

# The Valley Weekly

"There are certain birthdays that make you revalue your life."

- Tina Turner

FREE

Volume 5, No. 3

www.valleyweeklyllc.com

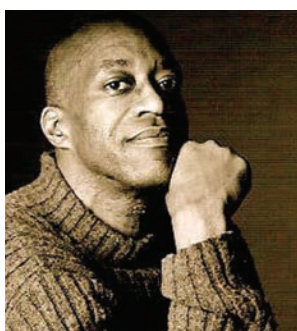
Friday, September 28, 2018

## Olympian to Keynote Aging Initiative

The Virginia Caples Lifelong Learning Institute, established under the technical guidance of the Alabama Cooperative Extension System, presents the 17th Annual Successful Aging Initiative in Madison County on Thursday, October 18, from 8 a.m. to 2:30 p.m.

This event will be held at Union Chapel Missionary Baptist Church, 315 Winchester Road in Huntsville, Ala.

The theme is "Run Your Race: Live Well," and two-time Olympic gold medal-



ist, Dr. Edwin Moses, will be the keynote speaker.

Moses is also a recipient of the Congressional Medal of Honor, which is the highest civilian award given to American citizens.

Lunch will be provided

to conference participants in addition to free health screenings, door prizes, and other giveaways.

Visit <http://www.aces.edu/urban/sai/> to register by Tuesday, October 16. Mail-in or faxed registration forms must be received by 5 p.m. on Friday, October 12.

For general event information, visit [www.aces.edu/urban](http://www.aces.edu/urban) or contact Jackie Collier at (256) 372-4947. For media inquiries, contact Cándra Johnson DeBose at (256) 372-7022.

## Local Meets Boston's Ayanna Pressley

Huntsville resident-Peggy Etheridge (r) had the opportunity to meet 44-year-old Rep. Ayanna Pressley, the 2018 Democratic nominee-elect for Massachusetts's 7th Congressional District, having defeated incumbent Michael Capuano in the recent primary election.

They met on September 15 at the Congressional Black Caucus Foundation Prayer Breakfast in Washington, D.C. Pressley was the first woman of color elected to the City Council in Boston. Bishop Vashti

Murphy McKenzie, the African Methodist Episcopal Church's first elected female bishop and Stellar award-winning artist Kurt Carr

& The Kurt Carr Singers headlined the event.

"The Prayer Breakfast presents a unique opportunity for attendees to unite in the spirit of hope, faith and love during the Annual Legislative Conference,"



said A. Shuanise Washington, CBCF president and CEO. "As the inspirational high note of the week, we can raise our voices in song and praise while recharging ourselves for the vital work that is still to be done within our community."

## AshaKiran to Form Human Chain Against Domestic Violence

In recognition of October as Domestic Violence Awareness Month, AshaKiran is hosting its annual statewide "Human Chain Against Domestic Violence" event on Sunday, October 7.

According to Gloria Batts, domestic violence awareness coordinator for AshaKiran, the one-hour activity will be held at Legacy Lake, on the campus of Alabama A&M University, beginning at 2 p.m.

AAMU First Lady Abbiegail Hugine serves as honorary chairperson for the event. The public is invited.

## AKAs Surpass \$1 Million HBCU Goal

Alpha Kappa Alpha Sorority, Incorporated, raised over \$1 million during its HBCU Impact Day initiative to benefit historically black colleges and universities. Dr. Glenda Glover, AKA international president, announced that the organization had exceeded the goal and would soon make a final tally of contributions.

"I am extremely proud of this historic moment Alpha Kappa Alpha Sorority has accomplished by not only meeting but exceeding our goal and raising \$1.2 million to assist HBCUs," Dr. Glover added. "As leaders in service, sorority members have demonstrated that HBCUs have significant value and deserve to

be treated as an essential educational resource. I thank our membership, family members, friends and the community for their generous contributions."

Donations were made

online and by mail during the 24-hour campaign. Dr. Glover, who is also president of Tennessee State University, said the sorority's goal is to raise \$10 million over the next four years to benefit HBCUs.

