

The Valley Weekly

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Friday, July 15, 2016

Celebrating Dr. Sonnie Wellington Hereford III

The Tennessee Valley community is mourning the death and celebrating the life of one of the region's true heroes, a man who garnered distinctions as a Husband, Father, Scholar, Doctor, Civil Rights Activist, Professor, Author, Lecturer and Humanitarian. The aforementioned are all words used to describe Dr. Sonnie Wellington Hereford III throughout his professional career in the Huntsville- Madison County community.

The son of Rev. Sonnie Hereford and Mrs. James Burwell Hereford, he was born and reared in Huntsville, Ala. Dr. Hereford received his secondary education at Councill High School, where he graduated as the Class Valedictorian.

Upon the completion of high school, he attended historic Alabama A&M University and Meharry Medical College (Tenn.) at the same time. The gifted and engaged student was able to master the academic program at

AAMU and the medical school program at Meharry. He graduated within six (6) years receiving a Bachelor of Science degree in 1955 from AAMU and the Doctor of Medicine degree in 1955 from Meharry.

Dr. Hereford completed his internship in Hammond, Ind. In the mid 1950s, he established a medical practice in his native town of Huntsville, Ala., where he provided quality health care to the citizens in the Huntsville-Madison County community and surrounding areas.

As a professor, he taught anatomy and physiology at AAMU and served as the team physician for the Alabama A&M University Football Team. Also, Dr. Hereford served as the College Physician at Oakwood College.

In 1963, Dr. Hereford filed a lawsuit against the Huntsville Public School System, which in turn allowed his son, Sonnie W. Hereford IV to become the first African-American student to integrate a public school in Alabama.

view of Lucioni's paintings of his adopted state of Vermont.

Joanne Goldwater shared personal anecdotes about her father's passion for photographing the land and people of Arizona. Along with the presentations and reception, local business icon Jean Wessel Templeton shared her experience



Moreover, Dr. Hereford assisted Vivian Malone Jones in integrating the University of Alabama. During the Selma-Montgomery March in 1965, Dr. Hereford served as the medical director.

As a humanitarian, Hereford gave much to the community by donating his time and talents. He served as a lecturer at several colleges and universities, high schools, churches, civic and community

organizations, as well as political groups on the topics of health care and the Civil Rights Movement.

Dr. Hereford was an activist in minority health issues and medical issues stemming from poverty and the lack of access to proper health care by minorities.

As an author, Dr. Hereford edited his hours of film-images into a documentary entitled "A Civil Rights Journey," and "Mighty Times: The Children's March," which won him an Oscar on February 27, 2005. He penned the following books: *Beside the Troubled Waters*, *A Black Doctor Remembers Life, Medicine and Civil Rights in an Alabama Town*. The book, *Besides the Troubled Waters*, is available in stores.

In recognition of his significant contributions to his profession and to the community, he received many awards and honors. Some of his most recent and notable awards and honors include the use of scenes from his documentary "A Civil Rights Journey" for

incorporation into another major film: "Mighty Times: The Children's March." That successful film would go on to win first place in the International Documentary Award category in 2004. Additionally, "Mighty Times: The Children's March" was nominated for an Academy Award on January 25, 2005. The film won the coveted Oscar on February 27, 2005.

The Alabama State Senate passed a resolution honoring Dr. Hereford for his contribution to the Oscar-winning movie, "Mighty Times: The Children's March" (March 7, 2005). He received the Dr. Carter G. Woodson Omega Achievement Award from Omega Psi Phi Fraternity, Inc., on November 18, 2005.

Dr. Hereford was a member of several professional, civic and community organizations. The union of Dr. Hereford and wife--Mrs. Martha Ann Adams Hereford--was blessed with six children: Sonnie Hereford IV; Kimela; Lee Valerie; Linda; Brenda; and Martha J.

Museum of Art Celebrates "Two Views of Home"

The Art of Luigi Lucioni and Photographs by Sen. Barry M. Goldwater are on exhibit at the Huntsville Museum of Art from July 10 through September 25, 2016.

A member's preview event was held on Saturday, July 9, as Dr. Stuart Embury presented an over-

view of having been a Goldwater Girl. The Goldwater Girls supported Goldwater by passing out signs and literature during campaign events.

