

Preparing for Back to School, p.8

FREE

Renewed Spotlight on HBCUs, p. 5

Friday
July 30, 2021
Vol. 7, No. 47
ValleyWeeklyllc.com



SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Dr. Razi Hassan

Park Addition to Johnson Legacy Center

Legacy Park will complement the adjacent Johnson Legacy Center (JLC), a publicly funded recreation center popular with the community. Within walking distance of the campus, private developers are building single-family homes with amenities and price points to match any residential development in the City.

While a private development company builds single-family homes on the site of Johnson High's former football practice field, the City will build Legacy Park at the former parking lot.

The former school building, which has been used as a Public Safety Training Center, will eventually be demolished to create additional parking for the JLC and another phase of the residential developer's project.

The park will include several features such as a large play area with playground equipment, hillside slides, a walking loop and green space. The main attraction, however, will be two separate green spaces available for groups to rent for family or community events.

Rev. Dr. Raphael G. Warnock, U.S. Senator and senior pastor of Ebenezer Baptist Church in Atlanta, Ga., was the guest preacher for the Annual Men's Day program at First



Missionary Baptist Church in Huntsville, Ala. Senator Warnock was joined for worship by the brothers of Alpha Phi Alpha Fraternity, Inc., Delta Theta Lambda Chapter.



Sen. Warnock Keynotes Men's Day at FMBC

"Courage is simply fear that has said its prayers." - Zane

Drakes Expands Free Access to STEM Classes for Area High Schoolers

High school students in the 10th, 11th or 12th grade in Madison County and parts of Morgan County are eligible to enroll in free STEM classes at Drake State Community & Technical College this fall.

The classes are offered through the college's dual enrollment program and are funded by a Workforce Development grant from the Alabama Community College System (ACCS). Previously students were limited to taking a career technical class to be eligible for the dual enrollment program at Drake State. The grant was intended to generate interest in technical and trade careers to help address workforce shortages. To place a

stronger focus on STEM-related careers, the ACCS has lifted that limitation effective Fall 2021 semester.

"Now students can access free STEM classes through dual enrollment if they do not have interest in technical or trade careers," said Dr. Carolyn Henderson, Drake State

Dean of Instruction. "This is especially important in Huntsville because of the large number of STEM-related careers in our community."

Interested students can take classes in various STEM-related subjects such as biology, computer science, engineering,

math, physical science and physics. Once a class is completed successfully, dual enrollment students receive credit that is applied to both their high school and college transcript. Families often use dual enrollment/dual credit programs to make college more affordable because students do not have to pay for tuition, fees or books.

Students with a 2.5 overall GPA and written approval of the high school principal, counselor or designee are eligible to apply for the dual enrollment program at Drake State. Fall classes begin August 16 so there is still time to apply. More information can be found at drakestate.edu.

ROTC Golf Tournament Set

The Bulldog Brigade of Military Alumni Association's (BBMAA) first annual Golf Tournament will be held on September 3, at the Sunset Landing Golf Course, 346 James Record Road, SW Huntsville, Ala. The start time is 8 a.m.

The BBMAA is a non-profit organization with pending federal tax-exempt status under the provisions of section 501 © (3), 170(b) (1) (A) (vi) of the Internal Revenue Code. As such, all contributions made to this are fully tax deductible.

BBMAA aims to "make a difference" in the lives of ROTC cadets and promotes their professional growth and development. The program also serves the University of Alabama at Huntsville (UAH) and Athens State University, along with all students enrolled in the ROTC program at Alabama A&M University.

For sponsorship or general information, contact COL (Ret.) Sims H. Smith at shsmith31@bellsouth.net or call (205) 381-6343.



The Valley Weekly

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Washington in One Minute



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

1. ON THE FLOOR.

The House and Senate are in session this week. The Senate will attempt again to start debate on the \$1.2 trillion Bipartisan Infra-

structure legislation.

The House will take up a 7-bill appropriations "mini-omnibus," containing the FY2022 Labor/HHS, Agriculture, Energy & Water, Interior, Military Construction, Transportation/HUD, and Financial Services appropriations bills.

The House may also take up a second minibus containing the Commerce/Justice/Science, State/Foreign Operations, and Legislative Branch bills.