The Valley Weekly  
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# Washington in One Minute



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

1. The House and Senate are in session this week. The House has a very busy legislative list this week, which includes: (1) the Senate-passed package of the FY2019 Defense and Labor/HHS appropriations bills--also containing the remaining un-

enacted 7 appropriations bills in a continuing resolution to keep the federal government open through Dec. 7, 2018; (2) a 5-year reauthorization of the Federal Aviation Administration; and (3) three tax bills approved by the House Ways and Means Committee last week to make permanent the non-corporate side of last year's tax bill – currently due

to expire in 8 years. The Senate will likely take up the House-passed WRDA 2018 bill, authorizing projects and programs for the U.S. Army Corps of Engineers, and the FAA Reauthorization, once the House finishes work on it. Reportedly, the House and Senate may also take a 1-year extension of the Farm Bill, which is due to expire on September 30.

2. Last Friday, President Trump signed the FY2019 “minibus” appropriations package containing the Energy & Water, Military Construction/Veterans Affairs, and Legislative Branch appropriations bills into law--the first 3 of the 12 annual appropriations bills to be enacted this year (Congress

is expected to pass 2 more appropriations bills this week before the Sept. 30 deadline).

3. Over the weekend, news outlets reported that a deal had been reached for Dr. Christine Blasey Ford to testify Thursday before the Senate Judiciary Committee pertaining to her sexual assault allegations against Supreme Court nominee Brett Kavanaugh, who will respond to questioning at the same hearing.

4. The Washington Post reported last Friday that the Trump Administration has paid out \$25.8 million to farmers this month to help them cope with slumping demand and falling prices due to retaliatory tariffs imposed by foreign nations.

5. Last Saturday morning at 2:52 a.m., House and Senate conferees announced a surprise deal on a 5-year reauthorization of the Federal Aviation Administration, which

also contains a 3-year reauthorization of the Transportation Security Administration, a 4-year reauthorization of the National Transportation Safety Board and \$1.5 billion in emergency hurricane funding for North and South Carolina. Notably, the FAA bill deleted a provision that would have empowered the Transportation Department to strike down unreasonable airline fees for baggage, seat assignments and flight changes that produced \$4.6 billion in revenue for airlines in 2017, but does contain a provision directing FAA to set minimum leg room and seat width standards. The current extension of the FAA reauthorization expires on Sept. 30.

6. Boeing was slated to announce that it's donating \$10 million to the National Science Foundation (NSF) to help develop the curriculum for new online STEM classes. The online courses,

which will be available to the general public starting next year, will include a focus on “model-based engineering and systems engineering, mechatronics, robotics, data science and sensor analytics, program management and artificial intelligence. Boeing will also contribute an additional \$1 million to an NSF program that helps increase the number of women in STEM fields. \

The gifts are part of the company's pledge to invest \$100 million in workforce development following the passage of the Republican tax law, H.R. 1, last year.

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## Champion Game Plan for Life

by Preston Brown

In Mark 4:39 it says: *“Jesus got up, rebuked the wind and said to the waves, Quiet! Be still! Then the wind died down and was completely calm.”*

No one really “crosses over” to the promise that God has for your life without going through some kind of storm.

No one really grows spiritually or matures spiritually without some kind of conflict.

It seems that the closest you get to your break-through, the more the devil tries to throw your way. It may come in the form of a tragedy. It may come in the form of discouragement, especially if you feel like you have done everything that you can do.

In Mark 4:35, Jesus said to his disciples: “Let

us go to the other side.” So, if Jesus says for us to go, it doesn't matter what storm you are going through, we should have the blessed assurance that we are going to make it.

So, for the believer, it's not *when* we make it, but *why* we made it. You see, it's the “why” we made it that makes us important. It's the size of our storm that makes us important. Because the size of your storm can be directly related to the size of your assignment that God has planned for your life.

You see, we are important because of what lies ahead of us on the other side of the storm.

But my question is: “What assignment has God given you after your storm? Because after your storm you have a testimony that can change lives as well



as save lives and provide the spiritual healing that a person may need.

So, there is no need to be afraid when you are in a storm; we just need to remember the one who can calm the storms of life.

