

Breaking Out of the Echo Chamber, p. 8

FREE

Friday

September 11, 2020

Vol. 7, No. 1

ValleyWeeklyllc.com



Chadwick Boseman's Greatest Role, p. 5

Evelyn Rich, p. 2

"The most dangerous creation of any society is the man who has nothing to lose."

- James Baldwin



LABOR DAY ISSUE

Local Christian Author Pens New Book

Huntsville Christian author Chris Brown, award-winning author of *Child of Grace: A Death Row Story*, has released his latest book, *Testimonies of Grace*.

Grace tells eight true stories of God's amazing grace in the lives of some of the most unlikely people. From prison to the abortion clinic, from rape victim to drug addict, God was at work in their lives even before they knew Him. Each story is followed with practical advice and resources to assist the reader.

Dr. Brown is active in prison ministry and regularly speaks to prison groups as well as churches, high schools, addiction recovery groups and political forums.

The book is available at Amazon, Barnes & Noble, Kobo (ebook only) and all independent bookstores in the Ingram distribution network.



Extension Staffer Receives Regional Distinction

Dr. Tamara Warren recently received the regional 2020 Excellence in Extension Award from the Association of Extension Administrators (AEA) for her body of work in the area of family and consumer sciences.

Warren is an Alabama Extension health and nutrition specialist at Alabama A&M University (AAMU) who oversees several outreach initiatives, including the Technology Enhancing Exercise and Nutrition program. However, her most notable program is

the Community Health Aerobic Motivational Program Initiating Optimal Nutrition, better known as CHAMPION.

Warren and her team of county agents have served an estimated 61,100 youth and adults in Alabama's urban communities over the past 13 years.

"A CHAMPION team is built from the ground up to be a strong and powerful force that enlightens and impacts the community,"

said Warren when it comes to serving Alabama audiences.

In addition, Warren

has successfully pursued financial resources, including local and federal grants totaling \$2.58 million dollars to support nutrition and health projects.

For more information about Alabama Extension programs at AAMU, contact Dr. Kimberly Sinclair-Holmes at (256) 372-4941 or email ksh0035@aces.



Board Rep to Address Literacy Group

The National Hook-Up of Black Women, Inc., Huntsville Chapter, announces the Annual Laps for Literacy 2020 event on September 12 at 10 a.m. as a virtual fundraiser on Facebook.

The guest reader will be Michelle Lanier Watkins, District 1 representative on the Huntsville City School Board.

Founded in 1974, NHBW is dedicated to improving the lives of

women and their families by supporting and sponsoring community-based health and human services initiatives, as well as by presenting and preserving the achievements of African American women

Please feel free to support the organization by contributing for book purchases through Cash App \$NHBWHSVAL.

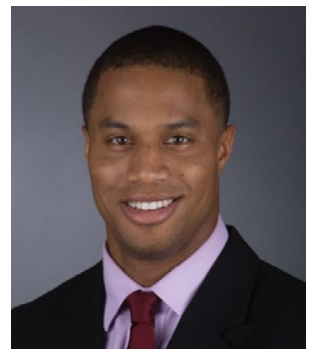
For more information, contact <http://NHBWINC.com>.



Huntsvillian, Miami Physician Writes Article

Huntsvillian C. Blair Gaines, MD, an emergency medicine physician at Jackson Memorial Hospital in Miami, Fla., recently contributed a guest article to REBELEM.com, a popular website covering a wide range of evidence-based clinical topics.

REBEL EM stands for Rational Evidence Based Evaluation of Literature in Emergency Medicine. With the constant influx of new published research, it makes it difficult to stay current with the latest and greatest. REBEL EM was created October 2013 in an effort to cut down knowl-



edge translation of research to clinical application (Bench to Bedside), using a structured critical appraisal method of evaluation.

Dr. Gaines' subject was "Multisystem Inflammatory Syndrome in Children vs. Kawasaki Disease."

The Valley Weekly
INSIDE THIS ISSUE!

Spotlight on Elders, Page 2

Called to Preach, Page 2

From the Editor, Page 3

PowerShot, Page 7

Census Provides Data on COVID, Page 7

Breaking Out of the Echo Chamber, Page 8

Spotlight on Our Elders ... Featuring

Mrs. Evelyn Streeter Rich

For more than 50 years, Mrs. Evelyn Streeter Rich committed her life to education, community causes and activities. She began her career as a classroom instructor.