The Senate is close to an agreement on the FY2021 emergency supplemental appropriations bill to reimburse the Capitol Police and the National Guard for the costs they incurred during the Jan. 6 riot, with Senate Appropriations Committee Ranking Republican Richard Shelby (R-AL) upping his proposal last week to \$1 billion from \$632.9 million (the House passed its \$1.2 billion version in May).

2. THE WHITE HOUSE. On Monday, President Biden hosted a meeting at the White House with Iraqi Prime Minister Mustafa al-Kadhimi. On Wednesday, he traveled to Macungie, Pa., to visit a manufacturing facility to tout his "Buy American" initiative. Last Thursday, the President hosted business and labor leaders at the White House to discuss the infrastructure legislation.

3. JANUARY 6 RIOT HEARING. On Tuesday, the House Select Committee to Investigate the January 6th Attack on the United States Capitol held its first hearing featuring witnesses from the U.S. Capitol Police and the Washington, D.C. Metropolitan Police.

On Sunday, House Speaker Pelosi announced her intention to nominate

Rep. Adam Kinzinger (R-IL) to the panel to join fellow GOP'er Rep. Liz Cheney (R-WY) after House GOP Leader Kevin McCarthy (R-CA) withdrew his 5 nominees last week.

4. HIGHER EDUCATION. The House Education and Labor Committee's Higher Education and Workforce Investment Subcommittee on July 29 held a hearing on using Pell grants to increase enrollment and support student success.

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CAFY Offers Food, School Supplies

The Community Awareness for Youth Program recently held a grocery and school supply drive-through.

Chaplain (Lt. Col.) Charles Barna (left) joins Dr. Harry Hobbs at the 10th annual Community Awareness For Youth, a back to school event, held Saturday at Calhoun Com-

munity College in Huntsville. Hobbs, a retired chief warrant officer five, is the event's founder. This year's centerpiece was a drive-thru, giving away family food supplies. Volunteers also distributed free backpacks and school supplies. Many vehicles lined up for the drive-thru. "This is amazing," Hobbs said.



City Moves Forward on East Arsenal Connector at Patton Road

The Huntsville City Council unanimously approved on July 22 an agreement that could help ease traffic by constructing a new four-lane arterial roadway connecting Interstate 565 to Redstone Arsenal Gate 10 at Patton Road.

The agreement with Volkert, Inc. is for a Planning Environmental Linkage (PEL) survey, to include preliminary engineering design for the 2.5-mile connector road.

City Engineer Kathy Martin explained the connector would be funded through the Metropolitan Planning Organization. The

total cost of the survey is estimated at \$955,752. The City's portion of the survey will be \$191,850.

Martin explained the survey will evaluate five concepts and provide three build alternatives to include public involvement meetings, site investigations, surveys and cost estimates for consideration in accordance with federal, state and local requirements.

"This is a regionally significant project ... for a new corridor that will ease traffic congestion within the area," she said of the corridor survey.

- huntsvilleal.gov



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"Martyrs are needed to create incidents. Incidents are needed to create revolutions. Revolutions are needed to create progress." - Chester Himes

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VALLEY DEATHS

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Funeral service for SFC (RET) FREDERICK WHITE (b. 1960) was held Saturday, July 24, at Blackburn Chapel Cumberland Presbyterian Church in America with Pastor Tremaine Snodgrass officiating.

Funeral service for MR. SAMUEL MARTIN (b. 1925) was held Saturday, July 24, from Old Community Baptist Church - Webster Groves, Mo., with the Reverend Eric Hayes, officiating Pastor.

Graveside service for BABY GIRL ALANA ANN KELLY was held Friday, July 23, at Gatlin Cemetery (Ardmore, Tenn.) with Elder Jerry Russell officiating.

Funeral service for MR. MARCUS CARROLL (b. 1965) was held Sunday, July 18, at the Nelms Memorial Funeral Home Chapel with the Reverend Earla Lockhart officiating.

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

Funeral service for MRS. BARBARA JEAN LIGHTFOOT SINGLETARY was a held Saturday, July 24, at the Royal Chapel of Memories with Pastor Endia J. Scruggs officiating.

