

What's Happening in Washington This Week, p.2

FREE

Friday

August 14, 2020

Vol. 6, No. 49

ValleyWeeklyllc.com

Your Own Battle of the Bulge, p. 3

Dea. Jackson, p. 4

*"There are years that ask questions
and years that answer."*

- Zora Neale Hurston

The Valley Weekly



Tennessee Valley DLC Graduates Cohort XIII

Despite the COVID-19 pandemic, the Tennessee Valley Diversity Leadership Colloquium graduates Cohort XIII. Two of the sessions were held in March, prior to the beginning of the

Governor's Stay at Home order. All other sessions were held virtually, including the graduation ceremony that featured Rev. T. C. Johnson as speaker.

This program is typically 8

weeks long; however, members were able to complete it virtually in about 4 months.

Pictured (l-r) are: Christina Hearne, Kelly Williams, Andre Barton, Robert Drake, Donnisia Tibbs,

Anthony Davison, Jonathan Ware, Mindi Thompson, Lonette Jenkins-Bell, Atty. David Cornelius Points, Jr., Kecia Lambert, Tara Pickens, Sharell Powers and Linwood Curry, Jr.

Council Candidates Forum Scheduled August 12

Huntsville City Council candidates running for District 1 and District 5 were slated to speak at 6 p.m. and Madison City Council candidates running for Districts 1 through District 6 will speak at 7:30 p.m.

The forum will be conducted virtually. To access the Zoom link, register at <https://www.eventbrite.com/e/municipal-candidate-forums-for-mayor-huntsville-madison-tickets-115791562681>

The municipal elections will be held on Tuesday, August 25. Normal polling places will be open from 7 a.m. to 7 p.m.

The Municipal Candidate Forum is sponsored by three distinct, local, non-partisan organizations: American Association of University Women, The League of Women Voters and United Women of Color.

A mayoral forum for Huntsville mayoral candidates and Madison City mayoral candidates was held on August 11.

For additional information, contact Pam Caruso at (256) 520-9705 or e-mail pamhunt76@gmail.com or Angela Curry at (256) 527-1013 or e-mail theunitedwoc@gmail.com.

Oakwood Reopens Campus to Launch Fall Term

After shutting its doors early due to the pandemic, Oakwood University administrators began reopening campus over the weekend.

The university rolled out a hybrid learning plan for the fall term, similar to what public schools around North Alabama have done.

Students will soon migrate back to campus. Some of

them will take classes with a combination of remote and in-person learning. Others may learn 100 percent virtually. Oakwood President Leslie Pollard said it just depends on the class.

"We've got a team of people who worked literally thousands of hours in planning for students who wish to return to campus," Pollard

said. When the students arrive, there will be health guidelines to follow.

Pollard stated that students are required to wear a face-covering and will be spaced out in classrooms. And as weather permits, he indicated that some students may get to learn outdoors instead.

"When you think about

campus life, it'll be very different," Pollard said. But he said he's counting on the students to consider their own health as well as others. "We're going to have to call upon their own maturity to assist us in keeping the campus safe," he continued.

Oakwood will continue to follow health guidelines from the CDC.

The Valley Weekly

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Washington in One Minute



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

1) The Senate was in session Monday and the GOP leadership's latest bulletin told Senators that they "will be notified when [and if] votes are scheduled." The House has advised Members that they will be given at least 24 hours' notice before [and if] the House is called back into session pending an agreement on Coronavirus Relief Bill #5.

2) Due to a stalemate at last week's series of negotiations on Coronavirus Relief Bill #5, on Saturday [at his golf club in New Jersey] President Trump announced 4 executive orders that will:

#1: Continue the federal plus-up for unemployment benefits at \$400 (down from \$600) and require states to

chip in \$100; #2: Defer the 7.65% payroll tax (6.2% for Social Security + 1.45% for Medicare) thru Dec. 31, 2020 for workers making less than \$96,000 per year; #3: Assist renters and homeowners to prevent evictions and foreclosures; and #4: Continue the deferment of payments and the waiver of interest on student loans held by the Department of Education until Dec. 31, 2020.

