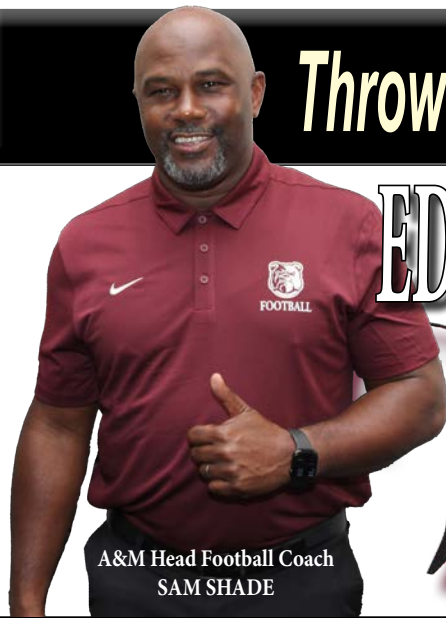


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FREE

EDITOR: A Call to AAMU Family - p. 3

Friday
August 15, 2025
Vol. 11, No. 50
ValleyWeeklyllc.com



A&M Head Football Coach
SAM SHADE



SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Mr. Allen Cothron

"An imbalance between rich and poor is the oldest and most fatal ailment of all republics." - Plutarch

Noted Alum, Political Analyst to Address AAMU's Freshmen

Delivering the keynote address for this year's Freshman Torch Lighting Ceremony is distinguished alumnus Don Calloway, a nationally recognized attorney, strategic advisor, political analyst, and advocate for civic engagement. Alabama A&M University will officially welcome the Class of 2029 during the 2025 Freshman Torch Lighting Ceremony on Saturday, August 16, at 6 p.m. in the

Event Center.

Calloway earned his bachelor's degree as a double major in English and political science from AAMU before completing his law degree at Boston University. He is the founder and CEO of Pine Street Advisors, a Washington, D.C.-based corporate advisory firm known for its work in public affairs, equity-focused advocacy, and governmental relations.

A former Student Government As-



sociation president and proud member of Kappa Alpha Psi Fraternity, Inc., Calloway represents the power and promise of an Alabama A&M education.

From shaping energy equity policy

as an executive at a global renewable energy company to serving in the Missouri House of Representatives and advocating for voter protection across the country, Calloway has built a multifaceted career centered on justice, access, and innovation. His earlier work includes legal practice in complex business litigation and federal affairs leadership at Anheuser Busch, where he helped manage the largest corporate

merger in history. His firm, Pine Street Advisors, evolved from a successful lobbying firm he launched in 2016, which helped elect a new generation of municipal leaders and advised clients nationwide on regulatory and political strategy.

The Freshman Torch Lighting Ceremony is a long-standing tradition that marks the beginning of each student's collegiate journey at Alabama A&M.

Huntsville Parks and Recreation Starts Male Mentorship Program

Huntsville Parks & Recreation has opened registration for its popular Male Mentorship Program.

Scheduled throughout the 2025-2026 school year and led by trained recre-

ation staff, the Male Mentorship Program empowers boys ages 8-17 to grow into confident, positive individuals.

Registration (\$25) opened Aug. 4, and continues through Wednesday, Oct. 1.

Due to limited space, interested participants are urged to register early.

Visit HuntsvilleAL.gov/malementorship for more information.

- huntsvilleal.gov

HBC to Host Annual Golf Tournament

The Huntsville Bible College will hold its 20th Annual Scholarship Golf Tournament (\$100) on Friday, September 5, at the Colonial Golf Course, 400 Colonial Drive,

in Meridianville, Ala.

Team check-in is at 7 a.m., with a 8 a.m. shot gun start and two-person scramble and women's flight. Prizes encom-

pass hole-in-one, longest-straightest drive, and closest to pin.

For additional information, call (256) 469-7536 or e-mail dev@hbc1.edu.

Boyd Campaign Endorsed by Alabama Cannabis Coalition

The Will Boyd for Governor campaign has received the endorsement of the Alabama Cannabis Coalition — a grassroots organization that has been at the forefront of cannabis reform in Alabama for years.

"This endorsement means a great deal

to me," Dr. Boyd said. "The Coalition has fought tirelessly for patients, veterans, small business owners, and families across our state—often without



thanks. I'm proud to stand with them, and I'm ready to get to work."

In that spirit,

Boyd is unveiling his Hybrid Hemp Plan — a multi-pronged

roadmap to reverse Alabama's hemp crackdown, restore access, and move the state forward.