Born in Thomasville, Ala., Rich was the youngest child of Robert Y. and Charyle Rose Streeter. After graduating as Salutatorian from Thomasville Public High School, she enrolled in Alabama A&M University and was actively involved in several activities.

In 1954, Rich received the Bachelor of Science degree with honors in elementary education from Alabama A&M University. In 1968, she received the Master of Arts degree in Elementary Education from the University of Alabama in Tuscaloosa, Ala.

During her professional career, she served as an elementary education classroom teacher at several schools in Alabama, namely, Thomasville Public High School, Thomasville, Ala.; the Thirty-Second Avenue Elementary School and Verner Elementary School in Tuscaloosa, Ala.; Meridianville Elementary School, Meridianville, Ala.; and Hazel Green Elementary School, Hazel Green, Ala. At the postsecondary level, she served as a demonstration teacher at the Summer Laboratory School, Alabama A&M College, Normal, Ala., and the University of Alabama's Children School, Verner Elementary School Campus, Tuscaloosa, Ala.

In recognition of her



contributions and service to the community, she received several notable awards: 2002 and 2004 Golden Soror of the Year, Epsilon Gamma Omega Chapter, Alpha Kappa Alpha Sorority, Inc.; and 1995 Distinguished Alumni Citation, and National Association For Equal Opportunity In Higher Education.

SEPTEMBER 11 - JAMES CHARLES EVERS - Older brother of murdered civil rights activist Medgar Evers and the first black mayor of a racially mixed Mississippi (Fayette) city.

- BlackinTime.info



Called 2 Preach

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

"A Sobering Salutation"

Jeremiah 45

Whether you are one who has E.F. Hutton-like influence or if your voice is one very few people will ever hear, the fact that it behooves us all to know is that God hears *every* voice and He knows the tone, tenor, and timbre of them all.

Number one on God's

hate list is a proud look and when He hears and sees the heart of His people tilting towards this prideful and pride-filled pit, He will always address it.

Such was the case of Baruch, the scribe of the prophet Jeremiah. This chapter in the prophecy of Jeremiah was dedicated to his most loyal scribe;



Should you seek great things for yourself? Seek them not.

The reason this was such a sobering salutation had to do with its proximity to

what Baruch had spoken; *Woe to me! The LORD has added sorrow to my pain; I am worn out with groaning and find no rest.*

Baruch's selfish short-sightedness was like our own. His complaint was voiced with an incomplete vision. God had to remind him that His providence was going to keep him alive *after* and *in the midst* of God's destruction of everything He had built.

Here is what God was literally saying; "I am going to keep you alive in the midst of all that I am

destroying."

What a sobering salutation during this season of the pandemic.

If you are reading this, that means God has kept you alive. Praise Him!



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"My answer to the racial problem in America is to not deal with it at all. The founding fathers dealt with it when they made the Constitution."

- James Meredith

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From the Editor

Ahhh Written History, Real History and Then Some!

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. This holiday weekend symbolizes the end of summer and is celebrated with parties, street parades and athletic events. It was created by the labor movement in the late

19th century and became a federal holiday in 1894. For many, this was one of American's most dreary and depressing times. People worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts'

wages. People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks. (www.History.com).

Those who lived and worked during this time, shared with their children and grandchildren real stories about life. My parents were born in the twelfth and fourteenth years of the 20th century. As children, they worked extremely hard and incessantly on the Vredenburg Plantation. While others worked 12 hours daily, they literally worked from sun-up to sun-down. It was ordinary to marry at 13, 14 and 15 years old. Young marriages produced children early and many of them. All 13 of us popped out about every 18 to 24 months. They were unaware and oblivious of what we now know as birth control

and contraceptives. The more children there were, the more hands there would be to work the fields and at the sawmills and lumber yards.