Stay encouraged my brothers and sisters ... Make sure you purchase your copy of my book, “A Champion Game Plan ForLife” on amazon.com or locally through Barnes and Noble.

## Spotlight on Our Elders ... Featuring

# General (Ret.) James Link

Lt. General (Ret.) James M. Link, former president of Teledyne Brown Engineering, amassed considerable experience in technology and systems modernization gained during a long and distinguished military career. Prior to the post at Teledyne, General Link also served as senior vice president at SAIC, also in Huntsville, Alabama. General Link held several command and staff positions while on active duty. He served as Deputy Commanding General, U.S. Army Materiel Command from 1998-2000. He also served as Chief of Staff prior to that. From 1994-97, he has served as Commander of the U.S. Army Missile Command at Redstone Arsenal, Alabama (now Aviation and Missile Command). He was Deputy Commander, 21st Theater Army Area Command, U.S. Army Europe and Seventh

Army from 1993-94. Moreover, General Link has held various logistical, training and staff assignments, including command positions during Operations Desert Shield and Desert Storm. In Vietnam, he served as a company Commander in the 173rd Airborne Brigade. General Link earned his undergraduate degree at Methodist College, and he completed graduate study at the University of North Carolina at Chapel Hill. He has a Master of Business Administration degree from the University of Tennessee, and he attended the Harvard University JFK School of Government in 1995. He received military education

from the Army Command and General Staff College and the Industrial College of the Armed Forces.



His numerous affiliations include the Huntsville Rotary Club, Association of the United States Army, National Defense Industrial Association, Army Space Missile Defense Association,

Society of Logistics Engineers, Army Aviation Association of America, American Helicopter Society, Army Aviation Corridor of Excellence Executive Planning Board, and Huntsville Federal Agency Task Force.

He has been married and has traveled the world with Judy, his loving wife of more than 40 years.



# The Valley Weekly

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## The Valley Weekly

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## From the Editor

### *Ahhhh, A Life Worth Celebrating!*

On Saturday, September 29, we will celebrate the life of Rev. Doctor Wayne Snodgrass at Progressive Union Missionary Baptist Church. The time will be at 11 am. Snodgrass is a 'legacy' name in the Tennessee Valley. Many of us remember his late parents, Rev. & Mrs. Horace (Georgia) Snodgrass and his late wife, Lady



Evelyn Snodgrass.

Ahhh, what a wonderful family and legacy to have lived and labored in our community. Over his 63 short years, he built on that legacy and claimed his own space, high respect and esteem.

I met Wayne as an undergraduate at Alabama A&M University. I had the great honor and privilege to associate with First Missionary Baptist Church in 1975 during my college days, until I graduated in 1979 and moved to Ohio. I met many life-long mentors and friends there (a conversation for another day). During that time, First Missionary Baptist Church was located downtown at the corner of Church and Monroe Streets. It was a historic edifice with beautiful stained glass windows. In my hometown, that type of glass was not in the churches we attended. When the choir marched down the isles singing "We're Marching to Zion," it was as if the sky had opened up and angels were singing from heaven. It was one of the most impactful places of worship I have ever experienced in my 60 years on this earth.

With much charm, Wayne was a dashing, young lad with much on the ball, especially with his family's name, his sense of humor and his loving heart. Until the very end, he protected his family's name, enjoyed a wonderful sense of humor and always demonstrated a kind, playful and loving spirit. This was back in the mid-70s and during a time when family names still meant something. We were careful about what we did and said because we were sensitive to one of the lasting things our parents gave us.

When people called us by our last name, we knew that they either knew our parents or from whence we came. Our names were important.

At 63 years young, Dr. Snodgrass will be missed by his family and friends, the Progressive Union membership, fellow political and social activists who labored with him in pursuing justice for all, his former students, his colleagues in ministry, his fraternity brothers, and by me. Whenever and wherever I saw Wayne, he had a smile on his face and a private joke on his lips. I truly loved him as a brother in Christ and will miss our personal association.

So long, my brother and friend. Some things are just like that ... private!

Until next week ...