"I believe in personal freedom — and that includes the freedom to seek relief through plant-based medicine, to run a small business without government

overreach, and to make decisions for your own body and health," Boyd said. "If being a voice of reason means standing up for what's right, even when it's not popular — then I'll be that voice for all of Alabama as governor."

The Valley Weekly

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A&M Bulldog Welcome Experience Starts August 16

Alabama A&M University will welcome new and returning students beginning August 16 with the launch of the 2025 Bulldog Welcome Experience, a four-week campus tradition designed to help students transition into the academic year while building pride, purpose, and community.

Coordinated by the Office of Student Leadership & Engagement in collaboration with the Freshman Academy,



the Bulldog Welcome Experience will run through September 12 and include a mix of required orientation sessions, student engagement opportunities, leadership development workshops, and spirited social events. The initiative aims to support the academic and social transition of first-year students, while also providing returning Bulldogs with a series of events to reconnect and reengage with campus life.

Freshmen and transfer students are required to move in by August 15–16 in preparation for Bulldog Beginnings, a focused Week 1 orientation that introduces them to campus history, expectations, resources, and traditions. After this initial week, Weeks 2–4 are open to all students and will focus on connection, involvement, and Bulldog pride.

For schedule details and updates visit <https://www.aamu.edu/campus-life/student-activities/bulldog-welcome-experience.html>.

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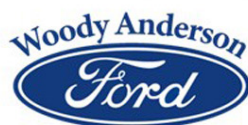


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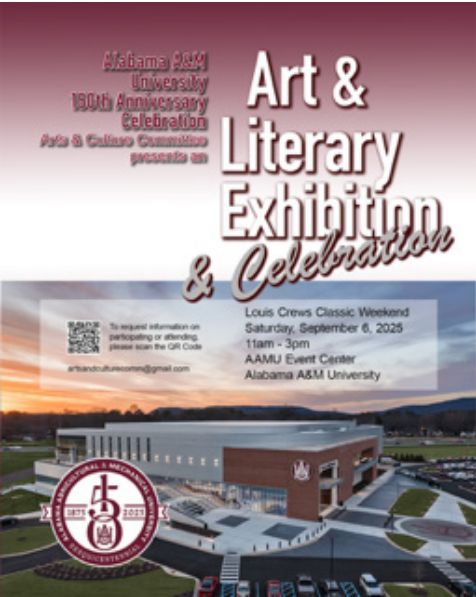
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Unite in Art and Heritage: A Call to the AAMU Family

As Alabama A&M University proudly marks its **150th anniversary in 2025**, it invites you to join a vibrant milestone celebration—an **Arts & Culture Exhibition** scheduled for **Saturday, September 6, 2025, from 11 a.m. to 3 p.m. at the AAMU Event Center**, uniting in spirit with the iconic Louis Crews Classic weekend.



This free, public event is more than an exhibition—it’s a tribute to the rich tapestry of our Bulldog legacy. From visual art and poetry to music, storytelling, and creative installations, the exhibition amplifies the voices and talents that define the AAMU experience. Curated works will illuminate stories of excellence, community, and cultural pride that stretch back to 1875—and look boldly toward our bold future.

Alumni can share stories, achievements, and contributions that paved the way; this exhibition is your moment to reconnect, remember, and make new history. Current students can showcase their work affirms our commitment to creativity and innovation and cements your role as torchbearers of Bulldog excellence. Faculty & staff—past and present can attend and affirm that your mentorship and stewardship fuel this university’s creative spirit; your presence will strengthen it even more.

You can engage by attending to enjoy free admission and invite friends, families, and colleagues to share in this celebration; participating if you are an alumnus or current AAMU community member creating art, writing, music, or cultural pieces, consider submitting your work before the August 13 deadline. Finally, you can support and spread the word: Share the news across your networks. Your voice helps highlight AAMU’s dynamic legacy.

As Dr. SanYvette Williams-Foy—co-chair of the Arts & Culture 150th subcommittee—puts it, this gathering isn’t just an event; it is “a celebration of who we are... a tribute to the creativity that has shaped our institution...

Now—more than ever—is the time to stand together. Alumni, faculty, staff, and students across generations: let us honor the Hill, celebrate our heritage, and elevate our creative passion.

Come, contribute, attend, support—and be a part of this unforgettable moment in Bulldog history. Let’s show the world what AAMU art, culture, and community truly embody.