The public will not want to miss this joint exhibit: "An American Romantic" and "Homeland." The "American Romantic" features nearly 50 Lucioni's signature

landscapes, portraits and still life's, borrowed from private and public collections, including the Metropolitan Museum of Art and the Whitney Museum of American Art in New York, the Telfair Museum of Art in Georgia and the Southern Vermont Arts Center.

The "Homeland" collection is 22

images of original negatives selected by the Huntsville Museum of art from the Goldwater Family archives.



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Your Washington Recap

Here are the top issues in DC this week:

1. The House and Senate are in session for one last week before adjourning until September. In the Senate, the regular appropriations process for FY 2017 appears to be dead, signaled by a vote at midnight last Thursday at which Democrats prevented the Defense Appropriations bill from coming to floor. With Congress' summer recess looming and the start of the fiscal year coming up on October 1, none of the 12 annual appropriations bills for FY 2017 has made it to the President's desk, making a stopgap "continuing resolution" to fund the federal government very likely when Congress reconvenes in the fall.

Nonetheless, the House is duly expected to take up the FY 2017 Interior/Environment appropriations bill this week - along with a long list of other bills--but reportedly a group of conservative House members is pushing for a vote on a continuing resolution that would temporarily fund the federal government at current levels until March 2017.

The House and Senate also this week considered a 14-month authorization bill for the Federal Aviation Administration, which requires the FAA to produce a comprehensive strategy to reduce cybersecurity risks within 240 days of enactment (the current FAA bill expires on July 15).

2. President Obama ended his

trip to Spain early after visiting U.S. service personnel at Naval Station Rota on Sunday and returned to Washington to attend a memorial service in Dallas on Tuesday for the five police officers killed by a sniper during a protest march last Thursday.

3. Attorney General Loretta Lynch testified (Tuesday) before the House Judiciary Committee on the federal investigation into Hillary Clinton's emails, following a raucous hearing last week with FBI Director James Comey at the House Oversight and Government Reform Committee regarding his decision not to recommend criminal charges for Clinton over her use of a private email account and server while Secretary of State.

4. The Obama administration has proposed a new accountability system for colleges that's aimed at better identifying financially-troubled institutions--and forcing them to set aside collateral in case they collapse. The plan to more tightly regulate the financial health of colleges would have a sweeping impact at many institutions, especially for-profit schools. - The Obama administration is now proposing to expand the circumstances under which colleges would be required to post such collateral. The new regulations would only apply to for-profit and private nonprofit colleges--public institutions have long been exempt because they are backed by state governments. The plan outlines new "triggers"

that would automatically result in a college having to post collateral.

5. Planning a trip to Cuba? Last Thursday, the Department of Transportation announced that 20 direct daily flights to Havana will start this fall from Miami, Los Angeles, Charlotte, New York, Atlanta, Fort Lauderdale, Newark, Tampa, and Orlando.

6. 2016 Presidential Watch.

· The newest name among possible Trump Veep candidates, retired Army LTG Michael Flynn (ex-chief of the Defense Intelligence Agency, 2012-14), said on ABC's "This Week" that abortion should be a woman's choice, prompting a barrage of criticism from pro-life groups.

· Trump is expected to name his Veep choice. Senator Bob Corker (R-TN) is out of the running.

· Trump gave a speech in Virginia Beach on veterans' issues and on Tuesday traveled to Westfield, IN for an evening rally.

· Claiming victories on climate change, health care and a minimum wage hike at the Democratic Platform Committee meeting in Orlando, Senator Bernie Sanders was expected to officially throw his support behind Hillary Clinton at a Portsmouth, NH.

· Clinton will speak at the League of United Latin American Citizens (LULAC) Convention in Washington, DC this week.

7. One week to go before the start of the conventions:

· Republican National Convention, Cleveland, July 18-21

· Democratic National Convention, Philadelphia, July 25-28.

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From the Editor

Greetings, VW Readers:

Norman Harris (left) was a math tutor when I served as director of the Upward Bound program at Ohio Wesleyan University in the 1980s. His insights are thoughtful and meaningful, I believe. Norman posted his thoughts on Facebook, and I requested his permission to share them with you this week. Please read on:



It looks like we are in near-war conditions, with anger and behavior that takes emotional temperatures beyond comprehension. I've written a lot of ideas I have not even posted because emotion is on fire, and it is hard to sift through the mountain of crap hitting the fan.