*Dorothy*



# To Act or Not to Act: There Is No Question

by Reggie Allen (Photo Courtesy of UAH Theatre)



My love for theatre began the moment I realized that I couldn't act.

I was fortunate enough to learn that I couldn't carry a tune at 12, dance to save my life at 13 and play sports at 15. But with acting, that was a blessing I would not learn until I was almost of drinking age.

Acting is one of those inherent talents. You either have it or you try and convince yourself that you do. People are always quick to cite performers like Bea Arthur and Morgan Freeman for starting late in their careers, but their talent was undiscovered, not absent.

When I was a college freshman, I took a theatre appreciation course with a Miss Johnna Doty. Doty was the size of a marionette doll with short, choppy blonde hair that wore clear, wire-rim glasses. One did not see her come, they heard her. She always wore these strappy sandals that never made a sound, so we wouldn't notice her until she greeted the class. Despite her small frame, her voice carried like a bullhorn. Her passion toward the performing arts could light a million candles. A lot of us took the class for credit, but a handful left the course with a new sense of culture.

One of the few requirements was that we had to earn 27 hours of theatre-based

community service. The easiest way to was to audition for the school's upcoming theatre production.

I discovered I could not act that day.

To my knowledge, I had only been in one previous production. I was an angel in an annual Easter play at my church with a childhood friend. It's kind of a blur, but I do remember us arguing about who would wear the robes with rhinestones and who would wear the plain one. Every fall, the theatre department put on a Shakespeare production. That year it was "The Comedy of Errors." It was one of his lesser known works, but the subject matter has been replicated for the past 200 years. To impress the directors, I googled videos of previous productions, studying their execution and delivery.

Come audition time, I stood on the worn, hardwood floor stage of the auditorium, facing the two directors. Despite being given scenes, I proudly said that I had my own material. I'm sure I came off as a prick and my fate was sealed, but they acquiesced and told me to go for it. I fumbled across two pages of dialogue before I finally got cut off.

"That'll be enough," said one of the casting directors. Anyone in their right mind wouldn't cast me. But they did. Miss Doty put in a good

word for me, and the rest was history. I was a member of the chorus, which is pretty much theatre for extra. I played the milkman. The Shakespearean milkman. I was the first character that the audience saw and I played the hell out of that role. My biggest job was just to react to whatever the actors were doing. If they yelled, I jumped. If they made a joke, I laughed. If they told a story, I looked interested. No lines required.

It should be noted that cast members can be extremely messy. By the first month of rehearsals there was already a rumor that two of the main leads were sleeping with each other. Additionally, there was one actor that purposely talked about everyone behind their back, which was funny because everyone loved him.

While being in the play was fun, not speaking wasn't. Seeing everyone wow the crowd with their comedic delivery and line execution made me feel like I was invisible on stage. No one watches "Wicked" and notices a flying monkey.

However, one of my cast mates, Dorothy Weems, always managed to fuel my ego on and off stage. She was one of the more seasoned actors in the ensemble. With our blocking, I never saw her directly on stage, I just heard her and she heard me. There was this scene in which the other

chorus members and I would growl and bark during her monologue. After each show, she introduced me to several of her friends that came to the show.

"That's the man that barked at me," Weems said. "Isn't he just great?"

This ego would lead me to volunteer to perform a monologue from Shakespeare's "Othello" in front of the appreciation class. It was the monologue, in which the titular character kills himself. I had the assistance of the two main actors from "Comedy of Errors." Each actor would aggressively grab one of my arms, releasing me when I started my monologue. Instead of using a dagger, I settled for a flimsy BIC pen I found on the floor. The second they "released" me, I froze 5 lines in. Two attempts later, to my chagrin, Doty told me to just use my script. After my performance, a dagger would have been a better choice. For two years, I auditioned for seven shows and only got into two. And one of those would be a table reading of "The Crucible." Out of the 5 lines I had, the most simple line was "John you can't do such a thing," but I had to yell it. It would have been easier to put a thread through the eye of needle than yell that and not stutter.

"Was your character supposed to speak Chinese?" a former cast mate asked me after the show.

Oh, how I wanted to say yes.

