

The Valley Weekly

Volume 1, No. 3

Friday, September 19, 2014

Debunking the **MYTH** of 'Nothing to Do'



**North Alabama
Health & Wellness Fair
Pictorial Recap**

**Service
Through
Volunteerism**



**Combined
Federal
Campaign
Kickoff Soon**

The Tennessee Valley Combined Federal Campaign will kick-off on Monday, September 22.

Due to scheduling challenges, the traditional agency fair will not be held. Rather, a Kick-Off Program will be held for the federal civilian, military, and postal employees only. This event will be hosted by Honorary Chair, LTG Patricia McQuiston.

Since there will not be an agency fair this year, organizations are urged to reach out to past donors with a reminder that it is, once again, time to give through CFC.

This year, Tennessee Valley CFC's motto is "Make It Possible".

From the Editor

Dr. Martin Luther King, Jr., famously said, "Everyone can be great, because everyone can serve ..." There are many individuals who serve unselfishly in our community from day-to-day. Similarly, there are many organizations in our community that present wonderful opportunities for us to serve. Each day we make choices about how we will spend our twenty-four hours.

*King:
"Everyone can
be great, because
everyone can
serve."*

In that there is greatness in each of us, we simply need to decide where and just how we can serve. Having lived in four states over the past 35 years, I have found Huntsville to be a community where citizens are committed to giving of their time in unusual ways and generous proportions. Chances are that if you are reading this, you are already giving to the community as a volunteer in some way. If not, I encourage you to seek out one of the many organizations, agencies, schools or non-profits that engage volunteers in our community.



A case in point is the recent Annual North Alabama Health and Wellness Center coordinated by the 100 Black Men of America-Greater Huntsville Chapter. This year's event was a shining example of volunteerism and the kind of diversity that makes this country great. Hats off to this organization for not only assembling a diversity of vendors and health-related agencies, but for their role in making the activity reflect the diversity of the Tennessee Valley and the willingness of all of these populations to serve the greater good.

Indeed, Dr. King espoused that all of us can be great thorough service. Personal engagement as volunteers enhances our quality of life, as well as our feeling of self-worth. Life has an extraordinary way of giving more than it takes! It's akin to a brisk walk in the park--it never takes more than it gives. We are presented opportunity after opportunity to give in diverse ways. Since time is a resource, we should each decide to carve out some of our time to serve. For those of us who work in a 'time and effort' environment, we understand that time is a very valuable resource that should be planned and managed.

Again, we applaud the 100BMOA-Greater Huntsville Chapter and each of their partners for the resources they continuously provide to our community each day with the assistance of committed volunteers. The health and wellness initiatives are valuable resources within the Huntsville-Madison County community. Thanks for your consistent service.

Dorothy

Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston

Assistant Editor

Georgia S. Valrie

Editorial Assistants

Linda Burruss

Gary T. Whitley

Layout & Design

James Huston

Photographer

Eugene Dickerson

- Contributing Editors -

Hortense Dodo

Dave Herron

William L. Huston, Jr.

Daryush Ila

TuVy Nguyen

Jerome Saintjones

Bonnie Spencer

JaLissa Williams

Website Administrator

Calvin Farier

Mailing Address:

The Valley Weekly

415A Church Street-Suite 100

Huntsville, AL 35801

(256) 651-9028

www.valleyweeklyllc.com

Items for consideration for publication in

The Valley Weekly should be submitted

at least TWO weeks in advance to above

address or by e-mail to

info@valleyweeklyllc.com.

The Valley Weekly

Ad Rates Single Issue

Back Cover

10x10-inches	\$1,000
Full Page 10x10 inches	\$800
3/4 Page 7.5x10 inches	\$600
Half Page <i>Horizontal</i>	
5x10 inches	\$400
<i>Vertical</i>	
10x5 inches	\$400
Fourth Page	
5x5 inches	\$200
Eighth Page	
2.5x5 inches	\$100
Sixteenth Page	
2.5x2.5	\$50
Classified 1 col.x1 inch	\$6
(4 col. in. minimum=\$24)	
6 Month/1 Yr.-10% & 20% Discount!	



