

The Valley Weekly

"When history is written as it ought to be written, it is the moderation and long patience of the masses at which men will wonder, not their ferocity."
- C.L.R. James

FREE

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Friday, October 12, 2018

Don Cheadle MCC Ambassador

by Reginald Allen



Golden Globe award-winner and seven-time Emmy nominated actor Don Cheadle is the celebrity ambassador for the 77th Annual Magic City Classic.

The announcement comes weeks shy of the popular match between Alabama State University and Alabama A&M.

The celebrated actor will be featured during the parade and game Oct. 27 at Legion Field. With a career spanning over three decades, Cheadle boasts an impressive resume of film and television credits including, the Ocean's Trilogy, Brooklyn's Finest and the award-winning Hotel Rwanda. However, comic book fans might easily recognize the Kansas, Missouri native for his live-action depiction of James "Rhodey" Rhodes, the metal-clad War Machine and best friend to Iron Man in the Marvel film franchise.

Cheadle joins the ever-growing list of stars slated to touch down in the Magic City later this month. Faith Hill, Keke Wyatt, Kid Capri, Babyface, and Gucci Mane are all set to perform throughout the weekend with more artists to be announced in the coming weeks.

Previous ambassadors include television personality Wendy Williams, rapper-actor Ice Cube and comedian Rickey Smiley.

Vietnam Veterans Memorial Set for Huntsville

The Wall That Heals: Vietnam Veterans Memorial Replica & Mobile Education Center exhibit will be on display November 1-4 at John Hunt Park, Old Airport/Fairgrounds, 2151 Airport Road.

During its display in Huntsville, the exhibit will be open to the public around the clock until it closes on Sunday, November

ber 4, at 3 p.m.

The exhibit dates are made possible by Vietnam Veterans Memorial Fund, the Huntsville Madison County Veterans Memorial, Vietnam Veterans of America Chapter 1067 and presenting sponsor Intuitive Research and Technology, along with Alabama Public Television, City of Huntsville and AUSA.

City Will Honor Nation's Vets During Annual Parade

Huntsville and residents from throughout the Tennessee Valley will honor this country's veterans with a grand parade.

The Huntsville Veterans Day Parade 2018 will be held in downtown Huntsville, Ala., on Monday, November 12

Spectators should be in place for a free and family-oriented parade tribute scheduled to run between 11 a.m. - 1 p.m.

The parade route includes the Veterans Memorial on Monroe Street. The public is invited.

EGO Chapter Partners with Local Hospital

On October 1, 2018, Epsilon Gamma Omega Chapter joined over 1,000 chapters in recognition of Breast Cancer Awareness Community Impact Day.

In support of the Community Impact Day, Epsilon Gamma Omega partnered with the Huntsville Hospital Breast Center to roll out educational materials and lessons on performing self-exams with "Minnie" the pink breast cancer bus.

"Minnie" arrived at Calvary Hill Recreation Center in Huntsville for a two-hour stop. Community members were welcomed with warmth and enthusiasm. A registered nurse provided guidance and instructions on self-exams, useful literature, and tips specific to each visitor.

The Huntsville Hospital representatives provided a wealth of educational materials. The community members who visited "Minnie"



left with gifts, t-shirts, and information they could share with friends and family. The chapter will continue its dedication in increasing awareness, providing infor-

mation concerning risk factors, and educating the public about the benefits of early detection.

Caption: Epsilon Gamma Omega Chapter's Women's Healthcare and

Wellness sub-committee on Breast Cancer Awareness with "Minnie" and a Huntsville Hospital Representative.

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FRI OCT 12	SAT OCT 13	SUN OCT 14	MON OCT 15
79°/59°	73°/52°	75°/53°	74°/57°
Sunshine, chance of a shower	Clouds and sun; not as warm	Strong thunderstorms possible	A couple of showers possible

www.accuweather.com

Champion Game Plan for Life

by Preston Brown

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 he or she will obey you. Whether or not you had a good reason for saying this doesn't matter. What really matters is you just want your children 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 re-

quest 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." 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 getting the same results. Whether it be a relationship that's not working or a wayward child that continues to be disobedient or

hangout with the wrong crowd. God is asking you to take another step of faith. 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. You can purchase a copy of my book "A Champion Game Plan For Life" at amazon.com and BarnesandNoble.com