I always blamed my speech impediment for my casting woes. For the most part, I can speak normally but when



under stress or excitement, I tend to jumble my words. It is easy to understand why reciting lines was difficult for me. Of all my auditions, the most embarrassing one was for "Where the Great Ones Run." It was a play by Mark Roberts, the creator of "Mike & Molly." I read for multiple parts, but I was most confident with this minor character. Like myself, the character had a terrible stutter and he only had 4 or 5 lines. I was born for this role. I did not get the part. Go figure.

Theatre, like sports, is a hobby that you either love or hate. No one says "I kind of enjoy theatre" or "Sports is okay." There is a certain magic that only a true admirer of the art can see that others cannot.

I once spent my last \$25 to see a local production of "Cat on a Hot Tin Roof" instead of paying off a car ticket. It just seemed more important. There is something about the lights dimming before the show that makes me giddy. As I am reminded to turn off my cell phone, I also subconsciously tell myself to cut myself off from the outside world. For 2 hours, I am property of the playhouse.

I enjoy theatre, even though I know I am not good at it. When I see a musical or a play, I see talent. I see magic. I see something that I am incapable of doing, but I find appreciation in it.

My sophomore year, I would try my hand at acting one last time. This time, for college credit. Our instructor

was like a cartoon character, seemingly wearing the same grey hoodie and sweats every day.

"If you try, you pass the class," the instructor said at the beginning of the semester.

Our class was like the Breakfast Club. We had different walks of life. The Athlete, The RA, The No-Show. There was only person in the class that could act, and he knew it. Graham and he had a tendency to argue about their respective methods. Sadly, he always lost. Tragedy.

As a theatre course, we were encouraged to audition for the fall Shakespeare show, "The Tempest." Once again, I studied YouTube videos from different productions for days. I delivered my lines as slowly as possible, which meant I spoke at the speed of a freight train.

"Your reading has gotten a lot better," the casting director said. "Good job."

I wasn't cast. However, the acknowledgement of improvement made it hurt less.

I got an A in the class, and I decided to leave the acting to the professionals. Like my instructor said, if you try, you will pass the class. I knew that while I tried, I was terrible at it. I took the A for what it was worth, a G.P.A booster and lesson that the craft wasn't for me. I might audition for another play when they run out of good actors. Until then, my seat seems much more comfortable. No talent or lines required.

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Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

# Bye-Bye, D-Y-I! Introducing ...

by tim allston

*"And the LORD God said, 'It is not good that the man should be alone; I will make him an help meet for him.'" Genesis 2:18, King James Version*

D-I-Y, "Do it yourself," is the method of building, modifying, or repairing things without the direct aid of experts or professionals (Wikipedia).

• 2018 Tour Champion Tiger Woods credits "the help of everyone around me" for his first tournament win in five years;

• As the NBA's 72nd season prepares to open this fall, last summer's focus highlighted the newest Los Angeles Laker, LeBron James. Although arguably one of the sport's all-time greats--i.e., 10 various NBA MVP awards, three NBA championships, one scoring championship and two Olympic gold medals --what's more impressive than his personal statistics is his "Team LeBron": it's estimated \$1.5 million annual budget includes his nutritionist, massage therapist, biomechanist, various trainers and a home gym rivaling most pro sports teams.

• Q: Why was tennis great Serena Williams penalized initially during September's U.S. Open finals? Allegedly, she received hand signals from her coach, Patrick Mouratoglou, during that second set, a tournament code violation--which she challenged vigorously and was fined \$17,000.

The underlying message is clear from both these megastars, as well as from leadership expert Dr. John C. Maxwell: teamwork

makes the dream work . . . "One is too small a number to achieve greatness. You cannot do anything of real value alone." And, God proved it.

God's first string of 11 affirmations in Genesis (saying either "that was good" or "it was so") ended when, after creating Adam, He pitied Adam's loneliness, declaring, "It is not good that the man should be alone," then resolved, "I will make him an help meet for him."

Too often we define, restrict "an help meet" to simply man-and-wife



marriages; but "help meet" means to help meet successfully the challenges of life--e.g., linking with a joint venture business partner, teammate, bff, advisor/counselor and, yes, husband or wife.