Annual North Alabama Health & Wellness Fair

Saturday, September 13, 2014

Kimberly Fails Jones Memorial Foundation 4th Annual Breast Cancer Survivor's Celebration

Annual Educational Gala Will Fund Local Academy



The Third Annual Educational Gala of the Union Chapel Christian Academy Foundation, Inc. will be held Thursday, September 25, 2014, at 7 p.m., in the Boone-Lacy Fellowship Hall at Union Chapel Missionary Baptist Church.

The church is located at 315 Winchester Road, Huntsville, Ala.

The Gala theme is: "Changing the Paradigm: Educational Excellence Through STEM."

The 2014 awardees are: Delta Theta Lambda Education Foundation, Alpha Phi Alpha Fraternity, Inc., Civic/Community STEM Award; Future Research Corporation, Corporate STEM Award; Dr. Paul B. Ruffin; Inspiring Young Minds To Succeed STEM Award; and Lieutenant Colonel (Ret) James L. Lorder, Jr., Lifetime Achievement Award.

For sponsorship or ticket information, contact Donna Robinson at (256) 489-4259.

Friday, October 10, 2014 7-9pm
Huntsville Marriott 5 Tranquility Base
For Ticket Info Please Call 256 852-2311



Huntsville Happenings!

by Gary T. Whitley, Jr.

Since its recognized birth year in 1805, Huntsville continues to be a growing star in Alabama. From the time of industrial and agricultural industries to military and science operations, Huntsville has expanded into a thriving metropolis known as a melting-pot of diversity.

With new economic development projects and expansion of existing businesses, it is increasingly hard to find residents of Huntsville who are "natives." Fortunately, the traditions of

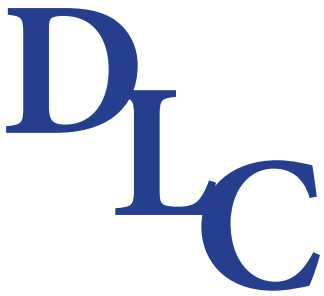
southern hospitality have created a space of welcome for all, along with a mixing of cultures and generations.

Each week, this section of *The Valley Weekly* will highlight the "Happening Experiences" around Huntsville that make our city a great place to live, work and play. With the new staff at Huntsville's Downtown, Inc., additional activities are being created to draw Huntsville residents downtown to enjoy the beautiful cityscape, all while indulging from the various

food truck vendors.

Recently, the new Artisan at Twickenham Square Apartments held its grand opening event in downtown adjacent to the new Publix at Gallatin Street near Huntsville Hospital. This urban development is a first for Huntsville as it combines the elements of urban living and retail into one development. Urban living in Huntsville is connecting older empty nesters with young professionals and spurring cross-generational conversations. Check out Artisan online at <http://www.bellapartmentliving.com/al/huntsville/artisan-twickenham-square/> or visit for a tour - 700 Dorothy Ford Lane.





Tennessee Valley

Diversity Leadership Colloquium

Vision:

The Diversity Leadership Colloquium (DLC) advances leadership excellence by advocating and progressing the affirmation and inclusion of diversity in strategic markets and communities of interest for competitive intelligence.

Mission:

DLC's mission is to a premier provider of diversity training for inspiring and experienced leaders throughout the lifecycle.

Values:

Our values are: Collaboration for Excellence; Appreciation with Insight; Respect for Understanding; and Empathy for all - **C.A.R.E.**

DLC offers inspiring and experienced leaders with opportunities to benefit from qualified and seasoned trainers, scholars, and business professionals who share and discuss research and best practices regarding obtaining excellence through diversity.