AKA Begins 61st Debutante Season with Get Acquainted Tea

"A Journey to Excellence" was the theme of this year's Get Acquainted Tea for thirty-three prospective debutantes. The tea was held at the Jackson Center and was attended by the prospective debutantes, their parents, their Epsilon Gamma



2018 "Get-Acquainted Tea" Committee (Photo: Chris Winston)

Omega Chapter sponsor and other members of the chapter. This is the initial gathering for the young ladies who are participating in the 61st Debutante Presentation and Ball presented by Epsilon Gamma Omega chapter of Alpha Kappa Alpha Sorority, Incorporated. At the tea the young ladies met each other and engaged in social activities and witnessed the fashion spotlight highlighting ball attire.

The tea is the first event of the debutante season. Around 200 guests attended including Dr. Wilma Ruffin, Chapter President, Ms. Kembela McCrary, Get Acquainted Tea Chairman, Ms. Latoyia Clemons and Mrs. LaRaunce Fleming co-chairmen of the tea.

The young ladies are excited to participate in the 61st Debutante Presentation and Ball. This year's theme is "Majestic Memories, Exemplifying Excellence". The Chairman for this year's ball is Mrs. Karen Scruggs and her co-chairman is her daughter Ms. Heather Scruggs. The ball will be held at the Von Braun Center Friday, February 22, 2019.

Washington in One Minute



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

1. The Senate is in session this week after reconvening Tuesday, while the House is in recess until November 13. Having finished a long, dramatic week that culminated in the confirmation of Supreme Court Justice Brett Kavanaugh on Saturday evening by a vote of 50 yeas, 48 nays, 1 present (Sen. Murkowski, R-AK) and 1 absent (Sen. Daines, R-MT),

the Senate will this week turn to debate on the Water Resources Development Act (WRDA) 2018 bill and maybe the Coast Guard reauthorization bill.

2. On Monday, President Trump participated in a ceremonial swearing-in event for Justice Kavanaugh (he was officially sworn-in by Chief Justice Roberts on Saturday evening) and then traveled to Orlando, Fla., to address the annual convention of the

International Association of Chiefs of Police. On Tuesday, traveled to Council Bluffs, Ia., where he was expected to announce that the EPA would lift the summer ban on higher ethanol blends of gasoline (known as "E15") and participate in a campaign rally. On Wednesday, the President headed to Erie, Pa., for a campaign rally and, on Friday, traveled to Ohio for a rally. On Saturday, he was in Richmond, Ky., for a rally.

3. Newly-sworn Justice Brett Kavanaugh joined his colleagues on the U.S. Supreme Court for the first time Tuesday morning for oral arguments in the case of *Stokeling v. United States*, concerning what crimes qualify as violent felonies for federal firearm offenders to trigger the 15-year mandatory minimum sen-

tence for persons with 3 prior convictions. Last Friday, Rep. Jerrold Nadler (D-NY), the likely Chair of the House Judiciary Committee if Democrats retake control of the House in November, told The New York Times that House Democrats would open an investigation into accusations of sexual misconduct and perjury against Justice Kavanaugh if they win control of the House. On Saturday, Politico reported that Senate Majority Leader Mitch McConnell (R-KY) has urged the Senate Judiciary Committee to open an investigation of who "leaked" Dr. Christine Blasey Ford's July 2018 letter alleging that Kavanaugh had sexually assaulted her when they were teenagers.

4. Homeland Security Secretary Kirstjen Nielsen and FBI Director Chris Wray testified on Wednesday on "Threats to the Homeland" before the Senate Homeland Security

and Governmental Affairs Committee, which may include questions on preparations to provide cybersecurity for the mid-term elections and Facebook's disclosure last week of a security breach that affected 50 million accounts.

5. The College Transparency Act (S. 1121), a measure sponsored by Senator Orrin Hatch (R-UT) to allow the federal government to collect more data on college students, is being discussed as Congress looks to reauthorize the Higher Education Act in 2019. Specifically, the proposed data system would evaluate student enrollment patterns, progression, completion, and post-collegiate outcomes, and higher education costs and financial aid at the student level; provide complete and customizable information for students and families making decisions about postsecondary education; reduce the

requirements for reporting by colleges and universities; and link with other federal systems of data.

