-4 p.m. on Sunday, July 21, at Huntsville and Madison Walmart stores.

Requested items include pencils, wide-ruled loose leaf paper, spiral notebooks, erasers, Crayola Crayons (24-pack), two-pocket folders, glue sticks, hand sanitizer, Kleenex, Expo markers and composition notebooks. The goal is 10,000-20,000 school supply items. Look for the bus!

HSO to Host Summer Night Benefit Concert at Calvary Hill Center

The Huntsville Symphony Orchestra (HSO) is partnering with the City of Huntsville to bring Summer Night Symphony to the community, at the invitation of City Council President Devyn Keith.

Proceeds for this concert will go to the Village of Promise and the Boys & Girls Clubs of North Alabama.

"The Huntsville Symphony Orchestra is a vital player in Huntsville's economy and quality of life," Council President Keith said. "With 'Summer Night Symphony,' HSO has put together a creative evening of music we can all dance and jive to. I'm proud to play a small part in helping residents of District 1 experience the Symphony, some for the very first time."

HSO Music Director & Conductor Gregory Vajda will lead the full orchestra in a performance of light classics, patriotic favorites, movie music from John Williams, and a selection of works by the legendary Stevie Wonder on Saturday, July 13, at 7 p.m., in the newly renovated

auditorium of the Cavalry Hill Community Center, 2900 Fairbanks Street NW, Huntsville.

"For the last three years, the HSO has brought Symphony in the City to various locations around the city. However, we realize that it is not practical for everyone to come to these mini-concerts," said Dan Halcomb, CEO of the Huntsville Symphony Orchestra. "We have this wonderful musical product and we want to share it with as many people as possible."

Pre-Concert Activities for the community, including food trucks, the

HSO Instrument Petting Zoo, and several children's activities provided by Arts Huntsville and Fantasy Playhouse will begin at 5:30 p.m.

This concert is sponsored by Woody Anderson Ford, with additional sponsorship from Loewen Window & Door Center, Bridgeworth Financial, FirstBank Mortgage - Pam Rhodes, and Frances K. Huffman.

Tickets are \$20 for adults and \$10 for students and children. For more information, please visit the Huntsville Symphony Orchestra website at HSO.org.

West African Countries Could Try "ECO"

The 15 member countries of the Economic Community of West African States are once again working toward a single currency for use in the large region. The newest target date is 2020.

The ECO is supposed to boost economic development

in the West African region and improve cross border trade. If the plan holds, countries throughout the region will be able to move and spend money across different countries without worrying about exchange rate costs.

Dems' Snub of Reparations Noted

Longtime American Descendants of Slave (ADOS) advocates like popular You-Tubers Antonio Moore and Yvette Carnell took note of how the issue of reparations was sidestepped in the recent Democratic debates.

Although Vogue writer

and Democratic presidential candidate Marianne Williamson brought it up, it was soon pushed to the side by other issues.

Moore and Carnell insist that black voters must work to keep the issue at the forefront.

FMBC Annual Revival Set

First Missionary Baptist Church invites the public to its Annual Revival July 15-18, Monday-Thursday, at 7 p.m. The Reverend Dr. Phillip Pointer of Saint Mark Baptist Church in Little Rock, Ark., will be the guest preacher.

Join the FMBC family each night as to ignite the powerful presence of the Holy Spirit.

First Missionary Baptist Church is located at 3509 Blue Spring Road, Huntsville, Ala. Call (256) 852-4318 or see www.fmbc.org.

The Valley Weekly

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From the Editor

Whew! ... It's Hot!

Elders always say it's going to be hotter than this on the other side. Of course, this is a concept that refers to the heat of "hell" for those of us who believe in heaven and hell. Growing up, my birthday was always a hot one. The weather was stifling, the red dirt roads were dry and dusty, the work in the fields was never ending, and the kitchen was "on fire" at meal time. Most days, we tried to cook early, while it was still cool, because cooking on a wood burning stove in the afternoon was akin to introducing hell to the rest of your day.