DLC is designed for individuals interested in gaining access to networks, mentors, and sponsors that have traditionally not been available to diverse members of the broader community. Enrollees will be exposed to topics such as: Understanding and Embracing Diversity, Organizational Culture and Structural Reform, Racial and Gender Intelligence, Social Justice and Equality, Networking and Mentoring, Politics, Heroes and Holidays, Critical Thinking and Self-Affirmation and Living the CARE Values.

Individuals and companies are making sincere efforts in verbalizing a commitment to diversity excellence. However, we must be trained to build the next generation of leaders who have the skill sets, tools and commitment to execute.

Training Schedule

DLC will run four quarterly, eight week colloquia. The sessions will be held on Tuesday evenings from 6 to 9 p.m. Participant cannot miss more than 2 sessions.

Location: 415-A Church Street - Downtown Huntsville
 Enrollment limited to: 16 - **Tuition:** \$795

2015 Schedule

- Winter Jan 13 – Mar 3 - Deadline to register (Dec 13, 2014)
- Spring April 7 – May 26 - Deadline to register (March 7, 2015)
- Summer July 7 – August 25 - Deadline to register (June 7, 2015)
- Fall Oct 6 – Nov 24 - Deadline to register (Sep 6, 2015)



To Apply

- Application Form
- 3 References
- Resume
- Photo
- Tuition Payable upon Acceptance

APPLICATION FORM

Name _____ Date _____

Address _____ Apt. Unit # _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Company/Organization _____

Title _____

U.S. Citizen? Yes No Enrolling Quarter _____

Education

High School Completion? Yes No

Highest Degree _____ Field _____

References

Name _____ Relationship _____

Phone _____ E-mail _____

Name _____ Relationship _____

Phone _____ E-mail _____

Name _____ Relationship _____

Phone _____ E-mail _____

Mail application info to: 415A Church Street-Ste. 100, Huntsville, AL 35801 - (256) 651-9028; visit us at www.diversityleadershipcolloquium.com; or e-mail info@diversityleadershipcolloquium.com.

The Valley and the Myth of Nothing to Do



by Tiarra Minor

There is a belief among some of Huntsville's college students that there is "absolutely nothing to do" in this city. Many students are from surrounding areas or distant states—states with at least a few skyscrapers and a professional ball park. But while sometimes the most cosmopolitan area is the Taco Bell on a Saturday night, the Rocket City indeed has plenty to offer.

I refer to Huntsville as "the Rocket City," its official nickname, because it is the home of many U.S. space missions. For the future engineers that make up a sizeable percentage of local university majors, Redstone Arsenal is a major center with great technological venues. There is the Marshall Space Flight Center, the largest NASA center, offering the daring students opportunities to research, study, and learn U.S. spacecraft and other aspects of engineering. And, if a student is trying to determine whether or not engineering is a true calling, then the U.S. Space and Rocket Center, which is located in the same area, will surely help make up one's mind.

To clarify, the space museum, with its many rides, tours, and IMAX theatre, is a *fun* place to learn about the history of U.S. space technology by getting hands-on experience. What greater way to clear the mind than by being strapped to a

rocket launch and shot over 100 feet straight into the air in two seconds? Perhaps the three seconds of weightlessness and the following freefall in often 80-plus degree Alabama weather will do the trick. It is an exhilarating experience that can attract many students to STEM fields.

Speaking of exhilarating experiences, Huntsville also is home to the Havoc, a Southern League Professional Hockey team--and they wreak havoc. Live hockey games are exciting in their own right, but imagine a live hockey game that practically abandons typical professional hockey game rules. I've stated this many times, with the Havoc: you pay to attend a fight and end up witnessing a hockey game. When the gloves come off during a game, expect nothing less than a vigorous scuffle between two players fighting for respect. If one is not interested in the fighting, though, it only lasts about two minutes before officials are calling for the game to continue. The arena, filled with passionate fans, provides an incredible energy that I would say is only experienced in Southern minor league hockey—hockey available in Huntsville.