While living and working on the Vredenburg Plantation, my Dad was able to hide enough money to buy our house and 40 acres of land. My older siblings say our house and land cost \$5,000. I was the only baby born at the emancipated house. The other 12 children were born on the plantation. My late sister, Vanessa Williams McCarthy, was born on September 6, 1956. Our family always called her the Labor Day baby. On a good year, we could go to school by the first of October, whereas the rest of the town's children went after her birthday. My Dad's goal was to get the crops harvested before we started school. Our greatest challenge was picking cotton. It was humiliating to have to go to school after almost everyone else had already started. It didn't faze our parents because "it was what it was." We were the Williams' children and when we got to school, we had to catch up with everyone else. And, we did!

During my early years, our Mom worked for Dr. Smith, a local physician, and Mr. W. C. Taylor, a local contractor. She never learned how to drive, so she had to catch a ride with neighbors who were going into town to work each day. She would bring home the old food when she cleaned their refrigerators, their old clothes, toys and whatever they threw away for us. Looking back, I wonder how we made it. Winters were hard. Building fires in the fireplace and kitchen heater to keep warm and in the stove to cook were ordinary chores for living. Consider, getting up each morning, building a fire, cooking, getting dressed, making beds, running up the road to catch the bus and returning after school to do the same thing again--building



fires, cooking, washing clothes on rub boards, bathing in the foot tub, and back to bed. I haven't even mentioned gathering firewood, feeding the livestock, sweeping yards, picking up pecans, picking and shelling peas, canning vegetables and fruits, washing clothes in the washtub, washing and straightening hair and on-and-on!

Some things you really don't want to know, like making moonshine in the woods behind the house for the powers to be in town. My Dad could make moonshine and hid it under brush down behind the house until his clients would come to get it. Now, moonshine was made in big barrels and poured up into clear gallon jugs. It was as clear as a gallon of water! We not only knew what it was but that we were not to fool with it. One of my older sisters drove my Dad's car to a neighbor's house one day. She drove it right into their front porch. The trunk of the car was filled with gallons of moonshine that was ready to be delivered. The neighbor would not let her back the car off his porch. It had to stay there, with the whiskey seeping out until my dad got home. Lord have mercy, she got a really bad whipping that evening when Dad got home. We were too afraid to say anything and people came from around the community to look at our car on the neighbor's porch with the smell of whiskey in the air. Rumor had it that our dad was making whiskey for the authorities, but that day the myth was made real.

Sometimes we got to taste the whiskey. When one of us got a bad cold in the winter, Mom would make us a 'hot

toddy' with the whisky, lemons and peppermint candy. We would take it, wrap up in lots of clothes, and get in the bed under lots of homemade quilts and sweat the cold away. Typically, one dose would knock it out overnight. Our workload was such that we didn't have time to be sick. We had to LABOR and produce.

When people tell you about their lives and how they have worked and struggled to be productive citizens, believe them. This stuff cannot be made-up. And, unless you have been a victim of unsafe and unsanitary work conditions, coupled with the stress of making it through long-depressing winters or long-stifling hot summers when your gardens, crops and livestock didn't make it, you don't have the right to pass judgement on how badly people are doing today. "Colored" people, both men and women worked so hard until they bled from the front and back in the Jim Crow days. That's the definition of capitalism. However, in real life it was underlying conditions, marginalized jobs, poor education, no voting rights, indentured servitude, child labor, advanced and longer penal sentences, grueling work with attacks, torture and lynching.

It's only the Good Lord that keeps people trying to move on in times like these. All blood is red, there is one Savior and one heaven. So, as good red-blooded, Christian Americans we should begin to stomp out negative "isms" in our hearts, homes, churches, jobs, clubs, and schools to include racism, sexism, ableism, absolutism, agism, agnosticism, alarmism, alcoholism, socialism, classism, conservatism and favoritism. Can anyone tell me why we continue to hold on to the thoughts that America's traditional values of greatness and our opposition to change and innovation are worthy for us to continue to pursue? *Until next time ...*

Dorothy

Champion Game Plan for Life

"IF YOU SAY SO"

In Luke 5:5-6, Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to break.

If you have ever been a parent trying to discipline your child, there will come a time when you will say, "Do it, because I said so!" This is usually followed by frustration on the child's part and a bad attitude, but hopefully they will obey you. Now whether or not you had a good reason for saying this doesn't matter. What really matters is that you just want your child to be obedient and trust that it is the best thing for them. They may not understand right now, but later it will all make sense.