3) On Friday, the Government of Canada announced it would impose \$2.7 billion in retaliatory tariffs on U.S. aluminum products, possibly including refrigerators, washing machines, bicycles and golf clubs, in response to the Trump Administration's imposition of a 10% tariff (set to take effect on Aug. 16) on imports of non-alloyed

unwrought aluminum from Canada. Although a previous tariff had been lifted in May 2019, the Administration said that the new tariff was necessary because Canadian aluminum imports had increased by 87% over the past year. Read the full text of the U.S. tariff order here: [tariff](#).

4) Saturday, Aug. 8, was the final day for the Small Business Administration (SBA) to accept applications for Paycheck Protection Program (PPP) loans. The SBA is still accepting applications for the Economic Injury Disaster Loan (EIDL) program. More information here: [EIDL](#).

5) On Friday, Postmaster General Louis DeJoy fired the top two officials in charge of day-to-day postal operations as he also announced that the U.S. Postal Service lost \$2.2 billion in the second quarter of 2020, due to a steep decrease in first class and business mail. These announcements came one day after House Speaker Nancy Pelosi (D-CA) and Senate Democratic Leader Chuck Schumer (R-NY) sent DeJoy a letter expressing concerns about a "dramatic increase in delayed and undelivered mail." In related news, De-

Joy is scheduled to appear before the House Oversight and Reform Committee to discuss disruptions in mail service on September 17.

6) According to the Axios and Politico sites, the first night of the Democratic National Convention (August 17) will feature speeches from Sen. Bernie Sanders (I-VT), former First Lady Michelle Obama and the former GOP Governor of Ohio John Kasich. August 19 will see speeches by former First Lady Hillary Clinton and Sen. Elizabeth Warren (D-MA). This year, Democrats have moved the event online and programming will be condensed, running for only 2 hours each night on Aug. 17-20.

7) The U.S. Department

of Labor has a new Pathway to Recovery Resources website that is organized by the following categories: job seeker and business customer service delivery; labor market information; partnerships and planning; and system infrastructure and capacity.

8) The Department of Education (ED) has published in the federal register a notice inviting applications for new awards for fiscal year (FY) 2020 for the Child Care Access Means Parents in School (CCAMPIS) Program. The CCAMPIS Program supports the participation of low-income parents in postsecondary education through the provision of campus-based childcare services. Applications opened on August 6, 2020

and will close on September 8, 2020.

Award recipients will be able to use their funding to partner with a range of licensed child care providers and facilities to provide student-parents with a greater range of options at which to direct their child-care funds.

For more information on how to apply and access contacts, please visit here.

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When a Woman's Belly Fat Simply Won't Go Away

If you've been dieting, exercises and being overall healthy but your belly fat just won't go away, it could be something else causing it. Like something underneath your belly fat.

You're eating all the right things and you've even joined that new Zoom fit-

ness class. You're giving it your all to get "summer-time fine," but no matter how many planks you do, your belly fat just won't budge! What's going on?!

Maybe you're thinking your metabolism is malfunctioning or maybe you're just too old to have a six-pack.

Have you ever considered that your belly is bulging from the inside out? It could be fibroids!

Uterine fibroids are non-cancerous tumors (made from smooth muscle and connective tissue) that grow inside the wall of the uterus. Fibroids can be as small as a grapeseed or as big as a grapefruit! While some women have one fibroid, others have as many as forty.

However, black women are 3 times more likely to develop fibroids than white women and statistics show that black women develop fibroids as early as 25 years old. Doctors are uncertain about what causes fibroids.

However, studies have shown that fibroids may be linked to the following:

- Hair relaxer chemicals
- Vitamin D deficiency
- Environmental and physical stress
- Diets high in fatty meats and low in vegetables
- Age
- Genetics
- Obesity
- Hormonal changes
- Family history of fibroids

Although fibroids are non-cancerous and do not increase your chances for uterine cancer, fibroids cause several symptoms and a bulging belly is one of them. How? Studies have shown that progesterone and

estrogen stimulate fibroid growth. Estrogen levels increase during pregnancy and child-bearing years, causing fibroids to increase in size.