Avoid the me/myself/I sinkhole, and:

1. Detox from a selfish perspective. But what about pursuing self-help, self-esteem, self-confidence, self-whatever, you ask? Yes, "self" is the natural place to start, but you and I must soon graduate from that "Lone Ranger" mindset for true success, longevity and wholeness. It is that addiction/over-consumption with self ("ego-holism")--whether problems with big (e.g.,

arrogance, conceit, vanity, boastfulness) and/or little (low-/no esteem, insecurity and feelings of inadequacy) egos--that derails our forward progress.

2. Ideally, get "help meet" from two others, creating your threesome. "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken"--Ecclesiastes 4:12. And,

3. Try this: seek opposite or diverse "help meets"--say, from either an experienced, Godly senior counsel AND from an un-tested youngster, whose innocence doesn't know that the impossible can't be done!

Twenty-eighth US President Woodrow Wilson

once asked a staffer to identify his administration's chief Congressional opponent. Why? the staffer asked. "To hire him, to keep me from going blind." Proverbs 27:17: "As iron sharpens iron, so one person sharpens another."

As you and I enter 2018's final months of school, work and completion of other goals, remember that trying to D-I-Y is Failure's formula. Teaming ultimately with God is the answer, as Frederick Douglass once counseled: one and God make a majority!

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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](http://www.GetEgoHelpNow.org).

# Valley Deaths

## - Nelms Memorial Funeral Home -

Funeral service for MR. RONALD L. ACKLIN will be Saturday, September 29, at 1:00 p.m. at Blackburn Chapel Cumberland Presbyterian Church in America (507 Plummer Road - Huntsville, Ala.) with Reverend Dr. Theodis Acklin officiating.

Funeral service for REVEREND SAMUEL BELL (b. 1941) was held Saturday, September 22, at Hopewell Missionary Baptist Church (292 Cemetery Road - New Market, Ala.) with the Reverend Cornelius Adams officiating.

Celebration of Life Service for MR. DEL MORRIS STEPHENS (b. 1936) was held Friday, September 21, at the Nelms Memorial Funeral Home Chapel.

Funeral service for MR. KENNETH RONDELL HILL (b. 1970) was held Thursday, September 13, at Morris Chapel Primitive Baptist Church (2135 Winchester Road - Huntsville, Ala.) with Pastor Derrick Langford officiating.

## - Royal Funeral Home -

Funeral service for DEACON JAMES J. LEWIS (b. 1934) will be 12:00 p.m., Sunday, September 30, at the St. Andrews Primitive Baptist Church (1393 Swancott Road, Madison, Ala.) with Pastor Calvin Moore officiating.

Funeral service for REV. DR. WAYNE P. SNODGRASS (b. 1954) will be 11 a.m., Saturday, September 29, at the Progressive Union Missionary Baptist Church (1919 Brantontown Road, Huntsville, Ala.) with Bishop Daniel J. Richardson officiating.

Graveside service for BABY GIRL TRINITY LATRICE CHAMBLISS (b. 2018) was held Monday, September 24, at Meadowlawn Garden of Peace (450 Mt. Lebanon Road, Toney, Ala.) with Elder Tommy Wiley officiating.

Funeral service for MRS. MARY STATEN CROSS LAGUDA (b. 1948) was held Sunday, September 23, at the St. Minor Primitive Baptist Church (Jordan Hill Road, Guntersville, AL 35976) with Pastor Mario Ford officiating.

Funeral service for MOTHER JANNIE LEE KIDD COLLIER (b. 1925) was held Saturday, September 15, at the New Hope Cumberland Presbyterian Church in America (28520 SW Wall Street, Madison, Ala.) with Reverend Ernestine Gordon officiating.

Funeral service for MRS. SARAH GROSS (b. 1952) was held Tuesday, September 18, at the Union Hill Primitive Baptist Church with Dr. Oscar L. Montgomery officiating.

## - Serenity Funeral Home -

Funeral service for MR. CARL FLETCHER (b. 1949) was held Saturday, September 22, at St. James Primitive Baptist Church (1093 Fairbanks Street, Huntsville, Ala.) with Pastor Jarman Leatherwood officiating.