Cops in Louisiana and Minnesota behave badly, so others decide to shoot Dallas law enforcement officers who HAD NOTHING TO DO with the wrong done in Minnesota. I have to wonder if some larger forces are setting some of this bad behavior up to justify restriction of Americans' second amendment rights.

It takes a lot of wisdom to determine how to run this country with justice and love, and there are sick, ignorant and foul people in all of the professions. It stands out and enrages you when it is law enforcement, because they seem to be able to shoot you without justification. But it does nothing but more damage and devastation when some sniper decides to take out law enforcement in a city miles from where the most recent bad cops behaved terribly. My dog-loving friends should understand the stupidity well, because they have acted to get legislation that criminalizes pit bulls (because of breed) overturned. When a pit bull is overly aggressive, it is usually because some OWNER has abused it, used it for dog fighting, or trained it to be dangerous and vicious. I used to think I hated pit bulls. However, I've pet them and, if raised properly, they are just a doggie--like a Lab, Shepherd, Dalmatian or Dane.

If you are a bit "racist" then you are doing the same thing to groups of human beings that supporters of breed-specific legislation do to our friends who bark. It is crap that you are more likely to be killed by law enforcement because, by subjective appearance, you are more of a threat even before you have behaved badly.

HOWEVER, it is also crap that you are likely to be killed in retaliation because you have decided to put on that uniform and be a police officer who protects and serves your community because there are moron cops among you. Justice needs to be based on your attitude and behavior, not what group you are a member of. BLACKLIVESMATTER and yes BLUELIVESMATTER.

When you can't find a printed copy of The Valley Weekly around town, follow us on-line at www.valleyweeklyllc.com.

Until next week ...

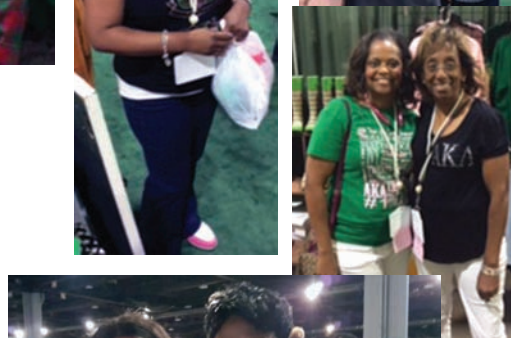
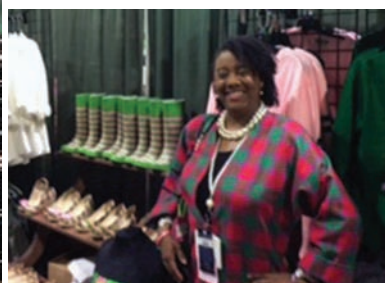
- by Norman Harris



Dorothy

Scenes of Huntsvillians at AKA Boule in Atlanta

July 9-15, 2016



Twenty Thousand AKAs Converge on Atlanta for Boule

More than 20,000 members of Alpha Kappa Alpha Sorority (AKA) from all over the world converged on Atlanta from July 9-16 for the organization's biennial conference.

Led by International President Dorothy Buckhanan Wilson, L.H.D., attendees engaged in service projects as well as leadership training and development.

The conference was held at the Georgia World Congress Center, as well as several hotels. Members from as far away as Germany, Japan, South Korea, Liberia, South Africa and Dubai attended.

Atlanta was selected as the host site for the conference based on its deep civil

rights roots and historical significance to the Sorority. The city has served as home to icons such as Dr. Martin Luther King, Jr.

Alpha Kappa Alpha founder Marie Woolfolk Taylor, who is buried there; and the late Dr. Mary Shy Scott, a prominent educator and motivational speaker who served as the Sorority's 23rd International President. Atlanta last hosted the organization's international conference in 1980.

Alpha Kappa Alpha Sorority was thrilled to bring our biennial conference to Atlanta, according to Buckhanan Wilson. "After more than 30 years since its international conference here, the Sorority returns

to the city of Atlanta, home to thousands of members. As more than 20,000 members descend on the city, our service impact will be felt by the Atlanta community for years to come."