Memorial service for MR. LLOYD HENRY, JR., was held Sunday, July 25, at New Life Seventh-day Adventist (3912 Pulaski Pike NW, Huntsville, Ala.) with Pastor Joseph McCoy officiating.

Funeral service for MS. FELICIA ANN WOODS (b. 1976) was held Saturday, July 24, at Blackburn Chapel Cumberland Presbyterian Church (507 Plummer Road, Huntsville, Ala.) with Pastor Tramaine Snodgrass officiating.

Graveside service for MRS. GAIL WOODS LESLIE (b. 1958) was held Saturday, July 17, at Thatch-Mann Cemetery (1801 West Hobbs Street, Athens, Ala.) with Minister Anthony Bledsoe officiating.

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

Funeral service for MS. CARLOTTA DOSS (b. 1958) and MS. FELECIA MACHELL WILLIE (b. 1988) will be announced at a later date..

NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.

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- John Edgar Wideman

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THE VALLEY WEEKLY

CHAMPION GAME PLAN

PRESTON BROWN

WHEN JOY IS LOW, ENTITLEMENT IS HIGH!

Philippians 4:19 says, “And my God will meet all your needs according to the riches of His glory in Christ Jesus.”

You know, when God speaks of meeting needs, it is not about material needs, or the need to be prosperous. I believe that when God meets our needs, it is designed to direct us toward his good and perfect will for our lives.

I also believe that God will meet our needs with a need. In other words, when I felt the need to

be comforted, God met that need by providing me with someone that needed comforting.

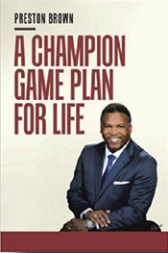

When I felt the need for prayer, God met that need by providing me with someone that I needed to pray for. And, when I was standing in the need of a blessing, God met that need by providing me with someone that I could be a blessing to.

You see, God is in the business of meeting needs with needs. Everything that He does is designed to meet our needs.

But, so often we have the wrong expectations for having our needs met. And, perhaps it's because our motivation is all wrong.

For example, when we expect our needs to be supplied by “worldly” resources, we will always come up short. And, it will rob you of your joy. But I heard someone say that “when our joy is low, entitlement is high”. And, it comes from not thanking God for what we already have.

Thus, God knows our “real needs.” And, they come from a heart that wants to please God. They don't come from



the desires of this world. So, once we get our hearts right, that will affect our motivation for whatever needs that we want God to supply ... Stay encouraged my brothers and sisters.

Also make sure you purchase my book “A Champion Game Plan For Life” at amazon.com<http://amazon.com/>

Early Notice and Public Review of a Proposed Activity in a Floodplain City of Huntsville Homeless Facility Project

To: All interested Agencies, Groups and Individuals

This is to give notice that the **City of Huntsville** has determined that the following proposed action under ADECA's CDBG program and is located in the 100 year Floodplain, and the City of Huntsville will be identifying and evaluating practicable alternatives to locating the action in the **floodplain** and the potential impacts on the floodplain from the proposed action, as required by **Executive Order(s) 11988**, in accordance with HUD regulations at 24 CFR 55.20 Subpart C Procedures for Making Determinations on Floodplain Management and Protection of Wetlands. The specific activities that will be funded include: the acquisition of a commercial building located at 2100 Langford Avenue N.W in Huntsville, AL. The building will be rehabbed to allow for a collaboration of organizations who serve the homeless to be housed under one roof. The site was chosen due to its proximity to existing homeless camps in the area. The services provided from the facility will include case management, job training, vocational training, GED preparation, and life skills classes. While no residential services will be provided, the goal of the facility will be to provide a path toward permanent housing for those currently experiencing homelessness. The natural and beneficial functions and values of the floodplain that could be adversely impacted include flood water conveyance, groundwater recharge, and erosion control as the site is located on a fully developed lot in an urban area and does not contain any natural habitat for flora or fauna. In addition, as the project will involve the rehabilitation of existing structures and no additional significant ground disturbance or introduction of additional impervious surfaces are planned, no significant adverse impacts to the floodplain are anticipated. **The proposed site is approximately 5 acres and the total estimated number of acres in the 100 year floodplain is 3 acres and the estimated total number of acres in the 500-year floodplain is 2 acres.** The proposed project is located **at 2100 Langford Avenue N.W. in the City of Huntsville, Madison, County, AL.**