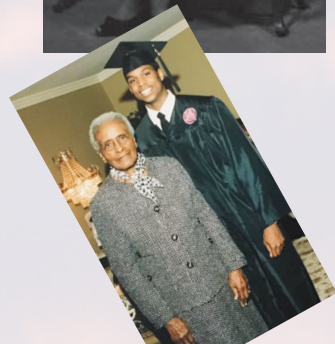
We didn't know what it was to have air conditioning at home until we built the house next door that had a window unit. Even then, it ran night and day to provide some relief from the July heat. I am still amazed that we really didn't pass out from heat strokes and exhaustion. There *has to be* a God! How else could we live, work, gather crops, preserve our gatherings and live through such conditions? Our ancestors were brave, bold and strong. I'm fairly well-educated, yet I'm still challenged with understanding how we made it ... *but God!*

Birthdays are gifts from God. Although I am not big on celebrating my own, I thank God for another year of HIS grace and mercy on my life, personally. This year has been unusual but gratifying. In April, Bill and I were granted guardianship of 93-year-old Mother Rosetta James. We met Mother James and her late husband McKinley at First Missionary Baptist Church. We sat on the same seat Sunday after Sunday. We came to Huntsville with three young children, ages 2, 5 and 8. They adopted us as their children and grandchildren, since they did not have children of their own. It has been our delight to get her back to Huntsville and provide her with a good quality of life during her golden years! So, I accept her well-being and care as a wonderful birthday gift from God. We are able to do what Mr. James' would have us do and that is to take care of her as he did. He was an extraordinary man of God, and Mrs. James ranks close behind him. What gifts we have enjoyed over the years of our association with McKinley and Rosetta James!

During this hot season, take time to check on an elder, take care of your pets, watch for the children playing outside and drink plenty of fluids. We absolutely cannot do it as they did years ago. We are not made of the same stuff anymore. That's because we are not eating and storing up the good stuff found in roots, turnips, collards, sweet potatoes, black-eyed peas, butter beans, and cabbage each day. They were the things we grew and, thus, we ate them. I'm having a great week when I get turnip greens once! I don't have time to get them and prepare them. The "time" issue will be the death of us.

I know Mrs. James is still here with us because of all the great stuff she had stored up from the garden in her back yard, the District 6 County Commissioner's garden, and the Saturday morning trips to the farmer's market. She is so strong and determined to live and be independent. She will be 94 in three months and is looking forward to her birthday. I know that each birthday is a gift, so I'm adopting her philosophy: The day after one birthday, start claiming the next one. Her birthday is October 31st, so on November 1st, we will begin to claim 95. *What a strategy for living!* She is not thinking about anything but what to do next, never what *has been*, but always what will be in the future.

I'm looking forward to my July birthday next week; and, the next day I'll be hopeful for another year. Until next week ...



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The Valley Weekly

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The Valley Weekly
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Dorothy

Washington in One Minute



Here are the top issues in Washington, D.C., for this week:

1. The House and Senate reconvene this week after being out of town for the July 4th Recess. The House, among other items, took up the mammoth FY2020 Defense Authorization bill, which the Senate approved before the recess by a vote of 86-8. The Senate took up more Trump Administration nominations. A statement by Senate Appropriations Chair Richard Shelby (R-AL) in June that he would start marking up FY2020 appropriations bill this month was seemingly halted by comments from Senate Majority Leader Mitch McConnell (R-KY), who said last week that the Senate would delay its work on appropriations pending a formal agreement on an overall FY2020 budget

ceiling (to date, the House has “deemed” its own funding levels and approved 10 of the 12 annual spending bills for FY2020).

2. President Trump this week hosted a meeting at the White House with Qatar’s ruling emir Sheikh Tamim bin Hamad al-Thani and on Thursday hosted a “social media summit” to address perceived anti-conservative bias among Big Tech companies. The Washington Post reported last Sunday that the President will move forward “fairly soon” with a plan to arrest thousands of migrant families in surprise round-ups across major U.S. cities, with the two-week deadline he imposed on Congress to approve a new asylum law expiring last Saturday.

3. On July 3, fifteen GOP

Senators, led by Trump Administration ally Sen. David Perdue (R-GA) and Senate Armed Service Committee Chair James Inhofe (R-OK), sent a letter to White House Chief of Staff Mick Mulvaney urging the White House to drop talk of a year-long continuing resolution (CR) funding the federal government at last year’s level (in lieu of enacted FY2020 appropriations bills). The Senators argued that a year-long CR will increase costs for the Defense Department and delay implementation of President Trump’s National Defense Strategy. See the letter here: <https://www.perdue.senate.gov/imo/media/doc/letter.pdf>

4. Last week, House Majority Leader Steny Hoyer (D-MD) sent a letter to all House Democrats outlin-

ing the House’s legislative program for July, which will include the Defense Authorization bill this week; next week will be a bill to raise the minimum wage to \$15 per hour by 2024 and the Intelligence Authorization bill; and the last week of July will see legislation to lower health care costs. Also, this month will be bills to renew funding for the 9-11 Victims Compensation Fund, bolster election security, and limit arm sales to Saudi Arabia.