Jesus makes a similar

request to Simon (Peter) when he asked him to cast his net once again ... but this time into "deep water."

Now when you cast out into the deeper part of the water, it will require more effort. Also they had already started cleaning their nets and getting them ready for the next day. So, Peter realizes this and perhaps reluctantly says, "Because you say so, I will do it." You know, God can bless obedience even with a bad attitude. And, sometimes your next blessing will come from the place of your greatest frustration. As we see here in this scripture, Jesus gave Peter and the other fisherman a blessing that they could not achieve from their own efforts.

So many people today are about to give up on some things because they are frustrated and tired of



by Preston Brown

getting the same results, whether it be a relationship that's not working or a wayward child that continues to be disobedient or hang out with the wrong crowd. God is asking you to take another step of faith. But stop trying to do things in your own strength. It's time to put Jesus in it. Even if you have a bad attitude and say things like "I've already tried that." It's time to say to Jesus, "If you say so, I will try again." Remember, out of all your frustrations, hardships, difficulties, suffering and pain, there may be a blessing just waiting for you if you continue to be obedient and follow the plan that God has for your life ... Stay encouraged, my brothers and sisters.

Remember, you can purchase a copy of my book "A Champion Game Plan For Life" at amazon.com

Jamal's Helping Hands to Host Event on Rare Illnesses During the Pandemic

Jamal's Helping Hands, a support service for patients and families dealing with chronic illness, has announced a 3-day online event to help people navigate rare diseases during the COVID-19 pandemic.

Jamal's Helping Hands will be hosting an online event focusing on how to navigate rare illnesses during the COVID-19 pandemic.

Over three days, from September 15-17, "Navigating RARE Diseases During a Pandemic" will

include talks from experts and testimonials from parents of children with a rare disease.

Jamal's Helping Hands is a client-focused support service, helping patients and their families to deal with chronic illness and rare diseases. Their services include healthcare coaches, support groups, and educational workshops.

The organization is the recipient of the Walmart Community Grant Team and Facility in support of the JHH Rare Disease Sup-

port Group.

The nonprofit organization is holding the online event for free, with optional VIP donor tickets available for \$30. Donors can also make a contribution without purchasing a ticket.

The event is designed to provide help and support to give patients and families the



- Achieving access to Quality Medical Care

- Patient engagement: the importance of connecting to your community

Speakers include host and founder of Jamal's Helping Hands, Valeria McConnell; Dr. Marjorie Dejoie Brewer,

owner of MAD Fit; and Sara Franklin, executive director of the Epilepsy Foundation of Alabama.

The event will also offer the chance to hear from parents who have experienced having a child with a rare disease.

Attendees will be able to receive plenty of useful information and the support that they need to feel able to navigate the challenge of the pandemic.

Businesses and supporters have the additional opportunity to sponsor the event, with four sponsorship tiers available. Sponsors will benefit from pre-

event marketing, branding, and post-event marketing to varying levels.

Sponsorship amounts begin at \$500, with perks such as the sponsor's logo on the event website and on the virtual platform, as well as inclusion in both pre-event and post-event marketing and email materials.

The top sponsorship level includes promotion on social media networks and the sponsor's logo included on a T-shirt.

Partners for the event include Hudson Alpha, Sickle Cell Disease Association of America, Epilepsy Foundation Alabama, University of Alabama Birmingham, and The E. WE Foundation.

Find out more about Jamal's Helping Hands on the organization's website at <https://jamalshelpinghands.org/>.

For even more information, contact Valeria McConnell, executive director, Jamal's Helping Hands, Inc. Call (256) 669-0325, e-mail vmcconnell@jamalshelpinghands.org or write to P.O. Box 554, Madison, AL 35758.

TVJS Seeks to Conduct Jazz & Music Interviews

The Tennessee Valley Jazz Society is inviting persons to tell their story about their jazz/music experiences.

This Evolution of Black-Music in Alabama Educational & Concert Series is conducting interviews on Valley residents' musical experiences.

The project is designed to rediscover and present some of the greatest adopted and native Alabama artists, educators, and entertainers to the World. Arts administrators, radio producers, and announcer experiences are a must to capture, as well.