Not only does Huntsville provide its residential sports fans and nonfans with Havoc hockey but also Huntsville Stars baseball. A Double-A affiliate of the Milwaukee Brewers, the



Huntsville Stars baseball team plays home games at Joe W. Davis Stadium. It's a beautiful platform that has hosted many concerts, monster truck rallies, and high school football games. The best part is that it is located less than 10 minutes away from several college campuses. As a result, A&M, Drake, Oakwood or UAH students who are interested in watching a sporting event are able to do so without inconvenience. And those extremely passionate fans who are studying to become sports journalists, anchors, analysts, or reporters can once again get hands-on experience at Huntsville's opportune venues.

Although Huntsville is well-known for its engineering opportunities, it is indeed the home of many arts programs and facilities. The Flying Monkey, for example, is an art gallery located near downtown. Hosted there are comedy shows, poetry and short-story readings, outdoor concerts, fashion shows and artists markets. These events allow Huntsville residents, college stu-

dents included, to showcase their artistic talents and merchandise for public audiences and consumers. The Von Braun Civic Center is even larger and also hosts various shows; specifically, plays, musical productions and ballet recitals are popular events. Some productions are assembled by world-traveling acts and others by citizens who want to have their work presented on the big stage. In addition, the VBC hosts many of Huntsville's most immense music concerts, comedy shows, and sporting events. It is a site that links a giant talent pool from professional wrestlers to comedians such as Mike Epps.

For the students who prefer to hang out and engage in more common outings, Huntsville is a city that changes during all seasons. Surprisingly, not all cities have a forecast that complements the time of year. You get what you should in Huntsville. During the summer months, expect heat, and in the winter, temperatures are cold enough to prepare for moderate snow. And citizens can indulge in conventional, family-friendly events each season, such as lights shows during the holidays, the Big Spring Jam outdoor concert festival, and haunted houses and fairs around Halloween. What is even greater than the events themselves is the fact that they are regular. Huntsville is a city that people can rely on to

prepare its annual events.

Moreover, there are many movie theatres, shopping malls, pool halls, bars, clubs, and restaurants for indoor entertainment. Sammy T's Music Hall offers daily specials on food and drinks and dance entertainment. The local Sonics surrounding the campus, which is subjectively a step above Taco Bell, also offer specials on beverages and treats for students to have while on class breaks. During the free hours, rather than riding around campus searching for a party or simply a quiet place, Valley area college students can recline in nearby public places and comfortably enjoy close up entertainment and a good meal—or a \$3 bucket of popcorn.

So, those bewildered students who have this idea that there is "nothing going on" in Huntsville should take a drive or call for public transportation to venture off and witness all the 'goings on' in the city.

A native Huntsvillian, Tiarra Minor is a very recent Alabama A&M University graduate and English major who minored in telecommunications. She enjoys writing, watching sports (particularly soccer and baseball), traveling and reading.