Since fibroids are not hollow cysts, a large fibroid can weigh between 20 to 40 pounds! As the size and weight of the fibroid increases, so does the number on your scale. Large fibroids can cause bloating and create what looks to be excess fat in your midsection.

Fibroids can cause a domino effect that may lead to weight gain. Large fibroids can cause excruciating pain, constipation, back pain, and long, heavy menstrual cycles. Heavy menstrual cycles often lead to anemia, where your body doesn't produce adequate red blood cells.

When you don't have enough red blood cells to carry oxygen through your body, you can experience fatigue. In turn, fatigue can cause you to feel unmotivated about working out and over-eating can be a coping mechanism for managing pain. This can lead to gaining unwanted pounds, especially in the midsection.

Not only can fibroids lead to unwanted bloating and a fluffy waistline, you may experience these symptoms,



too:

- Frequent urination
- Pressure and pain in the pelvis
- Pain during sex
- Difficulty emptying your bladder
- Leg pain
- Sudden sharp pain in the pelvis

If you are doing all of the right things in the gym and in the kitchen along with experiencing any of these symptoms, talk to your gynecologist about the possibility of fibroids. Currently, fibroids that interfere with day-to-day activities and quality of life are removed with surgery. However, scientists are continuing to research fibroid stem cells to develop treatment options that are less invasive.

- BlackDoctor.org

Champion Game Plan for Life

by Preston Brown

"WHAT'S IN IT FOR ME?"

Matthew 19:27: Peter answered Jesus saying, "We have left everything to follow you! What then will there be for us?"

Remember Colin Kaepernick, the ex-NFL quarterback that took a knee at the beginning of the game while the National Anthem was being played. And, when this happened many people viewed his gesture as being disrespectful to our nation's flag, as well as those who served in the military. Now many of us know that he was protesting "social injustices" that had been going on in our country. He was not being disrespectful to the flag or to people who served in the military. But that's not what's important here. You see, it doesn't matter whose side you are on, Mr. Kaepernick was willing to pay the cost for something that he believed in, even though it cost him his job as well as his career. You see, in life there will be costs and rewards for everything that we do.

Now as we look at this scripture, we read that the disciples were willing to lose everything for something that they believed in. All of

them had left their homes, their jobs and their families to follow Jesus. But they still



wanted to know "what was in it for them.". However, Jesus was trying to get them to see that there is something greater than this world has

to offer. He was trying to get them to see that there was something greater than "what's in it for me". Because sometimes we can't see past this world that we live in. A world full of politics, egos, wealth, possessions and compromise.

So, I applaud Colin Kaepernick for his courage and for his "kneeling" for something that he believed in enough to lose it all, because now athletes can use their popularity to protest the social injustices that we face every day. I applaud him for not having a "what's in it for me" attitude because we all need to learn to do the right thing, because it is the right thing to do ... Stay encouraged, my brothers and sisters.

Make sure you purchase your copy of my book, "A CHAMPION GAME PLAN FOR LIFE," available through amazon.com.

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Spotlight on Our Elders ... Featuring

Deacon Robert Jackson

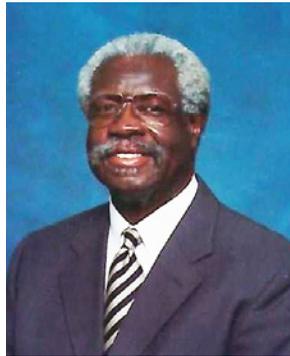
Robert Jackson, Jr., is the son of the late Robert and Mary Stewart Jackson. He was born and reared in Gloster, Miss., and spent all of his formative years in Amite County. Jackson is a veteran of the U.S. Army, having spent two years in Korea and various other locations. He departed the military and relocated to New Orleans, La., where he met and married Lubirda Jackson and built a family of eight boys and one girl. He was employed as a longshoreman for over 30 years, and he served as a foreman and union representative for ILA, Local 3000.