Through the Series, TVJS aims to collect, archive, and preserve the rich history of Black Alabama culture.

The rich culture of the Alabama African American is drenched in the soil of slavery and the Jim Crow South. Once the materials have been gathered and properly archived, a comprehensive curriculum will be developed for K-12 and post secondary education.

The project will collect and preserve the following items:

- Recorded interviews
- Pictures and videos

- Artist related documents
- Programs and posters
- Musical scores and audio

The interviews will be conducted either live or by way of Zoom, recorded phone calls and other platforms. Actually, the best and most convenience for you, the interviewee.

For information, please email: tennesseevalleyjazz@gmail.com or call (256) 604-8172.

This is a one-of-a-kind project founded by Huntsville's Tennessee Valley Jazz Society

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Valley Deaths

NELMS MEMORIAL FUNERAL HOME -
2501 Carmichael Avenue NW - Huntsville, AL 35816 -
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Funeral service for MR. ALBROWN COLLIER (b. 1920) was held Monday, September 7, in the Nelms Memorial Chapel with Pastor Theodis Acklin officiating.

Funeral service for MR. EDWARD T. WHITMAN (b. 1982) was held Sunday, September 6, in the Nelms Memorial Funeral Home Chapel.

Graveside service for MRS. BETTYE D. POPE (b. 1933) was held Sunday, September 6, at Northside Cemetery with Brother John Branch officiating.

Funeral service for MRS. BALEE VENET STRAIN ROBERTS (b. 1971) was held Saturday, September 5, at Decatur Presbyterian Church with Pastor Gregory L. Clarke officiating.

Graveside service for MRS. MARY C. WATKINS (b. 1933) was held Saturday, September 5, at Fleming Cemetery (Berkley, Ala.) with Pastor Joe Kelly officiating.

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

Funeral service for MR. JOSE PARENT (b. 1957) will be held 12:30 p.m., Saturday, September 12, at the Royal Chapel of Memories (4315 Oakwood Avenue, Huntsville, Ala.).

Graveside service for DR. GWENDOLYN M. WARD (b. 1924) will be at 11 a.m., Friday, September 11, at the Oakwood Memorial Gardens (2900 Wynn Drive Huntsville, Ala.).

Memorial service for MRS. ALCESTER RODGERS HALLEY (b. 1935) was held Sunday, September 6, at the Royal Chapel of Memories with Pastor Joe Stevenson officiating and Reverend Julian Evans eulogist.

Graveside service for MS. BRINDLON ANN TURNER (b. 1951) will be 12:00 noon, Saturday, September 5, 2020 at Thatch-Mann Cemetery (1801 West Hobbs Street Athens, AL 35611) with Dr. Shirley Fletcher officiating.

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

Funeral services for MS. TONYA “T-LOVE” MINOR (b. 1964) was held Tuesday, September 8, at Serenity Funeral Home Chapel, with Pastor T. C. Johnson, officiating.

A private memorial will be held for MR. KENNETH JAMES WHITE (b. 1974) at a later date.

Tennessee Valley Calendar of Events

September 15
Free Game Night
Straight to Ale Brands
Campus 805
5 p.m.

September 15-17
Rare Illnesses During the
Pandemic
Jamal’s Helping Hands

September 18-19
Comedian Eddie Griffin
Stand Up Live Huntsville
huntsville.standuplive.com

September 19
Car Boot Sale
Lowe Mill Art & Entertainment
10 a.m.-2 p.m.

Escape To Margaritaville
Von Braun Center
Mark C. Smith Concert Hall
Huntsville, Ala.
8–10 p.m.

September 25
Friday Night Art Walks
Downtown Huntsville
Courthouse Square and Adjacent
Streets
5-8 p.m.

September 26
Drive-up Voter Services
The Kids of Rocket City
Register to Vote, Apply for
Absentee Ballots, Absentee
Ballot Witnesses

(Please Bring Photo ID)
Seminole Boys & Girls Club
125 Earl Street SW
Huntsville, Ala.

Black Jacket Symphony Presents
Pink Floyd’s The Wall
Von Braun Center Mark C.
Smith Concert Hall
700 Monroe Street
Huntsville, Ala.
5 & 9 p.m.