Visit www.aamu.edu/150 or search “Arts & Culture Exhibition” on the AAMU website for details and submission guidelines. Let’s create legacy and inspire future generations together!



The Valley Weekly

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The Valley Weekly
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Sixteenth Page	2.5x2.5	\$75
Classified	1 col.x1 inch	\$100/Flat Fee

AUGUST 15 - MAXINE WATERS - Maxine Moore Waters (née Carr) is an American politician serving as the U.S. Representative for California’s 43rd congressional district since 1991. The district, numbered as the 29th district from 1991 to 1993 and as the 35th district from 1993 to 2013, includes much of southern Los Angeles, as well as portions of Gardena, Inglewood and Torrance. Before becoming a U.S. Representative, Waters served in the California State Assembly, to which she was first elected in 1976. As an assemblywoman, she advocated divestment from South Africa’s apartheid regime. In Congress, she was an outspoken opponent of the Iraq War and has sharply criticized Republican Presidents George H. W. Bush, George W. Bush, and Donald Trump, as well as Democratic President Barack Obama. - Blackcelebritybirthdays.org

Dorothy

Spiritual Game Plan

PRESTON BROWN'S



Today's Spiritual Game Plan: "A Life Alignment"

Proverbs 3:6 says, "In all your ways acknowledge Him, and He will make your path straight." *Question:* Are you allowing God to pull you into the direction that He wants you to go, or are you allowing the distractions and worries of this world pull you into a direction that you don't want to go in?

Hopefully, God is pulling you in His direction. You see, we have to learn to stop any "patterns" in our lives that are causing us to gradually be pulled in the wrong direction. Things like being preoccupied with our phones, browsing the internet for the latest fashions, or maybe for some it's watching too much TV! Hey, let me say that I'm guilty of doing all of these things. However there comes a time when we need to include the word of God into our daily activities. Always remember that too much is too much, and we all know what our "too much" looks like.

Just think about it, when your car is out of alignment it will pull you a certain way, so you have to get it corrected.



The same can be said of our spiritual lives. When we allow distractions and difficult times to pull us away from the

direction that God wants us to go, we need a life alignment so that God can pull us back into the direction that He wants us to go in.

So, pay attention to

whatever new "life patterns", distractions or bad habits that are causing you to stray away

from the path that God wants you on.

Prayer: Dear God, lead us in the direction that you would have us go whenever we stray from your will for our lives. *Question:* Is there anything that is happening in your life that is causing you to stray away from your relationship with God?

Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my books, *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life*, at amazon.com.

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Funeral services for **MR. GABRIEL CORTEZ HORTON** (b. 2009) and **MR. ARRENDELL BELGRAVE** (b. 1929) will be announced at a later date.

Funeral service for **MR. CHARLES E. JOHNSON, JR.** (b. 1961) was Saturday, August 9, at Nelms Memorial Funeral Home Chapel with Rev. Dr. H. Wendell Thompson officiating.

Funeral service for **MS. ODELL BENTLEY** (b. 1947) was Saturday, August 9, at Briar Fork Cumberland Presbyterian Church in America with The Reverend Dr. Mitchell M. Walker, Sr. officiating.

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Funeral service for **MR. REGINALD PAUL HEBERT, JR. B.K.A "REGGIE"** (b. 1985) will be held at 12 noon, Saturday, August 16, at the Shiloh Primitive Baptist Church, 198 Brownferry Road, Madison, Ala., with Pastor Reginald Johnson officiating.

Funeral service for **MRS. HILDA P. BRUTUS** (b. 1944) will be held at 11 a.m., Friday, August 22, at the Oakwood University - Moseley Complex, 7000 Adventist Boulevard, Huntsville, Ala.

Funeral service for **MR. JOHNNIE JEROME CLARK** (b. 1958) was Sunday, August 10, at the Oakwood University Seventh-day Adventist Church, 5500 Adventist Drive, Huntsville, Ala.

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Funeral services will be announced at a later date for **MS. ANGELA JONES** (b. 1975); **MS. EDNA PAICELY** (b. 1937); **MS. TIFFANIE GRIMES** (b. 1985); and **MS. MONICA BUCHANAN** (b. 1978).

Funeral service for **MR. TERRY NANCE SR.** (b. 1968) will be Saturday, August 16, at 11 a.m. at Serenity Funeral Home Chapel, 2505 University Drive NW, Huntsville, Ala.



Deion Sanders' Victory Beyond the Field: A Leadership Lesson in Recovering

On Monday, July 28, the University of Colorado Head Football Coach Prime—aka Deion Sanders—secured what may be his biggest “W” before the college football season even kicks off: beating cancer through a life-altering decision.