A true entrepreneur at heart, Jackson has been the

founder of several businesses, including Jackson Detective Agency, Bob's Used Cars, and Bob's Delicious Candies. He has spent his life serving as an encourager and supporter of the youth in an endeavor to make the future even brighter than the past.

In 2011, he and Lubirda relocated to The Rocket City and became residents of the city of Madison, Ala. He is a member of St. Luke Christian Center and is active in the Senior Ministry.

His autobiography, "Please Let Me Talk," is a compilation of his life story and seeks to give insight about the other part of the story and the other



side of the tracks. He felt compelled to show the world that one could do very well, have a good life, and be successful in the process. He spent most of his life trying to show others that there are several ways to have success, other than obtaining a traditional education.

AUGUST 14 - ERVIN "MAGIC" JOHNSON - Former Superstar basketball player turned successful businessman, born in Lansing, Mich. Johnson is acknowledged as one of the 50 greatest NBA basketball players in history, winning 5 championships with the Los Angeles Lakers. - BlackinTime.info



Called 2 Preach

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

"He Let Them See Him Sweat"

Luke 22:44

Never let them see you sweat. In the "rugged individualism" mentality of those who take this stoic stand, is a dogged determination not to show any signs of weakness or fear. It is embraced by many, especially in this American society, as a mantra worth living by. However, in the case of Jesus' state of mind



and heart in the Garden of Gethsemane, Dr. Luke wrote that His sweat became like great drops of blood falling to the ground. For Jesus it was neither weakness nor fear

that produced His bloody sweat. Luke said that it was due to what he called being in *agony*; *severe mental struggles and emotions*. It was the very Love of Jesus and His Perfection

that caused Him to struggle in this way. He knew that He would have to experience temporary separation from the Father in order to pay for the sins of mankind. Medically speaking,

Luke was not describing a *comparison* of sweat with blood, but rather a *condition* (*hematidrosis*) where the sweat of Jesus literally became bloody and fell like clots to the ground. To use a word that we hear a lot, Jesus was being *transparent* about what He went through to save mankind. He was not trying to hide any feelings or emotions. He wanted us to see Him sweat. He was saying, "This is how much I love you." I can only echo the sentiments of Thomas, "My Lord, my God!"



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"All kids need is a little help, a little hope and somebody who believes in them."

- Ervin "Magic" Johnson

COVID or Not: Ways to Keep Your Indoor Air Fresh at All Times

(BPT) - Huntsvillians today are more focused on cleaning and sanitization - not to mention the air they breathe - than ever. Indoor air quality has already been a growing concern in the United States for some time. According to a study published in the journal Science of the Total Environment, indoor air quality can be worse than the air outdoors.

You may not realize that simply by doing normal things like cooking, cleaning, personal hygiene or enjoying a hobby, invisible pollution is being added to the air.

With social distancing measures, people are spending more time at home, so being proactive about indoor air quality is even more essential. Consider these steps to help maintain fresher air and a cleaner environment:

Develop an indoor green thumb

With more people looking to be productive at home, houseplants are a great clean air solution that has multiple benefits. According to houseplant specialists The Sill, houseplants help boost your mood and productivity, which is essential for anyone spending long hours working at home. The Pothos plant is highly rated for removing indoor



common culprits that reduce air quality and can trigger asthma and allergies. In your home it's important to control moisture to prevent mold and mildew growth.

When using the bathroom to bathe or shower, always use a fan or crack the window. In moist spaces like basements, be mindful about opening windows, running fans and keeping rooms dry. Be aware of your whole home's humidity levels and use a dehumidifier when necessary to remove moisture from the air.