September 27
Docent-Led Tour: Art Deco
Glass from the Huchthausen
Collection – Closing Day
Huntsville Museum of Art
2 p.m.

Thru September 30
Purdy Butterfly House
Adults, \$14; Students and
Military Personnel, \$12;
Children 3-18, \$9
Huntsville Botanical Garden

October 2-4
Sinbad
Stand Up Live Huntsville
huntsville.standuplive.com

October 7
2020 SBDC: DCAA Incurred
Cost Submissions
Huntsville Madison County
Chamber of Commerce
Contact: Michelle Kloske,
(256) 824-6880
9-11 a.m.

October 8

HodgeTwins Live
YouTube Stars
Stand Up Live Huntsville
huntsville.standuplive.com

October 22
Master Artist Workshop
Lian Quan Zhen
“East Meets West: Chinese &
Watercolor Painting”
Huntsville Museum of Art
\$525 Non-members
9 a.m.-4 p.m.

October 26-30
City-Wide Revival
First Missionary Baptist
Church
3509 Blue Spring Road, NW
Huntsville, Ala.

November 15
Sunday Jazz Lunch Brunch
at Stovehouse featuring Josh
Couts & Friends
Stovehouse
12 p.m.

November 22
Pre-Thanksgiving Service
Rev. Tramaine Snodgrass
Blackburn Chapel CPCA
507 Plummer Road, NW
Huntsville, Ala.

December 18-20
Arnez J
Stand Up Live Huntsville
huntsville.standuplive.com

The Valley Weekly

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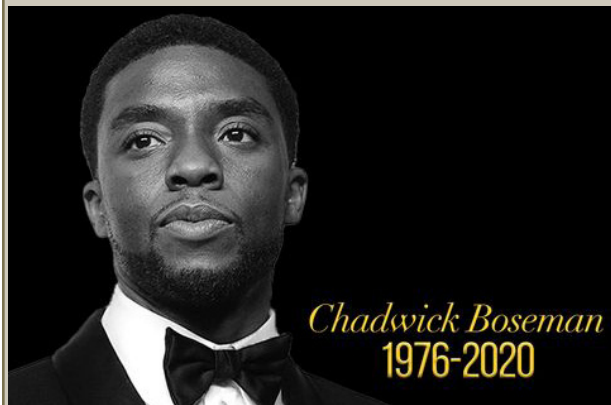
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	10x5 inches	
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	2.5x2.5	
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Perspectives on EGO-holism

by tim allston



Chadwick Boseman's Greatest Role

"Then God spoke to them in a dream. He told them not to go back to Herod. So they went to their own country by another road." - Matthew 2:12, NLV

After these Magi gave gifts to baby Jesus, God directed them toward a different way home.

Chad the Challenger

In perhaps his greatest role, Chadwick Boseman challenged fellow Howardites similarly to prepare for a different path, in his 2018 Howard University Commencement address/transcript, <https://wapo.st/3bBe6CB>.

Boseman, whose movie career included playing Jackie Robinson ("42"), James Brown ("Get on Up"), Thurgood Marshall ("Marshall") and King T'Challa ("Black Panther"), died at 43 August 28 following his four-year colon cancer battle.

He concluded his commencement address with this challenge:

"Graduating class, hear me well on this day. This day, when you have reached the hill top and you are deciding on next jobs, next steps, careers, further education, you would rather find purpose than a job or career. Purpose crosses disciplines. Purpose is an essential element of you. It is the reason you are on the planet at this particular time in history.

"Your very existence is wrapped up in the things you are here to fulfill. Whatever you choose for a career path, remember, the struggles along the way are only meant to shape you for your purpose.

"When I dared to challenge the system that would relegate us to victims and stereotypes with no clear historical backgrounds, no hopes or talents, when I questioned that method of portrayal, a different path opened up for me, the path to my destiny.

"When God has something for you, it doesn't matter who stands against it. God will move someone that's holding you back away from the door and put someone there who will open it for you if it's meant for you. I don't know what your future is, but if you are willing to take the harder way, the more complicated one, the one with more failures at first than successes, the one that has ultimately proven to have more meaning, more victory, more glory than you will not regret it."