6. November Mid-Terms: Last Friday, the Cook Political Report shifted 3 Senate races in favor of the GOP (MT to "tossup," NE to "solid Republican," and a pullback of NJ to only "leans Democratic."). One bright spot for the D's was Ohio's Sen. Brown who was moved from "leans Democratic" to "likely Democratic." In the House, Cook shifted 8 more House seats toward the Democrats.

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The Valley Weekly

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From the Editor

Ah, It's Homecoming!

Back in the spring of this year, I had the opportunity to make a nomination to Career Communications Group for a Women of Color STEM Award. It was a no-brainer! I nominated my surrogate daughter and AAMU alumna Dr. Hadiyah Nicole Green, who I affectionally call "Queen." Many of our readers know Hadiyah as the petite physics major from St. Louis--recruited by the late Martha Christmas. Martha was an AAMU alumna, unmatched in her commitment to recruiting students, bringing students, financially supporting students and the University. Next to her faith and family, she believed in AAMU and the institution's ability to educate the next generation of leaders.

Many of you will be gathering from the indelible class of 1979, enjoying the fellowship with family and friends, discussing and making plans for our 40th Class Reunion in 2019; however, I will be with Queen Hadiyah and attending the 23rd Women of Color STEM Conference in Detroit, Mich., from October 11-13. She will be recognized as a national leader in STEM for her academic and research accomplishments in the area of cancer research. This event promises to be an exciting weekend designed to recognize and support Women of Color as they return to their workplaces energized and rejuvenated, bringing their best to the larger community and to their career endeavors.

The WOC Award's Gala will occur on Saturday, October 13th, at the COBO Center in Detroit. I will be there to escort her to the stage to receive the honor, as promised when the nomination was submitted. We know that all of you will join us in congratulating Queen on this honor.

Thousands of you joined us last Sunday evening for the "BET Goes Pink Acceptance Speech: Dr. Hadiyah-Nicole Green Uses Physics and Black Girl Magic to Change the World." Watch parties were hosted around the United States, congratulating Queen on this recognition by the BET network. Check out her acclamation speech on BET at: <https://www.bet.com/video/bet-her/bet-goes-pink/2018/acceptance-speeches/dr-green-uses-physics-to-change-lives-bgp18.amp.html>.

The local watch party was hosted by Karen Stanley Fleming, Rep. Laura Hall and Patrick Grayson at the Multi-Purpose Room of Madison County Commissioner JesHenry Malone's Office at 5:30 p.m., which led into the BET live event at 6 p.m. Special thanks to Rep. Laura Hall and Commissioner Malone for their support.

Enjoy the Homecoming festivities. I hope you see old acquaintances and make new friends. Even with that, all of us should be shouting "Go Bulldogs, Beat Alcorn! We are counting on a victory. And, as you have fun and celebrate the victory, remember not to drink *too* much - LOL!

Until next week ...

Dorothy



Spotlight on Our Elders ... Featuring

Mother Betty Craighead

Mother Betty Joyce Ford Craighead is a native Huntsvillian who is the first of four children born to the late Walter and Lucy Steele Ford. She attended Winston Street Elementary School, Council High School and Alabama A&M University. She married Willie Mack Craighead, her high school sweetheart, and they are the parents of Karen Craighead McGlathery and Roderick T. Craighead; two grandsons, and three great-granddaughters.

She joined Huntsville Hospital as a unit secretary in the Pediatrics, Medical/Surgical Unit, and Labor & Delivery in 1965. Exposed to every facet of medicine, she gained a great love for and knowledge of the

medical profession. However, the Labor & Delivery area was truly her passion—recording and witnessing the births of many babies in Huntsville.

In 1970, Medical Center Hospital was opened by a group of doctors and Mrs. Craighead was hired, taking her to another

level in the medical field. Medical Center was later purchased by Humana Hospital but kept her in the same position as operating room secretary. She was promoted to customer service representative and then to customer service

supervisor, retiring from Humana in 1996.