During the press conference his raw emotion, spiritual reflection, and lifestyle change showed something deeper than victory over illness—it mirrored the *T.O.P. + 7-Step Ego-holism Recovering™* leadership model:

Targeted the Problem (bladder cancer)

Owned the Problem (publicly and privately)

Proceeded with action (bladder removal and lifestyle shift)

And then the 7 Steps unfolded:

1. **Change lanes** – “It’s a whole lifestyle change.”
2. **Dig deep** – “God is so good... you have no idea.”
3. **Listen actively** – To doctors, sons, and supporters.
4. **Growing up to be a child** – Finding humor, humility similarly with his grandson!
5. **Turn lemons to lemonade** – Full bladder removal to prevent recurrence.
6. **Healing through revealing** – Urging everyone to get checked.
7. **Now that you know, go elevate and grow** – Expect Sanders to lead this new charge, just as he has others.

Coach Prime has shown us: true leadership begins with surrender. Not ego-first, but recovery-first.

Friends, I believe Deion Sanders is more than Coach Prime now.

He’s become something even more rare: not just Coach Prime, but now **Coach Praying Posture**: A man willing to bow down to something and someone greater than his brand.

That’s what ego-holism recovering is all about. And here’s your **leadership challenge** this week:

- What’s your bladder?
- What’s your unchecked issue that needs removing, not simply managing?
- What’s the mirror telling you today?

If this week’s column challenged or blessed you, share it with someone else fighting a private battle.

Let them know that recovering is not just possible—it’s powerful.

For more on the *TimCommandments of Ego-holism Recovering*, visit www.timallston.com.

Until then... Lead from surrender. Recover daily. And remember—ego is not the enemy. **Ego-holism is.**

#Leadership #EgoHolismRecovering #CoachPrime #DeionSanders
#ServantLeadership #EmotionalIntelligence #SML

EgoHolism Recovering #6 Healing through revealing

“Please go get checked out now. Not just men, but women.”
Deion Sanders
University of Colorado



Tim Allston is a leadership strategist, recovering ego-holic, and founder of the EMC² Initiative and the TAILS Foundation.

Tim Allston
Leadership Player-Coach and Four-time Amazon Best-Selling Author

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Email Address: leadingfromthemiddle.tim@gmail.com

Website: www.timallston.com

Millennial Moment

by Gloria B. Caldwell

COMPASSION ...

What does it take to extend a little grace to someone else--a little compassion and understanding?

Sometimes things get a little tricky. You know how that feels, right?

Every now and then, a person hits a bump...you do too. Think about those moments when you are in a funk. Or, moments where it feels like things are caving in on you. What about the moments when it rains and it’s pouring?

It would help if you had a moment to regroup without being called weak, lackluster, or incapable. Well, think about those times and be mindful that it happens to all of us.

Extend a little grace. Offer up some compas-



sion.

Compassion can pull someone up. Isn’t that what we are put here for? Each one reaches one. We pull each other through to accomplish our goals and to realize our purpose.

Helping someone get out of a trying time also teaches you about yourself. It allows you to tap into your self-awareness. Reflect. It is a reminder that you overcame some-

thing.

It is a beautiful thing. Psalm 103:13 says: The Lord is gracious and righteous; our God is full of compassion.

Aren’t we striving to be more like Him? Well, if you aren’t a believer, are you conscious enough to understand that this is necessary? Compassion helps with improved happiness, good mental health, and a more robust immune system.

It is said that it also reduces anxiety, stress, and depression. So you win from being compassionate.

Extend a bit more compassion. It will do you good.

God loves you, and so do I.

He has given you a gift; open it.

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August 20

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August 22-23

Chris Hardwick
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Huntsville Levity Live