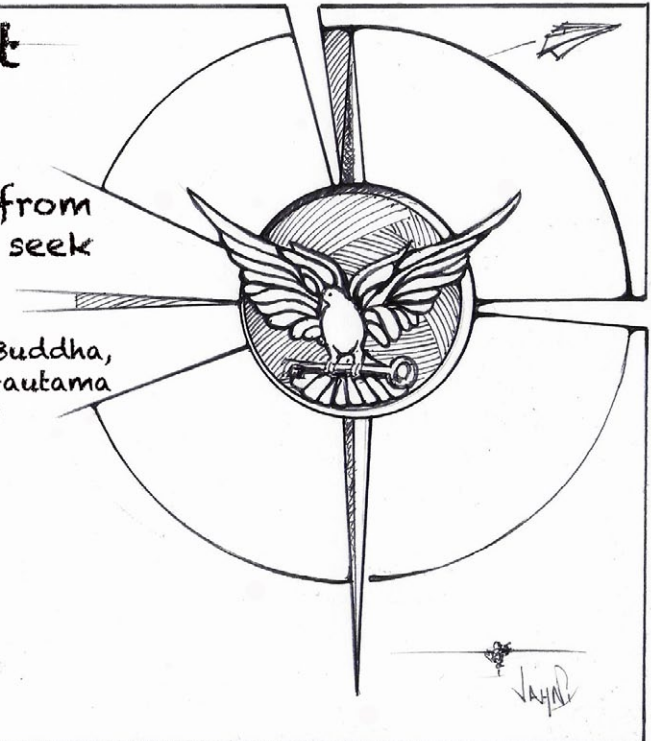
There are three primary purposes for this notice. First, people who may be affected by activities in floodplain and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Commenters are encouraged to offer alternative sites outside of the floodplain, alternative methods to serve the same project purpose, and methods to minimize and mitigate impacts. Second, an adequate public notice program can be an important public educational tool. The dissemination of information and request for public comment about floodplain can facilitate and enhance Federal efforts to reduce the risks and impacts associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplain, it must inform those who may be put at greater or continued risk.

Written comments must be received by the City of Huntsville at the following address (or emailed) on or before **8/9/2021**: City of Huntsville, **120 E. Holmes Avenue** and **256-427-5423**, Attention: **Scott Erwin, Manager of Community Development, who is the Certifying Official under 24 CFR Part 58 for the City of Huntsville.** A full description of the project may also be reviewed from **8:00 am to 5:00 pm** at the **address above**. Comments may also be submitted via email at **scott.erwin@huntsvilleal.gov**.

PowerShot

"Peace comes from within. Do not seek it without."

+The Buddha,
Siddhartha Gautama



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- Joseph Campbell

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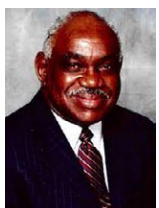
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Perspectives on God Views + Current News

by tim allston

The Renewed Spotlight on HBCUs. Again.

Historically Black colleges and universities (HBCUs) are benefitting now from a renewed spotlight on their contributions to American life.

Jesus challenged his listeners similarly, declaring: "Let your light so shine before men that they may see your good works and glorify your Father which is in heaven." - Matthew 5:16.

Hollywood discovered HBCUs in the 1980s with "The Cosby Show" and its spinoff "A Different World" with their fictitious HBCU Hillman College, and Spike Lee's "School Daze"'s Mission College.

Just as the choking death of 19th-century slavery birthed many HBCUs, a similar response to George Floyd's choking death rekindled corporate America's HBCU awareness. And donations.

Philanthropist MacKenzie Scott recently gave over \$500 million to some 20 HBCUs. Netflix co-CEO Reed Hastings and wife Peggy Quillin gave HBCUs another \$120 million. "HBCUs have a tremendous record, yet are disadvantaged when it comes to giving. . . . We hope this additional \$120 million donation will help more Black students follow their dreams. . . ." Similarly, Google and TikTok contributed another \$60 million.

When Dr. George French asked recent corporate donors, "Why am I just getting a call from you right now?," the Clark Atlanta University president recalled their answer: "We were disturbed by what happened with George Floyd and other atrocities. And we want to do our part — to say we're sorry."