A faithful member of Union Chapel Missionary Baptist Church for over 45 years, she has served in positions ranging from the Stitching and Quilting Ministry to Superintendent of the Sunday School. In

2012, she was asked to do a commercial for First Community Health Plan due in part to her work in health insurance and her affiliation with the Stitching and Quilting Ministry. She is indeed a dedicated leader who loves people.



Greene Street Market Runs Throughout October

The Greene Street Market at Nativity is downtown Huntsville's producer-only, open-air market for fresh, locally-grown vegetables, fruits, herbs and flowers.

It's where to go to meet farmers with gorgeous local produce, grass fed beef and pork, free range chickens and eggs; pick up freshly-prepared meals, gourmet popsicles, traditionally-made relishes, cheeses, preserves and breads. And, it's where local artisans offer their works.

The outdoor market (located at the corner of



Greene Street and Eustis Avenue in downtown Huntsville) is open every Thursday from the first Thursday in May through the last Thursday in October. The hours are 4 pm - 8 pm from May - August, 4 pm - 7 pm in September, and 3 pm - 6 pm in

October.

The Greene Street Market Store. The indoor Greene Street Market Store located at 208 Eustis, is open Monday through Friday 10 a.m. - 2 p.m. **Greene Street Holiday Markets 2018.** Greene Street will have two Holiday Markets this season

-- Sunday, November 18, 1p.m.- 4 p.m. and Sunday, December 16, 1 p.m.-4 p.m.

The markets will be on Eustis Avenue between the courthouse square and Greene Street. The street will be closed during the markets.

Huntsville Joins Safe Streets, Smart Cities Academy

The National Complete Streets Coalition, a program of Smart Growth America, announced Tuesday that the cities of Huntsville, AL, Durham, NC, and Pittsburgh, PA have been selected to participate in the Safe Streets, Smart Cities Academy.

Through the Academy,

a team of 10 staff from Huntsville will hone their skills in using safety countermeasures, creative placemaking, community engagement, and emerging technologies to create safer streets. Each city will also launch a temporary, on-the-ground demonstration project to transform

once dangerous streets or intersections into a safer place for people.

"This is the second time Huntsville has earned a coveted place in the Smart Cities Academy, and we look forward to participating again with a focus on safe streets," said Mayor Tommy Battle.

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Eagles' Nest Ministries

Fellowship of Faith Church

Fellowship Presbyterian Church

Health Unlimited

House of Hope and Restoration

Huntsville Bible College

James Smith - AllState Insurance

Lakeside United Methodist Church

Lucky's Supermarket

Marshall England - State Farm Agent

Martinson & Beason, PC

Nelms Memorial Funeral Home

N. Ala. Center for Educational Excellence

Oakwood University Post Office

Regency Retirement Village

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Brown Inducted into Fraternity Hall of Fame

Local retired educational administrator and noted Huntsville community volunteer Wilbert L. Brown was recently inducted into the Hall of Fame of the Alabama District Association for Alpha Phi Alpha Fraternity, Incorporated. At the Friday, October 5, 2018 induction ceremony, Brown was presented this honor by Dr. Bruce Crawford, his friend and fellow fraternity brother.

The name Wilbert L. Brown is most recognizable as the chairman of the Delta Theta Lambda Education Foundation, the host of the annual Dr. Martin Luther King, Jr., Unity Breakfast in Huntsville that draws an annual crowd of 1,400 to the North Hall at the Von Braun Civic Center. Under his leadership, the foundation has awarded more than \$300,000 in scholarships to local youth. Additionally, Wilbert Brown leads the local, state, regional and national fundraising efforts for Alpha's March of Dimes campaign.

Born in Mt. Clemons, Mich., but reared in Tallassee, Ala., Brown is a two-time graduate of Alabama A&M University, where he earned his baccalaureate degree in secondary education with a concentration in English and later the Master of Science in supervision and administration. A seasoned educator and sought-after practitioner for educational leadership, Brown served in various capacities with Huntsville City Schools. He culminated his career as principal of Huntsville's first Magnet School, the Academy for Academics and Arts.

Outside of Alpha Phi Alpha Fraternity, Incorporated, Wilbert Brown is a member of the Trustee Ministry at his church, Union Chapel Missionary Baptist, where he also chairs the Union Chapel Christian Academy Foundation Board of Directors. Extending his community involvement, Mr. Brown is a charter member of the Epsilon Kappa Boule' of Sigma Pi Phi Fraternity in Huntsville.

by Gary T. Whitley, Jr.