5. On Tuesday, the U.S. Court of Appeals for the Fifth Circuit in New Orleans, LA, heard arguments in *Texas v. U.S.*, a lawsuit brought by GOP Attorneys General led by Texas Attorney General Ken Paxton seeking to overturn the entire 2010 Affordable Care Act (also known as “Obamacare”). In December 2018, U.S. District Judge Reed O’Connor of the Northern District of Texas ruled that a congressional tax law passed in 2017—which zeroed out the penalty imposed by Obamacare’s individual mandate—rendered the entire health care law unconstitutional (although the law remains in effect while the ruling is being appealed to the Fifth Circuit). A coalition of states, led by California Attorney General Xavier Becerra, is defending the law after the Trump Administra-

tion made the decision to drop its defense. The U.S. House of Representatives also stepped in to defend the law and hired former U.S. Solicitor General Don Verrilli. The 5th Circuit is closely examining whether the House and AG Becerra have legal standing to appeal in this case.

6. On Wednesday, the House Oversight and Reform Committee’s Civil Rights Subcommittee held a hearing on “Kids in Cages: Inhumane Treatment at the Border” on the separation and treatment of immigrant children and reportedly has invited Acting Homeland Security Secretary Kevin McAleenan and Acting U.S. Customs and Border Protection Commissioner Mark Morgan to testify. Committee Chair Elijah Cummings (D-MD) also has sent a letter to Facebook CEO Mark Zuckerberg requesting information related to the committee’s investigation into a report that Border Patrol agents used a secret Facebook group to mock immigrants and members of

Congress and post racist and sexist content.

7. On Sunday, a new Washington Post/ABC News poll of 1,008 adults on June 28 - July 1 found that President Trump’s overall approval rating has risen to 44% (with 53% disapproving), with 51% approving of his handling of the economy (and 42% disapproving). Among registered voters in the poll, only Vice President Biden emerged with a clear advantage outside the poll’s margin of error among Democratic challengers, leading President Trump by 53% to 43%.

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Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Sistah Kamala (David) v. Uncle Joe (Goliath): Changing of (Dems) Guards? Read 1 Samuel 17:41-51

Round 1?

For months now, many of us envisioned a Joe Biden-Kamala Harris ticket for re-capturing the 2020 White House, . . .

... That is, until we 18.1 million watched, scored June 27th's presidential debate.

Although only the first "beauty contest/cattle call" debate for the race, perhaps it presaged a David v. Goliath tilt from an emerging younger, female-r, darker Democratic Party.

Harris (TVW, 2-8-19), the 54-year old HBCU-educated, AKA sorority-initiated, twice statewide-elected prosecutorial shark masticated the 76-year old frontrunner Biden, whose greatest historic legacy was as the eight-year veep for the first Black U.S. president.

Surprised?

Malcolm Gladwell's 2013 bestseller David and Goliath: Underdogs, Misfits, and the Art of Battling Giants: "Giants are not what we think they are. The same qualities that appear to give them strength are often the source of great weakness.

"And the fact of being an underdog can change people in ways that we often fail to appreciate; it can open doors and create opportunities and educate and enlighten and make possible what might otherwise have seemed unthinkable" (p. 6).



Therefore ...

Stay 'woke: Harris' "Biden body blows" reminded boomers of when then-Cassius Clay surprise-punched Sonny Liston into losing his 1964 boxing crown - i.e., the former California prosecutor incised artfully a wee-tiny cut where this ex-Delaware defender was most vulnerable: his previously unconfessed cozying-up to Senate segregationist colleagues; Stay prepped: No sooner than Harris personalized her Biden bussing backhand ("That little girl was me."), her nimble staff converted immediately that tweeted photo/message into a purchasable T-shirt, accounting partially for Harris' largest online fundraising 24 hours (\$2M), with 63,277 donors, 58% of which were first-time donors averaging \$30 per gift - the price of her "That little girl was me" T-shirt! And Stay tuned: The starting gun just fired.

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.