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September 6

Concert
Three Dog Night & Little
River Band
The Orion

September 20

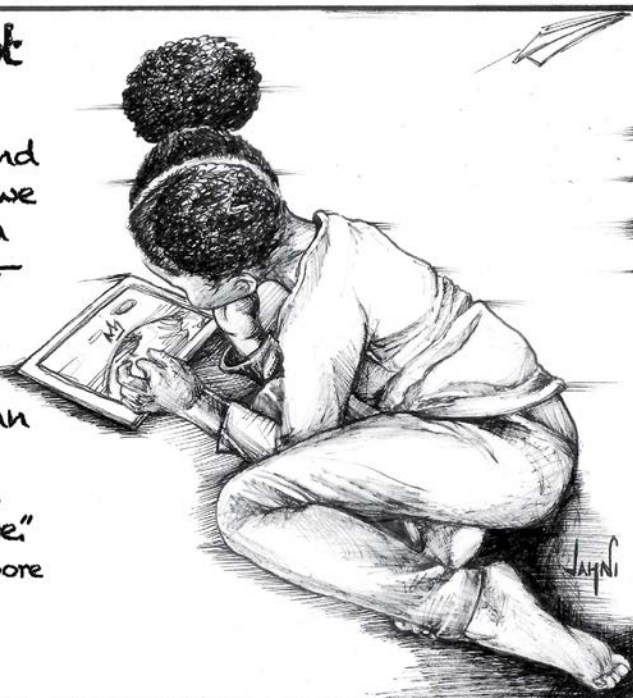
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but it is a calamity not to dream."*

- Benjamin E. Mays



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

Mr. Allen Cothron

Born in Scottsboro, Alabama, Mr. Allen (Ben) Cothron was the middle child of Joe and Ruth Cothron. He attended Carver High School 11 years before transferring to Councill Training School in Huntsville, Alabama, from which he graduated in 1964.

Following high school, Cothron attended Alabama A&M College (University) for three years before being drafted into the Army. After completing six weeks of Basic Training at Fort Benning, Georgia, he received his first stripe of Private First Class. He was sent to the Adjutant General School at Fort Benjamin Harrison in Indiana. He was enrolled in the Stenography Class, which was an accelerated program. After completing the course, his first assignment was the Assistant to the Commandant of the Army Management School at Fort Belvoir, Virginia. After a year at the Army Management School, Cothron received his orders for Vietnam. Upon arriving, he was assigned to the 18th Engineer Brigade in Cam Ranh Bay. While waiting for his new assignment, he filled sand bags for two weeks.

Finally, he was assigned to an artillery unit in Nha Trang, South Vietnam.

He asked about his MOS (71C30 - Stenography) and was told, "We don't need no stenographers; we need fighting men!" He was placed in an artillery unit (First Field Force Artillery Unit). He received his second stripe of corporal. Some of the decorations, medals, commendations, citations and campaign ribbons he received were: 1) National Defense Service Medal; 2) Vietnam Service Medal; 3) Republic of Vietnam Campaign Medal w/60 Device; 4) Expert Badge (M-14 Rifle); 5) Expert Badge (M-16 Rifle); and 6) Special Training; and 71C30 Stenography.

After spending a year in Vietnam, he was stationed at Fort Eustis, Virginia, in the 1097th Transportation Company as Company Clerk. While at Fort Eustis, Cothron received his third and final stripe, the rank of Sergeant. After completing his obligations to the U. S. Army, he was granted an Honorable Discharge. Following a short time in retirement, he went to work for Science and Technology Inc. (SCI), a civilian contractor company on Redstone Arsenal, Huntsville, Alabama. He worked as a facilitator/instructor, managing the Army Education Satel-



ite Program. Among the courses he facilitated were: Defense Small Purchases; Defense Acquisition Contracts (Basic and Advanced); Contracting Officer Representative (COR); Provision; Basic Logistics Support Analysis and Commodity Command Standard System.

Cothron participated in many workshops and conferences designed to promote the intellectual warfare of the student. He retired after 10 years with Science and Technology Inc. After another short time in retirement, he was called back to Science and Technology Inc. by the Vice President, who wanted Cothron to join the "Score Team" and travel to Fort Huachuca, Arizona, to help revise the Standard Operation Procedure for purchasing material for the Army Installation, for which SCI had a service contract. After completion of the task at Fort Huachuca, he retired for the final time.

"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.



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This Sunday's Lectionary

Sunday, August 17, 2025

Tenth Sunday
after Pentecost



(Track 2, Year C)

First Lesson:

Isaiah 5:1-7

Psalm 80:1-2, 8-18

Second Lesson:

Hebrews 11:29-12:2

GOSPEL:

Luke 12:49-56

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Back to School Food Allergy Guide: What Parents Need to Know

(BPT) - Children spend anywhere from 800 to 1,100 hours at school each year. For those with food allergies, that time comes with added risks. From cafeteria meals to classroom snacks, the risk of a food allergy exposure is an everyday concern.

And with good reason: The U.S. Centers for Disease Control and Prevention (CDC) estimates that 1 in 13 children - roughly two per classroom - are affected by food allergies. Of those, 42% have experienced at least one severe allergic reaction, known as anaphylaxis. For children at risk, even a small exposure can be life-threatening.