Change HVAC filters regularly

Your home's heating, ventilation and air conditioning system helps maintain a comfortable indoor environment all year long. It includes a filter that captures dust, allergens and other microscopic particles to help keep the air clean and the system running efficiently. Set a reminder to check the filter monthly. At minimum, it should be changed every three months. During heavy use - such as winter and summer - change it more often. Bonus: A clean filter helps the system run better and saves money.

Indoor air pollution is a growing concern, and these four simple steps will help you maintain fresh indoor air so you and your family can breathe easy.

air toxins as well as the Snake plant, which absorbs toxins through its leaves and produces oxygen. With houseplants, not only will your work space look lush but also the air will stay fresh.

Use a room and portable air purifiers

From the kitchen to the car to the office or dorm room, the portable LG PuriCare Mini Air Purifier helps clean air wherever you go. Compact and light enough to carry in one hand, the advanced filter removes 99% ultra-fine dust and reduces allergens and irritants. One charge provides quiet filtration for up to 8 hours. A four-color LED smart display shows air quality in real-time and Bluetooth control makes monitoring conditions and performance simple. If you're looking for a permanent air purifier in your home, LG's PuriCare 360 is certified asthma and allergy friendly by the Asthma and Allergy Foundation of America and removes more than 90% of airborne allergens.

Lower moisture levels

Mold and mildew are

Ivory W. Reedus, LUTCF

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Valley Deaths

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Graveside service for MRS. ANNIE MAE HOLLEY BURKS (b. 1934) was held Saturday, August 8, at the New Hope #2 Cemetery (Madison, Ala.).

Graveside service for MR. EZRA JAMAAL STINNETT (b. 1981) was held Saturday, August 8, at Shiloh Cemetery (Ryland, Ala.) with The Reverend Dr. Edward Anderson officiating.

Funeral service for MRS. WILLIE MAE WATKINS (b. 1951) was held Friday, August 7, at Valley View Memorial Gardens with Elder Dwight Clark officiating.

Funeral service for MS. BARBARA C. MOORE (b. 1967) was held Friday, August 7, in the Nelms Memorial Funeral Home Chapel with Elder Dennis Green officiating.

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

Graveside service for MRS. NINA WILLIS SMITH will be 11 a.m., Saturday, August 15, at Valhalla Memory Gardens.

Funeral service for MR. BILLY SETTLERS a.k.a. "Billy Caudle" (CAW-DAL) was held Wednesday, August 12, at Meadowlawn Garden of Peace with Bishop Daniel Richardson officiating and Pastor Eric Robinson as eulogist.

Graveside service for MS. SHAKALA ANN ORR (b. 1997) was held Wednesday, August 12, at the Faith Memorial Park (8100 Madison Blvd Madison, Ala.) with Minister Marvin Turney officiating.

Funeral service for MR. AARON KELLY, JR., was held Monday, August 10, at the Royal Chapel of Memories with Elder Richard Long officiating.

Funeral service for MR. REMUS CHRISHAWN HOBBS (b. 1974) was held Sunday, August 9, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.).

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

Services were being planned at newspaper deadline for the following: BABY KHAMARI TAYLOR, MR. CHRISTOPHER PERRY, MRS. JOE WHITE-STANLEY, MS. GRETA FERRER, MS. ANDREA BREZZELL and MR. TYKEEM FRANKLIN.

AAMU Mourns Death of Popular Economist

The Alabama A&M University Family mourns the recent death of Dr. Uchenna Elike, a longtime professor of economics and finance, and former director of the MBA Program in Alabama A&M University's College of Business and Public Affairs (COBPA).

Dr. Uchenna Elike's Celebration of Life will be on Saturday, August 29, at 2 p.m. at Valhalla Funeral Home, 698 Winchester Road NE, Huntsville, AL 35811. Visitation will be from 12 noon to 1:30 p.m.

The College of Business & Public Affairs has created and

will contribute \$5,000 to the Dr. Uchenna Elike Endowed Scholarship, in honor of Dr. Elike's dedication to the college and its students.