Thriving American Cities Where Blacks Are Faring the Best

There are some main-stays, but the Forbes list of "Top Cities Where African Americans Are Doing the Best Economically" (2019) is always of special interest.

This time, let's save the top city for last. At No. 8 are San Antonio and

Houston. No. 6 goes to Charlotte, N.C. Coming in at No. 5 is Raleigh, N.C.

No. 4 goes to Baltimore, Md., with its median household income of \$53,231 and 44.6 percent home ownership rate.

Returning to the great state

of Texas at No. 3 is Austin.

Then tied for the No. 1 spot are Washington, D.C., and Atlanta, Ga. Washington, D.C., however, boasts the highest median household income at \$69,246, as well as a 48.3 home ownership rate.



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Millennial Thought

by Josh Alex Baker

“Water with a Side of Limit”

Get it? Like lemon? Ok. So, we all know that was a horrendous joke. Hopefully, the following think piece will salvage it. Oh, *limitations*. The friend we all have but seldom care to acknowledge.

I get it. We have a facade of perfection to maintain. No one wants to be caught not knowing or not capable of doing. Our hubris kicks into overdrive, and we find ourselves zooming down the interstate. While no one loves a high-speed race more than me (totally a joke ... please don't invite me...instantly declining), I offer that there might be more constructive ways to

deal with your limitations than attempting to outrun them. I *love* transparency.

And it is with full transparency that I reveal...that I too...have limitations. There are things I don't know. There are things I (currently) can't do. Pretending that I'm not aware of my areas of weakness benefits no one. It honestly impedes my potential for progress. Embrace your limits. Know when to allow a limitation to fuel your hunger for more. Know when a limitation calls on you to submit.

One semester, I found myself bogged down to the max. I remember it vividly. My aunt asked me how I was doing, to which I responded *cnfusdyhfdhjfum*. Literally. I responded with a string of nonsensical letters

to encapsulate what I felt. After unpacking all that had led to my exhaustion, she lended a timely balm that brought me inexplicable peace. She said “Do what you can. And what you can't do, you can't do.” It had been so long since I felt I had such a permission over myself. We often stress to others the permission they have to defy the odds and rise above. But with equal importance, we must acknowledge the permission to know and accept a limitation. So, instruct your hubris to decelerate. Take its keys. Maybe go for tea or brunch. A nice stroll in the park, if that's more your thing. Have the tough but necessary conversations with self. Embrace your limitations. Embrace what makes you human.

Josh Alex Baker is a Master of Social Work student at Alabama A&M University.

Champion Game Plan for Life

by Preston Brown

STRENGTH FROM WEAKNESS

2 Corinthians 10:9 says, “For my strength is made perfect in weakness.”

Question: “Are you asking for God to take away something that He wants you to work through?”

I believe that God shows us our weaknesses so that we can see His strength revealed in us. You know, we all have things in our lives that we wish we could do better.

Some people wish they could sing better or perhaps be better

athletes. Some people, like the apostle Paul, wanted to speak better.

But just think, if Paul had been a better speaker, then he would never have *written*

most of the New Testament. So sometimes what God leaves out is just as important as what He puts in. Because that's what teaches us to rely on Him.

It also teaches us to work with others and forces us to use what we do have.

So, let us thank God for our weaknesses,

because when we are weak He is strong ... Stay encouraged, my brothers and sisters.



Preston Brown is also author of a collection of inspirational reflections like the one featured in The Valley Weekly. Purchase his “Champion Game Plan for Life” via www.amazon.com.

The Valley Weekly Calendar of Events

July 11

“The Growth of African-American Music: Black Gospel Music in Madison County - From Redstone Arsenal to Plummer Road” (An Alabama Bicentennial Event)
Contact: Howard Bankhead, (256) 604-8172
Center Grove UM Church
185 Plummer Road
Huntsville, Ala., 6 p.m.

July 13

Rocket City Burger Battle
Campus 805

Stone Event Center
Huntsville, Ala.
11 a.m.-2 p.m.

Beautillion Information Session
Sponsor: Fun-Set Social and Charity Club
Huntsville Public Library
Huntsville, Ala., 3-5 p.m.

July 27

CAFY 2019
“The Four Pillars of Success”
Sponsor: City of Huntsville
Office of Multicultural

Affairs
Calhoun Community College-Huntsville Campus
10 a.m.-2 p.m.