The good news? With the right preparation, you can help your child manage food allergies with care and consistency. Discover how to educate, plan and confidently communicate with school staff and other parents to support your child throughout the school year.

Awareness and education are key

What is a food allergy? Simply put, it's an allergic

reaction that occurs after eating a food allergen. Your body's immune system mistakenly responds to a certain food as if it were a harmful germ, causing an allergic reaction.

In children, the most common food allergies are to peanuts, tree nuts, milk, eggs, fin fish and shellfish.

A serious allergic reaction involves two or more body organs - the skin, lungs, stomach and/or heart. Symptoms may include:

- * Hives on the skin, sometimes on several parts of the body
- * Shortness of breath, wheezing, repetitive cough
- * Tightness in the throat, hoarse, trouble swallowing
- * Swelling of the tongue, lips or throat
- * Stomach discomfort such as abdominal cramps, diarrhea or vomiting
- * Blood pressure changes
- * Pale, faint, dizzy, confused

Epinephrine is the only medication that can stop

anaphylaxis. Administer it as soon as possible. Remember the rule: "Epinephrine First, Epinephrine Fast."

10 tips for a safe school year

Here are **10 essential tasks** to help ensure your child with food allergies is safe, supported and included at school.

- * *Schedule a back-to-school health checkup.* Obtain updated medication forms, epinephrine prescriptions and an emergency care plan. Discuss whether new food allergy therapies - such as biologics - might offer added protection in case of accidental exposure.
- * *Meet with school staff.* Discuss food allergy accommodations in the cafeteria and classroom. Review the emergency plan. This is especially important if your child starts a new school.
- * *Teach your child how to stay safe.* Help your child recognize signs of an allergic reaction and understand when and how to ask

for help. Make sure your child knows who to turn to and what steps to take in an emergency.

* *Be ready for the first day of school.* Submit all required school health forms, drop off your child's epinephrine and share a copy of the emergency care plan.

* *Pack allergy-safe meals and snacks.* Make sure your child only eats what is safe based on his or her dietary restrictions.

* *Plan for snacks and special events.* Confirm school policies for snack times and meals during field trips. Encourage no

sharing of food.

* *Ensure epinephrine is easy to access.* Find out if the school stocks epinephrine, where it's stored, and if the staff is trained to administer it in an emergency. Remember, your child is permitted by law to self-carry an epinephrine device.

* *Address bullying and exclusion.* Talk with your child about speaking up if they are being excluded, teased or bullied due to food allergies. Encourage talking with a trusted adult.

* *Check in with your child.* Make it a habit to ask

your child how things are going at school, including if there's any difficulty managing food allergies.

* *Keep the conversation going.* Communication between home and school is key. Keep teachers, school nurses and staff informed of any changes in your child's health or needs.

Food allergies don't have to get in the way of a safe, fun school year. With a little planning and teamwork, you can help your child thrive in and out of the classroom. For more information, tools and resources, visit AllergyAsthmaNetwork.org.

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A&M's Coach Shade Visits with Local Alumni Chapter

Monday, August 4, 2025 - 6 p.m.

North Huntsville Public Library - Sparkman Drive
Huntsville, Alabama (Photos by Jerome Saintjones)



The Head Football Coach at Alabama A&M University had a frank conversation with engaged members of the Huntsville Progressive Alumni Chapter (HPAC) at the North Huntsville Public Library Community Room on Monday, August 4, at 6 p.m.

Coach Sam Shade said that the football operation at AAMU is probably at its largest in history and is in alignment with the school's and administration's quest for victory. He praised the support and resources he has received to strengthen and take the program forward.

Shade stressed the importance and impact of alumni and fan support for the team on game day, as well.

"I have talked with alumni in Mobile, Montgomery, Decatur and Huntsville and have challenged them to continue to show their Bulldog support, especially during the five home games against Alcorn, Lane, Mississippi Valley, Prairie View and FAMU."

Shade went on to note the various ways in which the game of football has changed in recent years. "Academics is important to us, and we are doing all we can to win on and off the field." He added that players need attention in multiple ways, even when it comes to mental health, as well as strength and conditioning. Shade said AAMU has been at the forefront of addressing such issues. Moreover, it is now necessary to be able to recruit players year-round, he added.

The visit and refreshments were hosted by HPAC. Allen Malone is chapter president.

- Jerome Saintjones



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