As part of the Alpha Kappa Alpha's international program theme, "Launching New Dimensions of Service," the sorority hosted "23 Moments of Service" during the conference in honor of Dr. Scott. Dressed in their signature pink and green, members packaged 100,000 meals in collaboration with Stop Hunger Now, participated in five playground restoration projects at local parks and schools, held a school supply and backpack donation drive and received

hands-on CPR training, among other service activities.

Also, the sorority hosted the Think HBCU Expo on July 9, showcasing historically black colleges and universities (HBCUs) as critical venues for moving students to and through college. Local high school students and families were able to explore offerings at many of the nation's best HBCUs.

On July 10, there was a public meeting to highlight Alpha Kappa Alpha's global service mission and accomplishments and to honor civic leaders, both locally and worldwide.

Awards were presented to international leaders during this free public

event.

Kappa Omega, the oldest AKA chapter in Atlanta, was chartered in 1923. For years, it was the only Alpha Kappa Alpha chapter serving the Atlanta community until the chartering of Alpha Pi Chapter at Clark Atlanta University in 1930. There are also AKA chapters at Emory University, Spelman College, Georgia State University, Georgia Institute of Technology, Mercer University and Oglethorpe University, and several graduate chapters throughout metro Atlanta.

Alpha Kappa Alpha Sorority, Incorporated (AKA) is an international service organization that was founded on the campus of Howard University in

Washington, D.C. in 1908.

It is the oldest Greek letter organization established by African-American college-educated women. Alpha Kappa Alpha is comprised of more than 290,000 members in 993 graduate and undergraduate chapters in the United States, Liberia, the Bahamas, the U.S. Virgin Islands, Germany, South Korea, Bermuda, Japan, Canada, South Africa and Dubai. Led by International President Dorothy Buckhanan Wilson, L.H.D., Alpha Kappa Alpha is often hailed as "America's premier Greek-letter organization for African-American women."

For more information, visit AKA1908.com.

The Fact of the Matter

For a few years now, it has been a recurring event where African-American men, women, and children are losing their lives to law enforcement. Police brutalities have been at an all time high, yet there haven't been any reactions for these horrible actions. It continues to happen because no changes have been made, and police officers are literally getting away with murder.

When we peacefully protest, demand for a change, and "lift every voice," we still aren't being heard. Unfortunately, our lives and well being aren't valued by most of those in power. I continue to ask myself--although all races have faced some sort of adversity--why is it so prevalent in our community?

Other races aren't dealing with police brutality as much as

African-Americans. I am sure we have all come to some conclusion as to what it would take, in order for these police brutalities to end.

I have always believed that the solution is economic. Many African-Americans work and run the day-to-day operations of big corporations and businesses owned by Caucasians, who thrive off our hard work. The day we put our energy together to build our own community without depending on anyone other than ourselves, is the day we show how much "Black Lives Matter."

Other races enter this country and begin their own flow of wealth within their community. We see it all the time with Asians, Indians, Hispanics, etc. So why is it such a battle for civil rights in the black community in this day and age?

When we take a stand on our

own two feet, supporting not only ourselves, but each other, we create a strong force, a strong presence proving just how much we matter in this world. Like any other forms of life; each plant, animal, and person serves a purpose, and their presence matters in this world.

People who make it a point to matter in this world tend to have respect, so they are treated differently. We demand respect by the things we do, and the things we accomplish. People with money and power get respect because they bring something of value to the table. We must make it more of a priority to prove the quality of our lives by what we put into this life!



by Amoi Savage
www.amoisavage.com

Williams Sisters Win Wimbledon Doubles Title

Serena Williams finished Wimbledon, capturing two trophies and teaming with her older sister Venus to win a women's doubles final that started only three hours after the singles final ended Saturday, July 9.

The American sisters won their sixth doubles championship at the All England Club and their 14th as a pair at all Grand Slam tournaments by beating fifth-seeded Timea Babos of Hungary and Yaroslava Shvedova of Kazakhstan 6-3, 6-4.

Earlier Saturday, also on Centre Court, Serena collected her 22nd Grand Slam singles title with a straight-set victory over Angelique Kerber in that final.



"I had just enough time to change and get my ankles re-taped," Serena reportedly said, according to the Associated Press, about going from one match to the other. "But there was so much adrenaline. I didn't want to cool down too much."