# The Valley Weekly Calendar of Events

**September 29**  
Blue Dems Ball with Live and Silent Auctions  
Live Entertainment  
Robert "Bob" Harrison  
Wellness and Advocacy Center  
Tickets are available:  
<https://secure.actblue.com/donate/2018bluedemsball>

**September 30**  
Jazz in the Park  
Featuring Theo Crocker  
Big Spring Park  
6-9 p.m. (Free)

**October 1**  
Breast Cancer Awareness  
Community Impact Day  
#AKABreastCancerDay  
<https://tinyurl.com/early-detection-guidelines>

**October 3-7**  
Pastoral Appreciation for  
Superintendent & First Lady  
Wheeler  
Beacon Hill Worship Center  
911 Miller Blvd.  
Madison, Ala., 7 p.m.  
5 p.m. (Saturday, Oct. 7)

**October 5**  
Masquerade Ball  
Black Tie Gala in Support of  
Ending Domestic Violence  
The Cooper House  
Downtown Huntsville  
\$70, \$130 (Advance)  
[www.teawithtiffany.org](http://www.teawithtiffany.org)

**October 6**  
"The Negro Spiritual"  
Lakeside United Methodist  
Church  
3738 Meridian Street NE

Huntsville, Ala.  
4-7 p.m.

Phi Beta Sigma Fraternity,  
Inc.  
Pink Ribbon Gala - \$45  
Von Braun Center-North  
Hall - 6 p.m.  
[pinkribbongala1914@gmail.com](mailto:pinkribbongala1914@gmail.com)

**October 10**  
Fall Career Fair  
Alabama A&M University  
Student Wellness Center  
10 a.m.-2 p.m.

**October 12-14, 19-21**  
Fantasy Playhouse  
"Lyle the Crocodile"  
[fantasyplayhouse.com](http://fantasyplayhouse.com)

## Huntsville City Council Meetings

Huntsville City Council's regular meetings are held in the

City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m. Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

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



# Called 2 Preach

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

## The Word of the LORD in Your Mouth

There is in Scripture a chapter that ends with these words:

*Now by this I know that you are a man of God, and that the word of the LORD in your mouth is "the truth."*

This declaration came from the lips of a widow who had been providentially prepared and commanded by God to take care of His prophet Elijah. However, Elijah did not come declaring himself as a man of God with God's word in his mouth; he came on assignment.

The declaration came after he had carried out that assignment. His first assignment was to ask the widow for the first of her last piece of bread that she had fixed for she and her son.

Her hesitation was obvious and overcome, and it resulted in her empty bin of flour and jar of oil becoming an ever-flowing supply, according to the word of the LORD which He spoke by Elijah.

However, the widow did not make her declaration until she witnessed her son being raised back to life as God worked through Elijah.

Both the widow and Elijah give us pedagogical templates for measuring

that only through obedience and faith can the word in our mouths be considered truth.

It does not come with a title or a telling; it comes from a Sovereign God who finds a willing servant.



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**BIRTHDAY - September 21 - BEN E. KING - King is most well known as the singer, composer of "Stand by Me" and "Spanish Harlem." He was also the lead singer on many of the legendary Drifters' biggest hits.**  
- [BlackinTime.info](http://BlackinTime.info)



# Valley Scopes

by Melissa Wilson/Seloma

## OCTOBER



### LEO

The north node is in your 9th house. You have the chance to mature, more, advance and even alter something, within a free thinking area or while on a long distance trip.

### GEMINI

Juno is in your 7th house. Your professional distinction, is standing out and you're likely to find a tremendous amount of purpose/meaning, in working with the youth who you encounter.

### CANCER

The Vertex, in your sign, suggests that, your lifestyle can benefit, from the dealings that you have; with someone who you've met- as long as everyone, who you're hanging out with, is diligent, in placing laws over personal powers of influence.