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.

ACES Offers Online Learning for All Ages

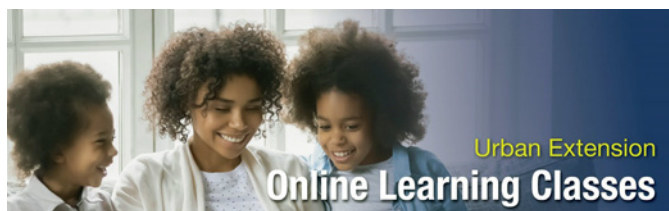
The Alabama Cooperative Extension System at Alabama

A&M University offers online learning activities for all ages. All sessions are free and open to the public.

Current topics include:

- Gardening and lawn care
- Storytime read aloud sessions on healthy habits and environmental education
- Health and nutrition
- Financial literacy
- How to use Zoom
- Alabama 4-H and youth development

To participate in the online learning sessions, a



person must pre-register and connect using the Zoom platform. Zoom allows individuals to engage in online live presentations, meetings, and chat sessions.

Persons new to Zoom, should use the following link to access and view a video that will help them to prepare for their session: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>.

Visit the following sites

Extension at AAMU:

- www.aces.edu/blog/topics/products-programs-urban/urban-extension-online-learning-classes/
- <https://www.facebook.com/AlabamaExtension-AAMU/events>
- www.aces.edu/events/

For more information about Alabama Extension programs at AAMU, contact Dr. Kimberly Sinclair-Holmes at (256) 372-4941 or email ksh0035@aces.edu

for up-to-date educational activities offered by Alabama

Huntsville Council Meetings

Huntsville City Council Regular Meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 5:30 p.m., Downtown Huntsville.

Watch the meetings live via HuntsvilleAL.gov/HSVTV or on the City of Huntsville Facebook page (@huntsvillecity).

For more information, call (256) 427-5011.



EVEN WITH SOCIAL DISTANCE YOU CAN STILL VOTE

HERE'S HOW TO LEARN MORE

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2-6PM 3406 Meridian St. N

9/13 Union Hill PBC
1-4PM 2115 Winchester Rd. NW

9/20 St. Luke Christian
11AM-2PM 1800 Sparkman Dr. NW

9/26 House of Hope
10AM-1PM 2525 Aspen St. NW

Register to vote
Get an absentee ballot
Learn how voting works

For more information
contact Susan Griffin
(256) 426-7434

The Valley Weekly COVID-19 Assistance

UNITED WAY COVID-19

Assistance Fund

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www.uwmadison-county.org

Get Assistance: Call 211

SMALL BUSINESSES

disastercustomerservice@sba.gov
(800) 659-2955

COVID-19-RELATED UNEMPLOYMENT

Alabama Department of Labor
(866) 234-5382
labor.alabama.gov

MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

LATEST COVID-19 INFORMATION
Alabama Department of Public Health
www.alabamapublichealth.gov

Centers for Disease Control and Prevention
cdc.gov

TAKEOUT/DELIVERY RESTAURANTS
[https://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/](http://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/)

Census Offers Data on Effects of COVID-19

The U.S. Census Bureau is in a unique position to produce data on the social and economic effects of COVID-19 on American households and small businesses.

Phase 1 of the Small Business Pulse Survey: Some 215,000 small businesses across the country responded to Phase 1 of the U.S. Census Bureau's Small Business Pulse Survey.

Which sectors fared better in Phase 1? Utilities and construction fared reasonably well over the nine weeks of the survey and respondents reported already being almost back to normal and had the largest percentage reporting no change in revenue.

Which sectors fared worse in Phase 1? Education & services; health care & social assistance; arts, entertainment, & recreation; and accommodation and food services saw significant disruptions based

on initial responses and this persisted over the 9 weeks of the survey.

Phase 1 responses varied by geography: in Salt Lake City, 20% of businesses reported little or no impact & 17% reported no change in operations year-over-year. However, in New York City, 7% of businesses reported little or no impact and 7% also reported no change in operations year-over-year.

Phase 2 of the Small Business Pulse Survey:

Phase 2 adds new questions about rehiring furloughed employees, supply chain effects, number of hours worked from home, need for future assistance programs.