A decade ago, Dr. Elike was appointed to a three-year term on the College Board to serve on the National Advanced Placement Microeconomics Development Committee. The committee is responsible for



the development of advanced placement exams and makes significant contributions to the National Council on Economic Education.

Elike earned the Ph.D. degree in economics from the University of Alabama in Tuscaloosa and was the only person the seven-member committee to represent a historically black college or university.

Voicing Love in More than Words

During these COVID-19 times, Abundant Life Ministries remains committed to spreading God's love and encouraging our fellow man. This is one reason the church located on Winchester Drive collaborated with its member and long-time supporter, Aundria Acklin, to provide 77 fruit baskets to the first shift employees at her place of employment, Huntsville Health and Rehabilitation.

Health Ministries Director, Linda McClellan stated, "We wanted to recognize the staff at Huntsville Health and Rehabilitation for their work caring for the sick and to support their well-being while they are actively engaged in taking



care of others. We also wanted to shower our friend and longtime supporter, Aundria Acklin, with a token to express our love and appreciation for her avid support of Abundant Life Ministries. Aundria is an encourager. She always has a warm smile, an encouraging word, and a joy filled testimony of God's goodness."

The baskets consisting of fruits known for boosting im-

mune health: pineapple, ginger, lemons, limes, oranges, and apples; and information outlining ways to optimize health were received by Huntsville Health and Rehabilitation Administrator, William Tyson, and two staff members. On behalf of the entire team, Mr. Tyson expressed much gratitude and shared an interest to partner with Abundant Life Ministries in future community outreach.

The Abundant Life Ministries Personal Ministries department spearheaded the project. Other contributors included the congregation's pastor, Pastor Alexander Lampkin, other ministry leaders and members.

-Jacqui Shipe, (704) 562-3941



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of Labor

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labor.alabama.gov

MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

LATEST COVID-19

INFORMATION

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chealth.gov](http://www.alabamapublichealth.gov)

Centers for Disease
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cdc.gov

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Tennessee Valley Calendar of Events

August 13
3,5,10 A.I.M.
(Accountability - Inspire -
Motivate)
Sponsors: Marc Lacy &
Friends

August 17
Classes Begin at Alabama
A&M University

August 21-22
Gridiron Men's Conference
Propst Arena
Von Braun Center

Friday: 7-10 p.m.
Saturday: 8:30 a.m.-12:30 p.m.

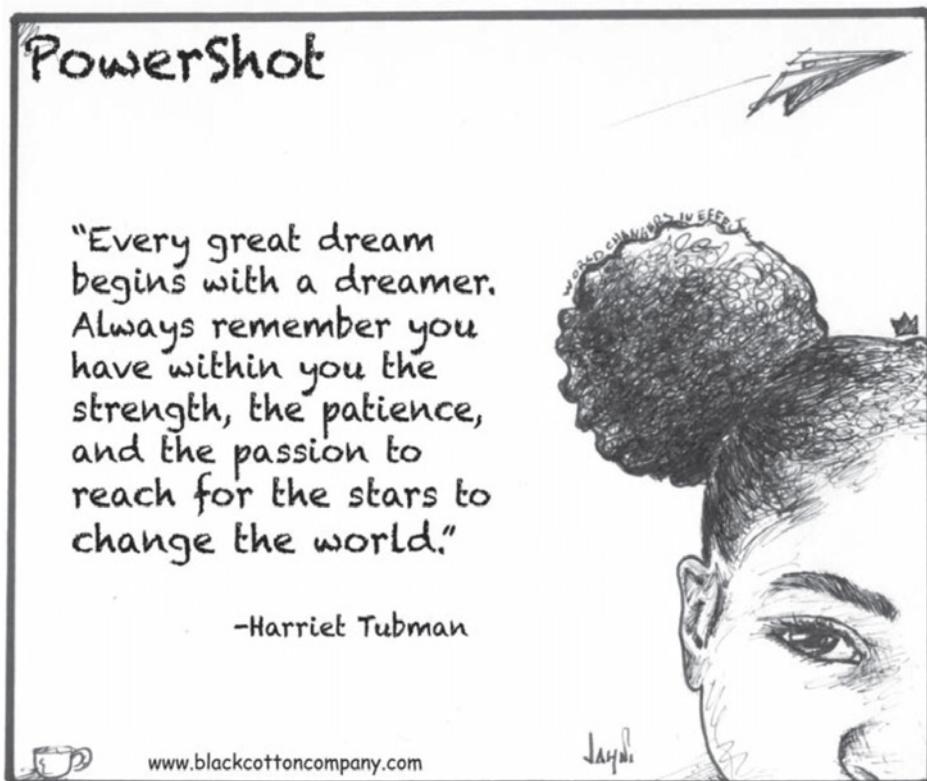
August 22
Yellow Ribbon Reintegration
Program
Von Braun Center - North
Hall
7 a.m.