Valley Deaths

- Nelms Memorial Funeral Home -

Funeral service for MR. DAJUAN TREVON HARDY-SELLERS was held Tuesday, October 2, at Fellowship of Faith Church (3703 Memorial Parkway North - Huntsville, Ala.).

Funeral service for MS. SHAWNTIA TAJA JACKSON was held Tuesday, October 2, at Fellowship of Faith Church (3703 Memorial Parkway North, Huntsville, Ala.).

Funeral service for MR. RONALD L. ACKLIN was held 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.

- Royal Funeral Home -

Funeral service for MR. DEMETRIUS CALDWELL was held at 12 noon, Saturday, October 6, at the Mt. Ararat Baptist Church in Birmingham, Ala.

Funeral service for MR. WILLIE HARRIS will be 1 p.m., Saturday, October 13, at the Douglas Tabernacle Primitive Baptist Church. Interment will be in Ragland Cemetery. Mr. Harris will lie in repose one hour prior to funeral time.

Funeral service for REVEREND REGINLAD L. COOK was held Monday, October 8, at the St. John African Methodist Episcopal Church with Pastor Maurice Wright II officiating.

Funeral service for REVEREND REGINLAD L. COOK was held Monday, October 8, at the St. John African Methodist Episcopal Church with Pastor Maurice Wright II officiating. Interment will be announced later. Mr. Cook will lie in repose one hour prior to funeral time.

- Serenity Funeral Home -

Funeral service for MRS. GLORIA CATTAGE (b. 1951) was held on Friday, September 28, at 5 p.m. at Serenity Funeral Home (2505 University Drive NW Huntsville, AL) with Sister Brittany Pitts officiating.

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.

Experience

The View
at Burritt on the Mountain

Cocktails at The View
Every Wednesday evening 4:30-8. Bring your friends and watch the sun go down on our NEW overlook. Seating provided, Full cash bar and gourmet food items for purchase.

Lunch & Experience at The View
Enjoy a presentation by one of our expert guest speakers, followed by a delicious catered box lunch from The Chef Next Door. Tickets are \$25 in advance.

2Chefs at The View
Join us at our table for an exclusive evening of exquisite dining and wine pairings under the stars. Reservations are limited and prices vary depending on menu.

For The View event details and tickets, visit burriftonthemountain.com!

3101 Burritt Drive • Huntsville, Alabama 35801 • 256.536.2882

The Valley Weekly Calendar of Events

October 9

Candidates' Forum for AG, Supreme Court, Senate and State School Board
Union Hill Primitive Baptist Church
Huntsville, Ala., 6 p.m.
(256) 658-0313

Thru October 13

Alabama A&M University Homecoming Week

October 12-14, 19-21

Fantasy Playhouse
"Lyle the Crocodile"
fantasyplayhouse.com

October 13

Alabama A&M University Homecoming
AAMU vs. Alcorn State
Louis Crews Stadium

October 14

Poetry Slam Sundays
Flying Monkey Arts Center
6:30 p.m.

October 19

Estate Planning
Discover How Estate Planning Can Benefit You and Your Family, No Matter How Much (or Little) Money You Have
The Atrium at Redstone Federal Credit Union
220 Wynn Drive

Huntsville, Ala.

9 a.m.-12 noon RSVP:
hhutchinson@welchhornsbysb.com by Oct. 12

Eighth Annual Breast Cancer Survivors Celebration
Sponsor: Kimberly Fails Jones Foundation
www.kjfoundation.org
Vendors: (256) 658-5678
Von Braun Center-North Hall
Huntsville, Ala.
7-9 p.m.

October 20

Ribbon Cutting Ceremony
Church Street CPCA
228 Church Street
Huntsville, Ala. - 9 a.m.

October 21-January 13

Exhibit
"Louis Comfort Tiffany: Treasures from the Driehaus Museum"
Huth, Boeing, Salmon, Haws & Chan Galleries
Huntsville Museum of Art
A celebration of beauty, Louis Comfort Tiffany: Treasures from the Driehaus Collection features more than 60 objects spanning over 30 years of Tiffany's prolific career.