August 9

11th Taste of Kappa
The Huntsville Alumni Chapter of Kappa Alpha Psi Fraternity, Inc.
Huntsville Museum of Art
Contact: Roderick Mack at (256) 527-5951; Eddie Williams at (256) 508-2180; Michael Miller at (256) 656-7719; or (256) 797-6965 - \$40



LearningQUEST Fall Rally Day

July 30, 2019 9:30-11:30 am

First Baptist Church Entrance 7 on St Clair Ave

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- Zora Neale Hurston

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Valley Deaths

- Nelms Memorial Funeral Home -

Funeral service for MRS. ROSIE LEE HUNTER (b. 1934) was held Saturday, July 6, at the New Zion Missionary Baptist Church (Tanner, Ala.) with Minister Calvin Moore officiating.

Funeral service for MR. FREDERICK CRAIG READUS (b. 1970) was held Saturday, July 6, at Briar Fork Cumberland Presbyterian Church in America with The Reverend Dr. Theodis Acklin, Pastor as officiant.

Funeral service for MRS. EMMA BURRUSS RICE (b. 194) was held Saturday, July 6, at the Blue Spring Road Church of Christ.

Funeral service for MR. LAWRENCE O. ONVEAHIALAM (b. 1958) was held Tuesday, July 2, at the Nelms Memorial Funeral Home Chapel.

Funeral service for MRS. ORA B. FRANK (b. 1952) was held Saturday, June 29, at the Nelms Memorial Funeral Home Chapel.

- Royal Funeral Home -

Funeral service for MR. TERRANCE RODRIQUEZ BURT (b. 1974) was held Tuesday, July 9, at the Potter's Hand Church Ministries (983 Indian Creek Road NW, Huntsville, Ala.) with Pastor Eric Peoples officiating.

Funeral service for MR. LAMAR CLARKE (b. 1947) was held Saturday, July 6, at the Lakeside United Methodist Church (3738 Meridian Street North, Huntsville, Ala.) with Dr. Tomasi Muhomba officiating.

Funeral service for MR. ADRIAN REZA (b. 1985) was held Saturday, July 6, at the Royal Chapel of Memories with Father Joe Lubrano officiating.

Funeral service for MRS. ANITA MARIE HOUSTON (b. 1956) was held Saturday, July 6, at the Royal Chapel of Memories (4315 Oakwood Avenue, Huntsville, Ala.) with Reverend Emily Aker officiating.

Funeral service for MS. LAKEESHA LACHANTYA ACKLIN (b. 1974) was held Saturday, July 6, at Blue Spring Road Church of Christ (2150 Blue Spring Road NW, Huntsville, Ala.) with Dr. Floyd Rogers officiating.

- In Sweet Memory of -

Mr. Anthony DeWayne White

(Who passed this life July 1, 1996)

Mr. Earl White, Mr. Herman White, Mr. Mr. Eddie White, Mr. Robert White, Mr. Leon White, Ms. Dorothy Barley, Mrs. Avis Garner, Ms. Teresa White, Ms. Brenda White and the entire White & Lightford families.

- Serenity Funeral Home -

Funeral service for MR. DEWAYNE "CHEESIE" MOORE (b. 1963) was held Saturday, July 6, at Serenity Funeral Home .

Service arrangements/commemorative dinner was held for MRS. JACQUELINE HOLLIS TATE (b. 1963) on Saturday, July 6, at Calvary Hill Friendship Center, 2900 Fairbanks St. NW, Huntsville, Ala.

The Now Narrative

by Codie Global

We must write. We must take pictures. We must point the camera and record. We must record our voices. We must document these precious moments of time known as right now. So much of our direction comes from media platforms far, far, far away from the red dirt of Alabama, making a proper representation of what it feels like to live here in 2019 slightly hidden, while the narrative is scripted via six degrees of separation.

The New York Times recently published an article focusing on the gap between the affluent and those living within the confines of poverty.

The old adage of "pulling

yourself by the bootstrap" was a foundation point used in the article to describe how one can remove one's self from shackles of underprivileged, and transition to the promise land of milk and honey. This action of tightening the grips on your Nike Airs may be true, only if the puzzle pieces of poverty are understood, and clear over-standing of what's needed is defined. Poverty is a punishable offense.

The narrative of now is very important, while the stories of yesterday still ring true, blueprints of tomorrow resemble places of newness, the freshness of the today may not be receiving the proper attention, especially for those who can't seem to

control the path. With that being stated, there are stories of people who are still living, loving and providing for loved ones, making the gift of the day the truest blessing.