Drive-In Movie at
Mid-City District
Sponsored by Google Fiber

August 23

Huntsville Community
DrumLine
"iDrum Summer Rhythms &
Beats"
3 p.m.

August 28-29
Family Campout in the
Garden
Individual: \$30
Family of Two: \$60
Family of Four: \$110
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
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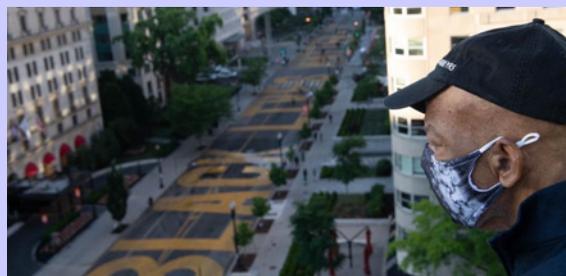
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Perspectives on EGO-holism

by tim allston



Remembering the Last John and the First John

"Whenever he listened to him he was miserable with guilt—and yet he couldn't stay away. Something in John kept pulling him back"

Mark 6:20.

Our First John

King Herod could not resist John the Baptist's words and life-calling. Despite imprisoning John for exposing his affair with his sister-in-law Herodias, the king was drawn to Christianity's "O.G.":!

Our Last John

On July 30, when we said goodbye and thanks to John Lewis, civil rights O.G. and longtime Georgia congressman, we commemorated our last John mimicking our first John. Both:

Caused Good Trouble;

Were imprisoned for speaking truth to power; but most importantly, Paved the way for future human rights activism and political in-correctness.

Their Legacies

In baptizing his cousin, John launched Jesus' three-year ministry. Today 2000 years later, approximately 2.7 billion people - one of every three world citizens - claim to be followers of Jesus Christ.

Lewis was the early wunderkind of the Civil Rights Movement which spawned such 60's Good Trouble as the Anti-Vietnam War, Free Speech, Gay Rights and Women's Liberation movements.

The youngest 1963 March on Washington speaker at age 23, our last John is dubbed by many as the "O.G." of today's Black Lives Matter movement, fueled by young people worldwide demanding racial justice and fairness.

What Good Trouble are you willing to live for? Die for?

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.

Extension's Seniors Safe at Home Zoom Series

The Successful Aging Initiative of the Alabama Cooperative Extension System presents a monthly series for senior adults, Seniors Safe at Home.

The series is set to empower seniors with the knowledge they need to live successfully in their own homes.

WHEN

Join us on the 4th Friday of the month on Zoom at 10:00 AM CST
June 26–December 11, 2020

www.aces.edu/go/SeniorSeminars for registration.

SCHEDULE

August 28
Fitness and Hydration

September 25
Senior Healthcare Planning

October 23
Prescription Drug Abuse

*November 20 - Fraud and Scam Prevention

*December 11 - Managing Holiday Stress

*Denotes dates other than 4th Fridays due to holidays
REGISTRATION
Registration required.
Register online: www.aces.edu/go/SeniorSeminars
Zoom Meeting ID will be supplied after registration.

MORE INFORMATION:
Contact for more information: 334.270.4133 or bixlekr@aces.edu

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