Called 2 Preach

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

Achievement & Acceptance

Waiting and wanting to achieve something that is already achieved has been one of the proverbial hamster wheels that believers spend too much of their time running on.

What is it that has been achieved? Peace with God (Romans 5:1).

One of the other wheels that too many believers tread and trod is that of seeking to be accepted while acceptance was a foregone conclusion before the foundation of the world (Ephesians 1:4-6).

However, the enemy has always sought to cover this truth in a cloud of doubt and keep believers living beneath their status.

The Bible clearly tells believers that they are seated in heavenly places. This is true because of our union with Christ, and there is nothing that can undo that union.

This is reserved seating; meaning that there will never be some unassigned usher coming to a believer to say that they have to give

up their seat.

Jesus has achieved this for every believer which makes every believer accepted in the Beloved (Eph 1:6). The late expositor Alexander MacLaren was correct when he said: "Unless our Christianity has

grasped that great truth, it has not risen to the height of New Testament teaching and Christian privilege."

Therefore, those who preach and teach God's word must always be aware

of that tendency in people, (even in the church) of seeking to achieve some level of spirituality that will cause God to accept them, and teach that God has already achieved our acceptance at Calvary.



Estate Planning

Discover How Estate Planning Can Benefit You and Your Family
No Matter How Much (or Little) Money You Have

Friday, October 19, 2018

9:00 a.m. to 12:00 p.m.

The Atrium (Gemini Room) at Redstone Federal Credit Union
220 Wynn Drive, Huntsville, AL 35893

Presented by: The Financial & Estate Planning Council of Huntsville

RSVP Harvey Hutchinson at (hhutchinson@welchhornsby.com) by October 12, 2018.



SPEAKERS:

John B. Burns, Esq.
Managing Member
John Burns Estate & Elder Care Law

Shari Burnum, CFP® CExP™
Branch Manager
Investor's Resource

Christel Dunn, CFP®
Wealth Management Advisor
Staley Dunn Wealth Management Group, Merrill Lynch

Doreen Grannis-Viscovich, CRPC®
Financial Advisor
Staley Dunn Wealth Management Group, Merrill Lynch

Harvey A. Hutchinson, AEP® CFP®
Client Advisor
Welch Hornsby

Dean Johnson, CTFA
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PNC Wealth Management

Stephanie K. Kingsford, CPA, CFP®
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David Staley, CFP® CDFA™ CRPC®
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Alabama A&M University Homecoming Week Schedule 2019

October 7 - 13, 2018

**Tuesday,
October 9, 2018**

Talent Show
7 p.m. - 9 p.m.
Elmore Gym
Admission: Free

Lit "U" ation Party
(AAMU STUDENTS ONLY)

10 p.m. - 1 a.m.
Elmore Gym
Admission: Free

The Quad
Admission: Free

Silent Party (AAMU STUDENTS ONLY)
Time: 7 p.m. - 11 p.m.
Elmore Gym
Admission: Free

**Thursday,
October 11, 2018**

Beyond Normal Lecture Series

"In My Feelings - Empower

Your Thoughts,
Empower Your Life"

Time and Location:

12:30 p.m. |
Knight Center
Speakers: James Bland, Keri Hilson, Matthew Knowles
Admission: Free

Masons' Wreath-Laying Ceremony
11 a.m. | The Block
Admission: Free

ANOTHER LEGENDARY
HOMECOMING
ENCOUNTER
COMEDY SHOW

THURSDAY, OCTOBER 11, 2018
ELMORE GYM | 7:00 PM
DOORS OPEN AT 6:00 PM

MICHAEL BLACKSON



**Wednesday,
October 10, 2018**

Bulldog Appreciation Day/
Every Sunny Wednesday/
Faculty and Staff Step
Time: 3-5 p.m.