HBCUs' Impact. HBCUs account for three percent of America's higher ed schools, yet produce nearly 20% of all Black college graduates. Additionally, HBCUs account for almost 25% of Black graduates in science, technology, engineering, and mathematics (STEM); the United Negro College Fund, the nation's largest minority education organization, cites STEM as "the critical industries of the future."

HBCU futures are experiencing human capital reinvestments, too. For example former pro all-stars Deion "Prime Time" Sanders, Eddie George, and Reggie Theus have recently become head coaches at Jackson State, Tennessee State, and Bethune-Cookman Universities, respectively. Furthermore, it appears that Howard University is leading those HBCU artistic, intellectual, and political sweepstakes.

This year began with alumna Kamala Harris as U.S. political history's highest-ranking woman. In June, "Cosby Show" co-star Felicia Rashad became dean of Howard's fine arts college named after Chadwick Boseman; and recently, award-winning journalists Nikole Hannah-Jones and Ta-Nehisi Coates joined its faculty.

Howard President Dr. Wayne A. I. Frederick noted that these HBCU developments are all incremental: ". . . to fill a bucket it takes one drop at a time, but you have to consistently put that one drop in. . . ."

As corporations, award-winning celebrities and scholars, and former pro athletes are investing in HBCUs, it's also time for us to re-invest in HBCUs with both our talents and treasures.

Note: This Hampton/Oakwood alum thanks fellow HBCUers The Valley Weekly publisher Dr. Dorothy Huston and senior editor Jerome Saintjones, alumni of AAMU and Tuskegee, respectively, and my writing coach/Hampton classmate Dave "The Rave" Gibson for their support.

tim allston is the two-time Amazon best-selling author of U.S. Politics The Rise of Silver-Mettle Leaders (now on Amazon), and the author-narrator of The U.S. Coronavirus Crisis and the Rise of the "Silver-Mettle" Leaders audiobook, with a free sample chapter, when you click on <https://bit.ly/3xiZhP9>.

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VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

Thru August 19

LearningQuest
Downtown Huntsville
Library

Outdoor Market

Lowe Mill Arts & Enter-
tainment
11 a.m.-4 p.m.

Alabama A&M University
Campus Residence Halls

August 14

Shoals Southern Soul
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(256) 457-9663

Thru September 14

Free Computer Refresher
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Huntsville Bible College
906 Oakwood Avenue NW
Huntsville, Ala.
5-6:30 p.m.

August 1

The Market at MidCity
1 p.m.

August 6

Oakwood Farmers Market
5001-A Adventist Boule-
vard
Huntsville, Ala..
12 noon

July 30-August 1

D.L. Hughley
Stand Up Live
Huntsville, Ala.

Uncaged Birds

Huntsville Botanical
Garden

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Huntsville, Ala.

July 31


The Providence Market
Artisans and Farmers
Market
8 a.m.-2 p.m.

August 8

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A New Generation Of Service

JULY 30 - VIVICA A. FOX was born in South Bend, Indiana, in 1964. She is an American actress, producer and television host who began her career with roles on the daytime television soap operas *Days of Our Lives* (1988) and starred opposite Patti LaBelle in NBC's *Out All Night*. - BlackCelebrityBirthdays.com