Last week I was riding through downtown Huntsville and I saw just that. I saw Jimmy Fletcher cutting a young man's hair on the porch of a housing project. This imagery spoke volumes to me, so much I made a u-turn to walk up to perfect strangers to capture this moment of time. In 2019, I saw people making it do what it do, surrounded by construction sites, newly implemented bike lanes, and a push



forward to a different world. Langston Hughes once stated, "All of the leading Negro writers live in New York

or other cities of the North. They do not know and can not write intimately about the South".

The landscape of cities changing isn't new territory. If Huntsville truly wants to define itself as a place of its own, collectively there has to be implementation of involvement, from all walks of life, not so much of the highly marketed inclusion, but implementation of solid impact. This would resemble true change as the obvious changes continue to trek forward.

Called 2 Preach

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

Stand Your Ground

1 Corinthians 15:58;
Ephesians 6:13

This phrase became the clarion call of those in our nation who desired to make sure that their "right to bear arms" was not taken away. Behind it all, however, was spiritual wickedness in high places that was motivated by the "love of money." Lobbyist lean on legislators so that their pockets can be filled with filthy lucre. Laws were written, referred to as *stand your ground* laws that on paper, were supposedly designed to help people protect themselves from others who would do them bodily harm. Again, the motive

there is suspect. However, there is a standing of one's ground that is legit and laudable. The Apostle Paul addressed it in a way that not only encouraged standing but also commanded it.

Someone has rightfully

said that if one does not stand for something, they'll fall for anything. Believers are constantly dealing with the contrary winds of false doctrine and the myriad forms of evil that are present in the world because of spiritual wickedness in high places. When it comes to false doctrine, Paul let's us know that the only way to

overcome the effect of its perpetual presence is by being *steadfast, unmovable, always abounding in the work of the Lord*; in other words, *stand your ground*. When it comes to the *wiles* (the strategies) of the devil, the way to overcome those is by *putting on the whole armor of God and standing your ground*. It's not optional.



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NFL QB Brett Favre to Address Boys and Girls Clubs

A noted NFL quarterback will be coming to the Tennessee Valley as the guest speaker for a major Boys and Girls Clubs of North Alabama event.

The 10th Annual Leaders & Legends Dinner on July 18, sponsored by Hiley Automotive Group, welcomes legendary NFL quarterback Brett Favre as its keynote speaker.

Leaders & Legends

is one of the area's largest fundraisers, attracting some of the world's most accomplished athletes, leaders and speakers.

The event is organized by the Boys & Girls Clubs of North Alabama and all proceeds go to support the local youth served.

Corporate sponsorships and table reservations are still available. Please contact Beth Wheeler Morring

for more information at bmorning@knology.net or call (256) 520-6500.

The Thursday dinner is the largest fundraiser for the Boys and Girls Clubs with more than a thousand people attending each year.

Favre will honor club alumni who helped kids reach their full potential and be productive citizens. The dinner is in the Von Braun Center at 6 p.m.

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Celebrate the Region: 256 Day Set for North Alabama

North Alabama is a region of the United States rich in history, beautiful landscapes, progressive opportunities, a mix of complex cultures, enabling the citizens in the area to engage in a world class quality of life.

There is a vibration being generated on the surface layer of red dirt, creating a buzz being heard all around the globe, making this year the perfect time to stop, take a deep breath, and look at ourselves in the

mirror.

Hopefully, the reflection looking back at us deserves a celebration for being great citizens of North Alabama.

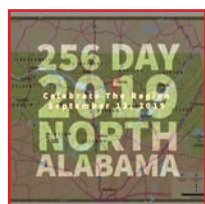
This year, on September 13, 2019, the region will celebrate "256 Day North Alabama"--a day to celebrate and acknowledge the residents, businesses, and services that power our day to day lives.

Why September 13 some may ask? Well, it's

the 256th day of the year, representing the '256' area code. So, from the river that sings in The Shoals, to the launchpad known as the Rocket City, to the beautiful views atop Mt. Cheaha, the 256 is certainly a special place to be proud of.