Comedy Show

7-9 p.m.
Elmore Gym
Acts: Michael Blackson,
Darren Brand, Jermaine
"Funny Maine" Johnson

Admissions: \$10 (Free for
AAMU Students)

NPHC Step Show
7 p.m. | Elmore Gym
Admission: \$10



LAKESIDE

**Saturday,
October 13**
Off-Campus Parade
7 a.m. - 12 p.m.
Downtown Huntsville

Alumni Association
"Big Tent Tailgate"
12 p.m. | Front of
Louis Crew Stadium

Admission: \$10
(Free for PAID
alumni members)

Door Decor Contest Judging
Time and Location: N/A

2018 Homecoming Game
AAMU Vs. Alcorn State
University

**Friday,
October 12, 2018**

Alumni Golf Tournament
8:00 a.m. | Sunset Golf Course

On-Campus Parade
10 a.m.

Homecoming Pep Rally
12 p.m. | Morrison Building parking lot

Alumni Block Party
12:30 p.m. - 3:30 p.m.
The Block

Alumni Day Party

4 p.m. | The Quad
Admission: Free
Artists: Lakeside

Alumni Throwback Party
8 p.m. - 1 a.m. | Marriott
Space & Rocket Center
Admission: \$35 for individual;
\$350 for a table seating 8 people



2 p.m. | Louis Crew Stadium

Homecoming Concert
7 p.m. | Von Braun Civic Center
Student Admission: \$20

with AAMU student ID
General Admission: \$35/
Ticketmaster
Artists: Rick Ross and Lil Baby

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A Discussion on Mental Health

**IN MY FEELINGS:
EMPOWER YOUR THOUGHTS,
EMPOWER YOUR LIFE**

WITH SPECIAL GUESTS

Mathew Knowles Keri Hilson James Bland Naomi E. Johnson

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2018 Nobel Peace Prize Winners Embodify Ego-holism Recovering's Final Steps

by tim allston

"Return home and tell how much God has done for you." So the man went away and told all over town how much Jesus had done for him" - Luke 8:39, New International Version.

Nobel Committee chair Berit Reiss-Andersen: "We want to send out a message of awareness that women, who constitute half of the population in most communities, actually are used as a weapon of war — and that they need protection."

On Friday, Oct. 5, Yazidi activist/ex-sex slave Nadia Murad and gynecologist Dr. Denis Mukwege received 2018 Nobel Peace Prizes for exposing extreme female sexual violence during Islamic States and Congolese war times, respectively.

This year marks the first time the Norwegian-based award has recognized combat



zones' abused women, "an underappreciated aspect of war," some experts acknowledge.

In 2014, ISIS fighters invaded Murad's village, killing hundreds and abducting many young women; she escaped after three months of repeated rapings. While many escapees declined to be identified, she nonetheless insisted on being photographed and named, thus creating her platform for urging the US State Department to acknowledge ISIS' genocide of her people.

The Democratic Republic of Congo's eastern region had been ransacked by varied terrorist groups, and its women some of its greatest casualties. Dr. Mukwege opened his Panzi Hospital in 1999 and, while working many 18-hour days, treated multiplied thousands of rape victims.

Murad's and Mukwege's Nobels also illustrates many of the steps followed in recovering from ego-holism - the addiction to self - most notably, the overlapping of recovering steps five through seven:

- #5, Turn your lemons into lemonade;
- #6, Your healing is in your revealing; and
- #7, And now that you know, go elevate and grow!

Murad converted the pain of her victimization into a global platform (#5). "This is not something I chose," she told a 2017 Washington Post

interview. "Somebody had to tell these stories. It's not easy" (#6); in her 2017 book, *The Last Girl: My Story of Captivity, and My Fight Against the Islamic State*, Murad detailed her experiences, calling her captivity "a slow, painful death — of the body and the soul" (#7).

As a preacher's son, Mukwege toured eastern Congo with his father. Shocked at the number of childbirth complications from his father's congregants who solicited the elder's prayers, he then determined to school in France to become a gynecologist (#5). He addressed the women's childbirth and rape victimizations by creating a hospital named Panzi (#6), which also became the name of his 2014 book (#7).

Most of us seek to hide or dismiss our pains, but Purpose Driven Life author/

pastor Rick Warren suggests otherwise, declaring, "Your greatest life messages and your most effective ministry will come out of your deepest hurts. The things you are most embarrassed about, and most ashamed of and most reluctant to share are the very tools God can use most powerfully to heal others."

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.

still recovering*, tim allston www.GetEgoHelpNow.org 256-694-5651 cell/text



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