THE VALLEY WEEKLY

CALLED 2 PREACH

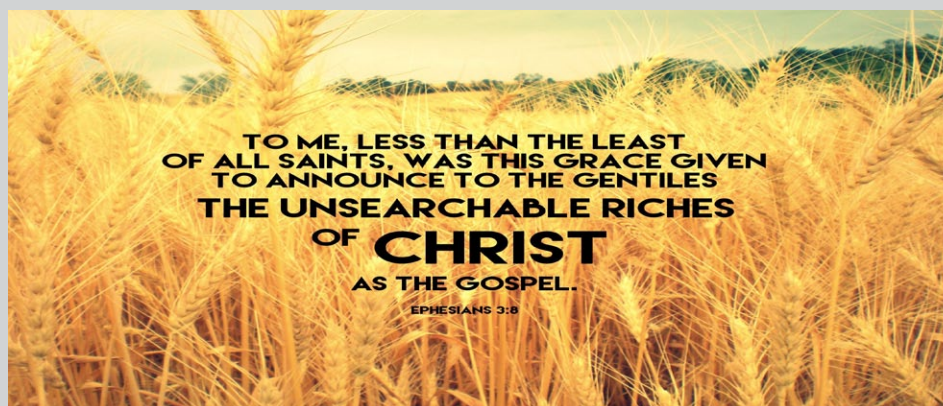
REV. MICHAEL RICE

The Secret of Humility

Acts 20:22-24;
Ephesians 3:8;
1 Corinthians 15:9

Howard Thurman used this phrase in his book entitled, *Meditations of the Heart*. He wrote, "I cannot be humble unless I have truly found something about which I must be humble."

God knows what that 'something' is for each of His servants. For the Apostle Paul, it was what he called, his course and his ministry; to "testify the gospel of the grace of God." He more than any other understood this grace; so much so that he referred to himself as less than the least of all saints, and as the



least of the apostles.

Concerning 'his course and ministry' he noted that he did not count his life as even having worth unless he finished his course with joy and carried out his ministry. He could testify of the grace of God

because he had been such an unworthy recipient of it, as are we all.

He wrote to the saints at Ephesus and referred to his ministry as "the grace given to him," and that was to "preach among the Gentiles the unsearchable

riches of Christ." It is not until each servant of God finds his/her "something" that they will know the secret of humility.

Otherwise, the only thing that is left is what Thurman called, "a sickening arrogance and stalking



pride." Have you found your "something?" Search for it; not with Google but God.

When you find it, you have found the secret of humility.



Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

Dr. Razi Hassan

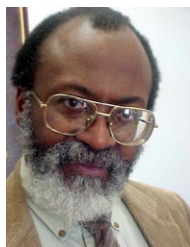
Dr. Razi (Bobby Blockum) Hassan is a native of Birmingham, Ala., where he was educated in the public school system before pursuing his postsecondary education in chemistry and mathematics at Knoxville College (Tenn.). He studied physical chemistry at Princeton University before eventually settling at New York University, where he earned the Ph.D. degree in theoretical chemistry.

Hassan devoted some 25 years as community organizer with the Student Non-Violent Coordinating Committee (SNCC), registering African-American voters in Arkansas and Mississippi in the mid-1960s. During those eventful years, he also helped to organize a credit union and school for dropouts in Trenton, N.J. At the onset of the 1970s, Hassan organized food co-ops, a community literacy program and another school for high school

dropouts as part of this service at the Harlem Mosque in New York.

Moreover, from 1990-97, he was counselor, GED instructor and Imam (minister) at Limestone Correctional Facility in Alabama. Hassan concurrently directed a tutorial center for mathematics and chemistry in Huntsville, Ala., from 1993-98. The educator has been affiliated with Alabama A&M University for nearly 25 years, primarily as an associate professor of chemistry at Alabama A&M University and director of the chemistry and mathematics tutorial center.

In 2004, Hassan led a team of AAMU students on a NASA-sponsored rocket launch competition in Manchester, Tenn. However, the goal at that time was two miles (more than 10,000



feet). A Proteus rocket, fondly named "Butch" after the school mascot, reached 1.8 miles, falling short of rival UAH, which achieved 1.9 miles.

However, the UAH rocket was not successfully retrieved. This led toward an overall win by the AAMU team.

Additionally, Hassan has managed numerous government programs with aggregate budgets exceeding \$12 million in his capacity as a project director or co-director, coordinator, budget manager or principal investigator. His numerous affiliations include the American Chemical Society; an advocate for the homeless through the First Stop organization; National Conference For Community Justice (NCCJ), Board Member; and many others.

"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at www.rosettajamesfoundation.org. Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to info@valleyweeklyllc.com.



A&M MSW Program Receives \$1.9M HRSA Award

The Master of Social Work Program at Alabama A&M University (AAMU) has received a \$1.9 million award to help its students meet workforce demands for mental health practitioners specializing in integrative behavioral health. The four-year award from the Health Resources and Services Administration (HRSA) will provide AAMU \$479,917 annually further the second phase of its Behavioral Health Workforce Training Program (BHWTP-2). Dr. Tonya Perry, interim associate vice president for academic affairs and dean of graduate studies, is the principal investigator for the project.