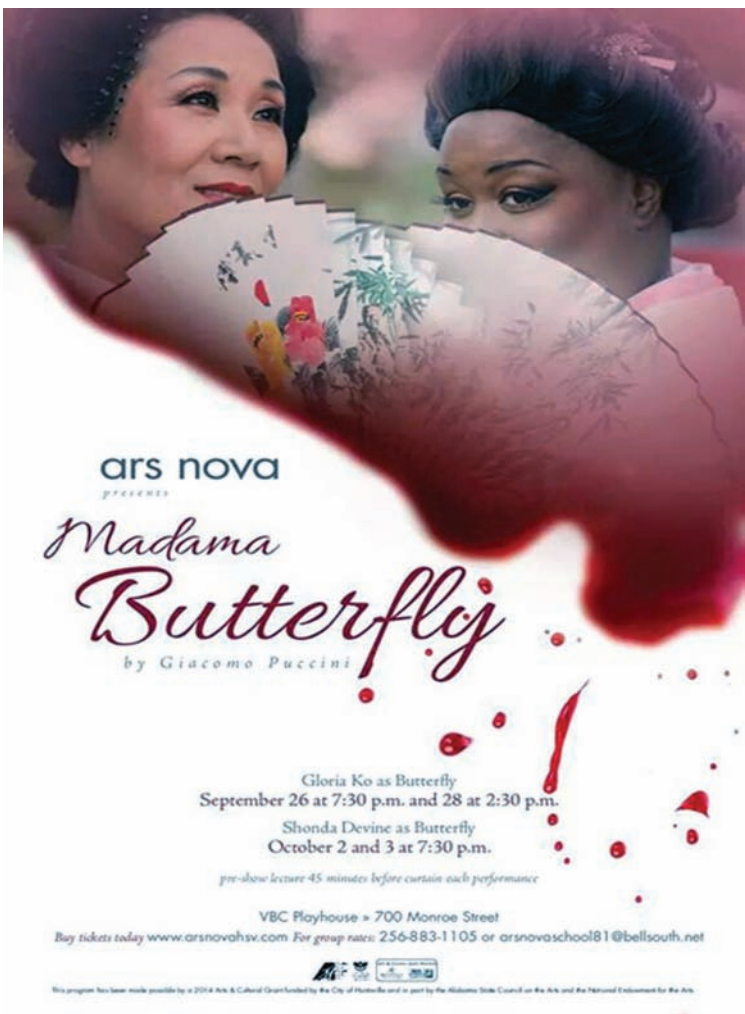
The ABC's for Improving Job Skills

by Georgia S. Valrie

In every business sector, employers are looking for those employees who can add value to the mission and goals of the organization. Those employees who take the initiative to improve or sharpen their job skills are more likely to be promoted in the workplace.

Every day, businesses are competing with each other to garner contract awards to provide the most efficient and cost-effective solution for their customers. As a result, employees must update their job skills to meet the needs of the customers. To improve your job skills, follow these tips:

1. Conduct an assessment of your skills and identify areas of weakness and make plans to improve them. Start by seeking continuing education; take a training class that gives you a certificate related to your job.
2. Change your paradigm; start volunteering for tasks outside your assigned tasks. Become a multifarious employee. Be a good listener. Ask questions and observe what others are doing. Don't be afraid to ask others to show you how to do a task.
3. Be watchful; pay attention to those individuals who are excelling in their jobs. Develop a relationship with a mentor.
4. Join a professional organization and take the time to connect with others who share your professional interests.
5. Develop a contact list and communicate with co-workers within and outside your department.
6. Stay current read professional magazines about your career field.



Rosetta James Scholarship Foundation



The Rosetta James Foundation is a 501(c)(3) Organization- with a 0% Administrative and Fundraising Rate (AFR).

For additional information about the Foundation, contact (256) 536-9717 or at

P.O. Box 17452, Huntsville, AL 35810.

www.rosettajamesfoundation.org

#94612

The Rosetta James Scholarship Foundation, provides financial scholarships to undergraduate students who demonstrate sound academic principles; committed to community volunteerism, civic engagement and unselfishness to assist others in Huntsville/Madison County.

For 1 in 4 Women, this is what REAL HOUSEWIVES look like...
#BREAKtheSilence #STOPtheViolence

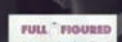
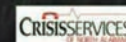
THE DOMESTIC VIOLENCE & ABUSE AWARENESS FUNDRAISER EVENT

Sunday, October 5th, 2014 2p-6p

North Side Square Downtown Huntsville

FREE COMMUNITY EVENT

Featuring a fun run "Siffetto Sprint", speakers, self defense demonstrations, various vendors and more.



Donations and sponsorship proceeds will be presented to the Crisis Services of North Alabama.

For more information on sponsor/donor and vendor opportunities, please contact Ms. Kerri Davis, CEO of KelLaChe Ventures, LLC at (256)425-2505 or by email at kerri.l.davis@kelachemarketing.com

Grandparent Power!