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Session Focuses on Care Givers

“Spiritual Fitness for the Care Giver” with Dr. Dale Fletcher of The Faith and Health Connection (www.faithandhealthconnection.org) will be held on August 20, 8:30 a.m.-2:30 p.m. The session will be held

at the Fellowship Hall of First Baptist Church, 600 Governor’s Drive (Entrance 6). The cost is \$35 (which includes continental breakfast and lunch).

CEU’s available for nurses and social workers at no extra charge.

Sponsored by Health Ministries of First Baptist Church, the Huntsville Association for Pastoral Care, and the Congregational Health Program, Center for Faith and Health, College of Health Sciences of Samford University.

Huntsville Botanical Garden Goes “Uncorked” August 11

“Uncorked at the Garden” will be held at the Huntsville Botanical Garden Thursday August 11, 6-8 p.m. at Nichols Arbor.

Enjoy a special evening sipping wine and sampling local favorite appetizers. Meet famous wine maker Bjoern Lanwer as he shares his wine story. You can

also purchase an autographed bottle!

Whole Foods Cheese Expert will discuss delicious cheese and shares samples. Local favorite Piper & Leaf will provide refreshing artisan tea.

Sway to the PMB Band as they play cool relaxing Garden

music.

“Uncorked at the Garden” is a must attend event!

Members \$30, Non-Members \$35.

To purchase ticket: For more information, contact Tamara Huron at thuron@hsvbg.org or (256) 830-4447, ext. 241.



Twenty-One Graduate from Police Academy

The City of Huntsville graduated 21 cadets recently from its 55th Police Academy class. As they step into their new roles, they join one of the most highly trained professional law enforcement teams in the nation.

The ceremony, however, was bittersweet, as some officers lost their lives in Dallas, Tex., during a peaceful demonstration. This incident offered a somber reminder of the challenges that the police force--and the communities served--face on a daily basis.

Hearts and prayers go to the City of Dallas and to the families of the fallen officers.

In Huntsville, there remains a job to do--and that is to create a community of unity--one where each person is treated with kindness, tolerance and respect. Officers also have a job to do, and that is to keep our citizens safe. Both of these must occur for Huntsville to be the community we expect it to be.

- Mayor Tommy Battle
Huntsville, Ala.



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ValleyScopes
by Melissa Wilson/Seloma

Virgo - Be prepared to give first-hand instructions, to help others out; the good news being that you'll have a glorious time interacting.

Taurus - Dancing to the beat of a different drum is something that you're well qualified to do, symbolically speaking. So enjoy the melodies of life as much as possible.

Scorpio - There seems to be a continuous stream of heart-pounding exploits and activities to titillate your appetite; no complaints, from you.

Cancer - The faithfulness that you possess is one of the

characteristics that continues to enrich your existence so much.

Libra - It's an exceptional time to congregate through official gatherings and conferences, as well as to work on settling issues of importance.

Pisces - Your productivity has the potential to become more enriched as you've become convinced that there's no point in showing emotion at work.

Gemini - Your passion for restoration is fueling you as you take on an enormous project.

Aries - You're able to take refuge in a residence that is free from criticism and disapproval as you regroup; a true blessing, indeed.

Aquarius - You'll find that you're generating plenty of ideas on how to best show a desire for harmony that fits the expression of how you feel inside to a tee.

Capricorn - The time that you're spending doing the things that you enjoy with others is extremely conducive to strengthening key bonds.

Leo - Feelings of exasperation are fading, as you're catapulted onto another stage within your occupation--propelling you to a new height.

Sagittarius - Current circumstances, favor a renewed sense, of productive drive, within your life, which can be used, to direct extra energy toward hobbies that have been on the back burner.

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On This Day
Friday, July 15 - FRANCIS BEBEY - Francis Bebey, guitarist and author, was born in Douala, Cameroon. He died in Paris, France in 2001.

"The job of the writer is to make revolution irresistible."