### TAURUS

The Mercury opposition to Uranus, can be interpreted, as opponents; making their

presence known- at work. Fortunately, you're still set on a impeccable path, toward your, more realistic beliefs. Additionally, with Juno in transit, within your sign, exemplary decisions, on the job, are likely to add to your wealth; so you'll probably have exciting news to tell someone- soon.

### AQUARIUS

While, a Mercury square with Mars, may find you in more of an anarchist mood than usual,

it may have only become necessary; due to the fact that, your initial avidity wasn't very obvious.

### SAGITTARIUS

The East Point, in your 1st house, denotes a time period, where decisions made; concerning property or stock exchange investments or other ventures, can be more lucrative than usual.

### CAPRICORN

The moon is at a conjunction with both, Saturn & Pluto. Your path, though it is likely, to be emotional, now; is offering a chance for you to experience emotional enrichment, through your swift cerebral thought processes & instincts, as long as too much harshness is guarded against. Exploits, in flying, cycling, investigative work, & genealogy, are favorable, right now.

### LIBRA

The sun & Ceres, in your

11th house, denote a time period, where, your readiness to help, is bound to be effective in solving a conflict, at hand. Your desire, to see other people, balancing their behaviors, in some respect; is likely to be beneficial, as long as you keep your temper in check- during the sun's opposition to Uranus, when you may not exactly, agree with a new view. Scientific research & art endeavors, are favorable, at present.

### ARIES

Your 5th house, indicates that, recreation is calling. You're likely, to be fortunate in whatever you're inclined to do; as long as long as you are decisive & guard against any negligence, on your part.

### PISCES

Neptune is indicative of an air of mystery surrounding you, on some level. There is a trine between Venus & Neptune, so, even if someone brings atten-

tion to a hole, in any of your beliefs, things should stay on an even keel, as long as you keep things honest; as far as your dealings go.

### VIRGO

Pallas, in your 6th & 7th houses, signify that, any ideas that you utilize; within the areas of food or other raw materials, are likely to take off, as long as you shun any propensity for pettiness, that you're prone to experience- during tight scheduling, when the sun quintiles Saturn- so brace yourself.

### SCORPIO

The moon, being at a semi-square with Jupiter, is a sign that, you're in the process of pouring emotional energy, into steps that will lead towards getting something going, in some sense or promoting growth.

Read Online!  
valleyweeklyllc.com

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# The Real Truth Behind Food Labels

(BPT) - When we visit the grocery store, we've become accustomed to a dizzying array of options.

## Voting with your wallet.

... Our actions and what we choose to buy can impact not only the planet's future, but our social economy as well ... "As shoppers we are often in a hurry, so much so that we might not even be aware of how quickly we make a decision. That's where clear labeling can help," said Rebecca Walker Reczek, professor of marketing at Ohio State University. "Without it you'd need to research each product and the time can add up."

**The truth behind the labels.** ... Most of us are aware of those little labels on our food, but we often don't understand what they mean. Like any choice, the key is education ... For example, the USDA organic label means that an independent organization has audited the farmer to make sure they abide by

national organic standards. On the other hand, the term 'natural' has no set definition or standards.

## A guide to the goods.

Everyone has a right to know what is in their food and where it comes from. Look to these certifications to guide your next shopping trip:

\* Fairtrade - The Fairtrade certification ensures safe and fair working conditions, prohibits child labor and provides farmers and workers with a fairer price or better wages. *Where found:* Coffee, chocolate, bananas, sugar, avocados, tea and more

\* MSC Certified - By choosing seafood with the MSC blue fish label you are supporting independently certified sustainable fisheries. *Where found:* Wild caught fish and seafood, fish oil supplements, pet food

\* Responsibly Grown, Farmworker Assured - The EFI-certified label indicates that the workers who har-



vested your food are treated with respect, compensated fairly and engaged to identify problems that impact the safety of your food. *Where found:* Fresh fruits and vegetables

\* Non-GMO Project Verified - The Non-GMO Project Standard is North America's most rigorous and reliable standard for GMO avoidance, set apart by its transparency, trustworthiness, ongoing testing and third-party status.

To learn more about these certifications and continue the conversation, visit [www.fairtrade/TruthBehindLabels](http://www.fairtrade/TruthBehindLabels).



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