Based on responses collected August 9 through August 15, the Small Business Pulse Survey estimates that during the COVID-19 pandemic:

- 47.6% of U.S. small businesses believe more than 6 months of time will pass before their business returns to its normal level of operations
- 26.8% of U.S. small businesses will need to obtain financial assistance or additional capital in the next 6 months
- 63.6% of U.S. educational services businesses have experienced an increase in the use of online platform to offer goods or services
- 66.9% of U.S. arts, entertainment, and recreation businesses believe more than 6 months will pass before their business returns to normal operations
- 48.3% of small businesses in the New York-Newark-Jersey City, NY-NJ-PA Metro Stat Area have experienced a large negative effect from the COVID-19 pandemic

- U.S. Census Bureau

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How to Break Out of the Echo Chamber This Election Season

(BPT) - At a time when the nation is more divided than ever over politics, race and whether to wear a face mask, the opinion of one side is often not just opposed to that of the other side but incomprehensible.

Living in separate digital spheres as well as different areas of the country, the two halves of America were “socially distant” even before the pandemic. Trying to understand our fellow citizens is critical as we approach the presidential election - not to mention the Thanksgiving dinner table - and yet, it feels harder now than ever before.

But while the path toward greater division sometimes seems like a one-way street, there are actually many ways to bridge the gap of understanding. “Curiosity is no longer an option, it’s required to understand the new world we are living in,” says Emmy-winning journalist and OZY Media co-founder and CEO Carlos Watson, host of The Carlos Watson Show, a new show on YouTube that aims to heal America’s wounds by presenting a series of meaningful conversations with diverse, influential guests. With more than 10 million views since its August debut, Watson’s Anderson Cooper-meets-Oprah style of conversation clearly resonates with an audience that craves insightful, impactful and surprising conversations on everything from Black Lives Matter to love, with public figures who might not normally show up in their social media news feeds - from Sean Spicer and Baker Mayfield to George Lopez, Malcolm Gladwell and Tina Knowles-Lawson.

Here are some tips, curated by Watson, for how to break out of your bubble, just as he has facilitated at his own virtual coffee table.

1. Listen to others from



across the aisle

This sounds like an obvious place to start, but in many ways it is the hardest step. Not just giving airtime but actively listening to opposing viewpoints is rarely practiced by TV talking heads. One good place to start is by following several people on social media with whom you disagree and seeking out interviews online - not for hot takes on the news of the day, but for in-depth profiles of their lives and careers.

While fiery debates are what often trend online, YouTube’s hidden gem is the respectful exchange of differing opinions - and they too can rack up view counts. “This is genuinely the first time I have seen two opposing sides having such a respect for each other in the political realm,” comments Taylor Whiteside on an episode of The Carlos Watson Show in which Watson and actor Terry Crews debate the latter’s controversial “Black supremacy” tweets. “This is what true discussions should look like,” continues Whiteside in his comment on the most-viewed episode of the show so far, with 1.3 million views.

2. Seek out deep, meaningful conversations

In 2020, we might have forgotten what it means to have a heart-to-heart with a friend over a bottle of wine, but those long-form discussions are still very much possible through a computer

screen. Don’t be afraid to talk about difficult issues like race and to openly advocate for change. But this doesn’t mean just talking politics - the broader conversations you can have, the better. Instead of searching for the “gotcha” moment, find ways to learn the backstory behind someone’s belief system.

3. Make the difficult choice to diversify your life

Look around. Your church, your kids’ school, your group of friends, your barbershop and your gym are probably all full of people who look like you and think like you. Start by diversifying your media consumption - check out OZY’s 30-Day Justice Plan for some useful suggestions. To take the next step, would you send your kids to a more integrated school? Would you change employers for the opportunity to have co-workers who hold different opinions from yours? Would you bring your family to a new place of worship if it meant more fully integrating your social world? Building relationships that cross traditional social lines - whether in race, politics, age or place of origin - is the first step toward understanding, empathy and, ultimately, a sense of shared fate that will demand real change.

Start your bubble-bursting journey by tuning into episodes of The Carlos Watson Show, every day on YouTube.

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