For more information, please contact Codie Gopher at codieglobalmanagement@gmail.com or follow him at @codieglobal on Instagram.

by Codie L. Gopher



Lowe's Chapel Closer to "Christmas in July" Yard Sale

Lowe's Chapel United Methodist Church will hold its annual Christmas in July Yard Sale on Saturday, July 27, from 7 a.m. to 2 p.m. on the grounds of the church at 460 Sanderson Road.

There will be office fur-

niture, household goods, children and adult clothing and much more for sale at reasonable prices. There will be Food and Refreshments available for purchase.

The yard sale is presented by the Pastor Parish

Relations Committee. Contact the church at (256) 895-9104, 460 Sanderson Road, NW, Huntsville, Ala., or visit the website (www.loweschapelumc.org) for more information.

Rev. Waymond K. Smith is pastor.

DLC Accepting Applications for 12th Cohort



Applications are being accepted for Cohort XII of the Diversity Leadership Colloquium until August 27.

Classes will begin September 3 and end October 22, running 6-9 p.m. every Tuesday evening. Graduation

will be held on October 29.

Applications are available online at www.diversityleadershipcolloquium.com. Questions should be emailed to Mrs. Georgia Valrie at gvalrie1971@gmail.com or call (256) 656-4698.

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Spotlight on Our Elders ... Featuring

Mrs. Josephine Robinson

Josephine Lightford Robinson was born in Madison County, Ala. She is the daughter of the late Alma Ragland Crutcher and Ennis Lightford. Josephine is a graduate of William Hooper Councill High School in Huntsville, Ala., and attended Alabama A&M University in Normal, Ala., where she majored in mathematics and chemistry.

Josephine would later marry her high school sweetheart, Dinsimore G. Robinson, Sr. They have three children: Sylvia Seldon, Joyce Ward and Dinsimore G. Robinson, Jr.; six grandchildren and nine great-grandchildren.

In 1977, Josephine

became the Executive Vice President of the D.G. Robinson Corporation, Inc. Through prayer and hard work, she and her husband grew their dream business into a respected corporation operating in the Southeastern parts of the United States. Their business provided multiple services to government and industry for over a 25-year period, employing people in the states of Alabama, Tennessee, Louisiana, Georgia and Mississippi. Her leadership roles included Chapter President, Regional Historian, and National Nominating Chair. Over the years, Josephine has received numerous plaques, citations, and resolutions from



organizations at the local, state and national levels for her professional, community, and philanthropic contributions. Some of the awards included: Distinguish Service Award from Oakwood University, and the Community Service Award from the Epsilon Gamma Omega Chapter of Alpha Kappa Alpha, Inc.

3 Ways to Shape up for July

(BPT) Summer is *officially* here in The Valley! Now's the time to do a quick assessment and create a routine to get your body ready for sun and fun. By following three easy steps - *reset*, *realign* and *repeat* - you can commit to making changes to create a healthier you in time for summer.

Reset. Do a self-health assessment. Take time to reevaluate your goals and set new milestones. Achieving desired health goals requires you to be honest with yourself in regard to where you are at and what you want to achieve.

Are you just beginning a weight-loss journey? Or perhaps you're looking to drop a few pounds? Once you've

identified your goals, find a program that aligns with your everyday routine and empowers you to make healthier lifestyle choices.

Keep in mind that you don't have to go at it alone. Find a program that uses technology to provide support and encouragement that helps you maintain healthy habits and routines. A digital solution can help you track progress and provide 24/7 accountability.

Realign. Now that you've identified your goals, hold yourself accountable! Using the right tools and technologies can also help in achieving your health goals. For instance, Amway's BodyKey

SmartLoss program, developed in collaboration with Louisiana State University's Pennington Biomedical Research Center, makes it easy to integrate smarter, healthier lifestyle choices into your everyday routine.

Repeat. Once you've found the right solution, then what? Consistency is the key to achieving and maintaining your goals. Keep track of your progress on a daily or weekly basis to see how much you accomplish in shorter spans of time.

This summer take your health into your own hands by resetting, realigning and repeating healthy habits throughout the season and beyond.



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June 21st - Huntsville's In the Mood

July 5th - Kaleidoscope

July 26th - Henri's Notions

August 16th - Microwave Dave & The Nukes

September 13th - Flashbacks Show Band



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BIRTHDAY - JULY 12 - BILL COSBY - Comedian and actor, well known for television shows "I Spy", "Fat Albert" and "The Cosby Show." He was also well known for his role as spokesman for Jell-O Pudding and his social commentary on the state of Black America. - BlackinTime.info