- Toni Cade Bambara

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Champion Game Plan for Life

by Preston Brown

Today, we live in a time where everybody is busy. Whether it be at work--with all the demands of our jobs--or maybe it's at home with our families--or even at church. Let's face it: there never seems to be enough time, right? But remember: what we put

our time, effort and money into, is what's important to us. If we say that we don't have time to spend with God, then obviously God is not important in our lives. Spending time with God is like "spiritual warfare," because it allows us to have

peace in our lives. Remember: peace is power. You can tell when someone is spending quality time with God, because they have a certain amount of peace about them, and it shows in everything that they do. Stay encouraged, my brothers and sisters!



Calendar of Events

July 15
Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville
The Lumberyard Parking
Lot, 108 Cleveland Avenue
5-9 p.m.

DCI North Alabama
Drum Corps International
Sponsor: US Army Bands
Featuring:
Bluecoats - Canton, OH
Boston Crusaders - Boston, MA
The Cadets - Allentown, PA
Crossmen - San Antonio, TX
Jersey Surf - Mount Holly, NJ
Legends - Portage, MI
Louisiana Stars - Lafayette, LA
Music City - Nashville, TN
Southwind - Mobile, AL
Spirit of Atlanta - Atlanta, GA
DCI Box Office at (317)
275-1212
Tickets: \$20-\$30
Louis Crews Stadium

AAMU
7 p.m.

July 23
AshaKiran's Annual Ray of
Hope Event and 10th An-
niversary Celebration

July 24
Valley Conservatory Jam
Session

July 25
2nd Annual Caribbean
Heritage Gala
The Cooper House, 405
Randolph Ave., Huntsville
Caribbean Association of
North Alabama; \$40 indi-
vidual (\$300/Table of 8)
(256) 653-4751
www.canaonline.com
7-11 p.m.

July 26
Candidates Forum
Sponsor: Tennessee Val-

ley Diversity Leadership
Colloquium
Fellowship of Faith Church
Fellowship Hall
3703 Memorial Parkway
NW
6-8 p.m.

July 28
Boys and Girls Club Lead-
ers & Legends Dinner
Guest: Evander Holyfield
VIP Reception: 5 p.m.
Von Braun Center-North
Hall
6 p.m.

August 12-13
AshaKiran's 2-Day Lan-
guage Advocacy Workshop

August 19
Food Truck Street Festival
Sponsor: Jerry Damson
Honda Acura
Downtown Huntsville

The Lumberyard Parking
Lot
108 Cleveland Avenue
5-9 p.m.

August 25
Deadline to Register for
Diversity Leadership Col-
loquium - Class VI
Contact: info@diversity-
leadershipcolloquium.com
or (256) 536-9717

September 6
Fall Diversity Leadership
Colloquium Begins

Valley Deaths

Funeral service for **Mr. Brian Smith** were held Friday, July 15, at Nelms Memorial Funeral Home Chapel.

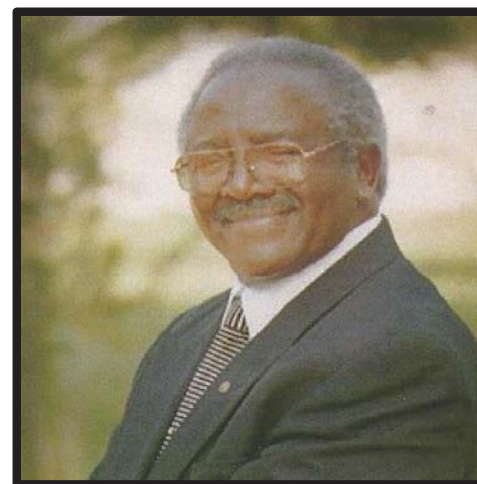
Funeral service was held for **Dr. Sonnie Wellington Hereford III** on Tuesday, July 12, at Progressive Union Missionary Baptist Church in Huntsville, Ala.

Funeral service for **Mr. Jaylen Malik Cosby** was held Thursday, July 14, at Eagles' Nest Ministries with Bishop Daniel J. Richardson officiating.

Funeral service for **Mrs. Mary Idell Havis** of Guntersville, Ala., was held Saturday, July 2, at St. Minor Primitive Baptist Church with Pastor Mario Ford officiating.

- Nelms Memorial Funeral Home

**RE-ELECT
COUNCILMAN
RICHARD SHOWERS, SR.**



**VOTE
Tuesday
August 23rd**

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Paid for by Friends to Re-Elect Councilman Richard Showers, Sr., P.O. Box 3235, Huntsville, AL 35810