Did you know that a very special day occurred in mid-September? No? Well, on September 13, President Barack Obama issued a proclamation declaring that day National Grandparents Day.

Each year, we pause to salute the grandmothers and grandfathers who strengthen our families and shape our Nation. Through decades of hard work, they have broken down barriers and blazed pathways for the generations that followed, and they continue to provide inspiration and support to their children and grandchildren. National Grandparents Day honors these anchors of our families and recognize the immeasurable ways they enrich our lives.

According to the President, their importance doesn't stop there. With sincere drive, our grandparents have built better lives for their loved ones and a better future for our country. From battlefields to factory floors, their relentless pursuit of progress has created new opportunities and made America more equal and more just.

They have ushered in revolutionary advances in science and technology, putting us at the forefront of innovation, noted President Obama. Moreover, they have shared in some of life's most cherished memories -- from small moments to personal milestones -- and been a source of comfort in difficult times.

So, if you missed it this year, why not set the date on your desktop, notepad, laptop or cellphone so that you will be sure to set time aside to honor our grandparents. To see a copy of the presidential proclamation, visit <http://www.whitehouse.gov/the-press-office/2014/09/05/presidential-proclamation-national-grandparents-day-2014>

- Submitted by Linda Burruss

State Farm®
Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710



Marshall England, Agent
600 Madison Street SE
Huntsville, AL 35801
Bus: 256-539-2014
marshallengland@marshallengland.com



P045151 4/04

Albert's Flowers and Morris Greenhouses

Located Downtown in Medical District
Closest Florist to Huntsville Hospital

Free Delivery to Huntsville Hospital and Local Funeral Homes

FLOWERS, GIFTS, EXOTIC FLOWERS
Graduate of American Art School
www.albertsflowers.com
256-533-1623

256-536-6911
716 Madison Street



The Rosetta James Foundation
Huntsville, Alabama
-Proudly Presents-

Wil Haygood

Washington Post
Journalist and Author of

"The Butler"

Learn about the world's most powerful
from the perspective of the most invisible

Saturday, October 18, 2014
First Baptist Church
Family Life Center
600 Governors Drive
Huntsville, Alabama
2 p.m.

Book Signing Provided by Books-A-Million

Acclaimed Biographer - Pulitzer
Prize Finalist - Sunday Magazine
Editors Award - New England
Associated Press Award -
National Association of Black
Journalists Award for Foreign
Reporting - Ella Baker Award

Offered as a Free
Cultural Event for the
Community

... Be FASCINATED
... Be INSPIRED
... Be ENTERTAINED

NEW YORK LIFE



Ivory W. Reedus, LUTCF

Agent

AL #A-058076

New York Life Insurance Company

200 Clinton Avenue, Suite 600
Huntsville, AL 35801

Tel: 256-517-5922 Direct

Tel: 256-852-7328

Fax: 256-593-1842

ireedus@ft.newyorklife.com

New York Life "The Company You Keep"

Where to Find Your Free
Copies of
The Valley Weekly

Albert's Flowers

AAMU Ernest Knight Center

Beason and Martinson,
Attorneys at Law

Burritt Museum

Depot Professional Building

Donny's Diamond Gallery

Dunkin Donuts

Jeffrey's Barber Shop

Lakeside United Methodist
Church

Landers McLarty Dodge
Chrysler Jeep Ram

Moe's in Village of Providence

Nelms Memorial Funeral Home

North Alabama Center for
Educational Excellence

Sneed's Cleaners

Starbucks

Tony's Hair Salon

Westin's Blue Med Spa



MARTINSON & BEASON, PC
- ATTORNEYS AT LAW SINCE 1937 -

Dedicated To You. Delivering Results.

Personal Injury | Auto Accidents
Probate & Estate Administration
Corporate Law | Real Estate Law
Divorce | Criminal Law

Contact Us

Phone: 256-533-1667

Fax: 256-533-1696

info@martinsonandbeason.com

www.martinsonandbeason.com

facebook.com/martinsonandbeason