AAMU is one of 168 organizations across the nation to receive awards totaling \$66 million. It also joins only three other grantees in Alabama to receive the award during this funding cycle (i.e., Auburn University, Samford University and UAB).

"Collaborating with community-based partners such as public health organizations, hospitals, and schools presents an opportunity to reduce disparities in access to behavioral health services," said Acting HRSA Administrator Diana Espinosa.

Through placements at health centers and other community-based settings, trainees will gain experience working in the underserved communities where behavioral health services are most urgently needed, Espinosa added. The award represents the third million-dollar award that the Graduate Social



Work Program at AAMU has received in the last four years from HRSA's Behavioral Health Workforce and Education Training (BHWET) Program.

"Over the last four years, the MSW Program has emerged as the lead producer of external funds within the College of Education, Humanities and Behavioral Sciences, and it has set an important standard as it relates to external funding to support the preparation of students in professional disciplines," stated Dr. Daniel K. Wims, Provost and Vice President for Academic Affairs and Research.



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Tips for Getting Ready for Back to School This Fall

(BPT) - Parents look forward to it, but kids might not - the time when families everywhere start thinking about going back to school. As savvy parents know, starting early can mean a less stressful transition.

Unfortunately, a new study finds parents facing a more costly back-to-school shopping season this year. The survey, conducted by KPMG, found that parents may pay as much as \$268 per student for school supplies and clothes, compared to \$247 last year. With masks and hand sanitizer on the shopping list, budgets may be even higher.

So how can you make sure your kids have what they need without breaking the bank? Here are some tips for back-to-school shopping that can help you stress less - and spend less - this summer.

1. Make your list and check it twice

Check out your school's supplies list as soon as it's available. While you can use last year's list as a starting point, it will likely be different this year. Check your school district website to see when they're available.

Take inventory of items you already have. No need



to keep buying more rulers! And if that box of colored pencils was barely cracked open last year, don't buy a new one. Let kids pick out something new (and small) that they like to prevent complaints about reusing supplies.

2. Scout the deals

Check to see which of the items on your shopping list are the most expensive, like a new backpack or graphing calculator. Compare prices on your favorite stores' websites to find the best offers and take advantage of cash back apps and loyalty programs that may provide additional savings.

3. Get shopping rewards - and free supplies

To help millions of children heading back to school this year, mobile rewards platform Ibotta has teamed up with Five Star, Kleenex, Skippy, Nature's Own and

more to provide free school supplies and lunch items at Walmart and online at Target, H-E-B and more.

"We want to help make sure every child goes back to school with a full backpack and a full lunchbox," said Richard Donahue, chief marketing officer, Ibotta. "This year, we hope to ease the financial burden for teachers and families alike as they head back to school."

From July 14 to August 31, shoppers that download the Ibotta app or Ibotta browser extension can get 100% cash back on a bundle of school supplies including:

- * 3-Subject 5 Star Notebook
- * Package of pencils
- * 3-pack of erasers
- * Box of Kleenex
- * Loaf of Nature's Own bread

* Jar of Skippy peanut butter

* Squeeze bottle of Smucker's Fruit Spread

Ibotta's Back to School Free-for-All offer is available exclusively in-store at Walmart or online at Target.com, HEB.com, Walmart Pickup & Delivery, or Shipt.

4. Shop online if you can

Shopping online means not only less rushing around, but also keeping your kids from getting distracted by all the shiny things on the shelves. You can choose to have items shipped, delivered or picked up curbside. Don't forget to look for retailers that offer free shipping to further save on costs.

5. Shop alone when possible

sible

If you do need to shop in-store, try to go without the kids. If you need to bring them along, try allowing each kid to pick just one item for themselves (like a lunchbox or backpack), to avoid overspending at the store.

Shop when it's less likely to be crowded, and when you feel your best - not when you're tired, rushed or hungry (same goes for the kids). You'll feel better, and you'll be less likely to give in to those impulse buys.

With these tips and a little planning, you can conquer the back-to-school shopping season with less stress - while saving time and money, too.

"Few things can help an individual more than to place responsibility on him, and to let him know that you trust him."

-Booker T. Washington



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