

The Valley Weekly

"After having had guns in their hands ... What will be their attitude when they come home?"
- Monroe Nathan Work on the return of black soldiers after World War I

FREE

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Friday, November 9, 2018

29-Year-Old Keith Becomes Council President

District 1 Huntsville City Councilman Devyn Keith's self-nomination ultimately catapulted him into the presidency of the Council.

In an interview with AL.com, Keith admitted that he "feels old at 29." At the Council's yearly organiza-

tional meeting following the inaugurations, Keith was elected in a 3-1 vote, as Councilman Bill Kling dissented and Councilman Will Culver abstained.

Keith says the position and its perspective will enable him to further expand into a better leader.



Watkins Elected Vice President of HCS Board

Michelle Watkins was elected as vice president of the Huntsville City Schools Board of Education on November 5. Representing District 1, Watkins is a life-long resident of Huntsville, Ala. Upon graduating from J.O. Johnson High School of the Huntsville City School System, she attended Alabama A&M University, completing a B.S. in business administration, a master's in secondary education, and an Ed.S. degree.



She is an alum of the Tennessee Valley Diversity Leadership Colloquium's Cohort VIII, Leadership Huntsville Focus Class 27 and a Certified Oracle Instructor. Watkins has taught at Johnson High School and J. F. Drake State Technical

College and has been involved in many community organizations and activities in the Tennessee Valley. She presided as PTSA President for Johnson High School during its last school year, and has worked with the Junior League of Huntsville, the United Way of Madison County and numerous other organizations. She is a management & program analyst for the U.S. Army Garrison at Redstone Arsenal.



Rolling Hills, Deltas Hold 'Parent Cafe'

A phenomenal Parent Cafe' was held at Rolling Hills Elementary School recently, sponsored by the Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., in partnership with the District 1 School Strengthening Team.

It was a dynamic afternoon of fun, food and growing the Rolling Hills

community. The parents and students enjoyed everything that the ladies of Delta Sigma Theta had planned, including the opportunity to sit in and watch a few minutes of "It's the Great Pumpkin, Charlie Brown" with the kids.

It was another great part-

nership between Rolling Hills administration, staff, Board member Michelle Watkins and the Deltas, the cafe sponsor. STRONG FAMILIES, STRONG SCHOOLS, STRONG COMMUNITIES!!!!

by Dr. Terrance Vickerstaff

Lakeside UM Preparing for Harvest Celebration

Lakeside United Methodist Church, located at 3738 Meridian Street in Huntsville, will be celebrating its 117th Harvest Celebration on Sunday, November 11, at 10:55 a.m.

Lakeside Harvest Preacher will be Pastor Troy Garner of Fellowship

of Faith Church in Huntsville, Ala.

Lakeside's pastor, Dr. Tomasi Muhomba, and the entire church family invite the public to join them in worship, praise and fellowship. For further information, call the church office at (256) 536-9400.



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Champion Game Plan for Life

by Preston Brown

Ecclesiastes 3:1-3 says, *There is a time for every-thing, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build.*

You know, it's nice to know that we serve a God of "second chances." It's nice to know that He gives all of us a chance to be born again and be "made over". No matter what you have been through and no matter what your circumstance, God always gives us an open invitation to start over again. Our scripture tells us "there is a time to tear down and a time to build." As we approach this holiday



season, for so many people this can be the season that you "rebuild" your life. Whether you need to rebuild a broken marriage, or rebuild a broken family, God will give you the

strength to rebuild your life. Or, maybe it's time for you to move on with your life from a broken marriage; God will give you the strength to move on with your life. So, don't be discouraged about your current situation; just continue to turn your eyes upon Jesus and not focus on your circumstance.

There is a time for every-thing and a season for every activity under the heavens, and I believe that God gives us all the strength and the desire to rebuild our lives; we just

need to realize the struggle that we will go through when we decide to rebuild. Anytime we try to do something that God loves, like rebuilding our lives, the devil hates it. In John 10:10, it says: *the thief only comes to steal, kill and destroy your life.* But thank God that Jesus said "I came so that you may have life in abundance. So, let us not let the devil succeed with his plans for our lives. Instead, we need to take our eyes off ourselves and turn them back to Jesus, who is the pioneer and perfecter of our faith and let Him begin to rebuild your life ... Stay encouraged, my brothers and sisters.

Do you know what makes a good stocking stuffer? My book, "A Champion Game Plan For Life." Make sure you purchase your copy at amazon.com or contact me at pbrown@damson.com, and I will get you a personally signed book from me.

Spotlight on Our Elders ... Featuring

Freeman Holifield, Sr.

Freeman Holifield, Sr., retired September 30, 1998, from the United States Missile Munitions Center and School, Redstone Arsenal as Supervisory Instructional/Educational Systems Specialist (Emeritus). Holifield received the Commander's Award for his outstanding Managerial and Supervisory accomplishments in 1983.

In August 1959, after graduating from Dunbar High School in Bessemer Ala., he joined the United States Army and proudly served as an administrative specialist, both state side and in Korea. Upon receiving his Honorable Discharge from the U.S. Army in 1962, he pursued and earned a B.S. degree in secondary education at Alabama A&M University in 1966 and completed his master's degree in education administration and Supervision, in 1972, while

working full time.

During the early 1960s, the Modern Civil Rights Movement was bringing about great social change in the United States and change was coming to Huntsville, Ala., as well. While attending Alabama A&M University, Holifield met fellow classmates the late Robert "Bob" Carl Bailey and the Late John T. Staten. As young men discussing the state of the world, they also discussed the idea of desegregating the Huntsville Police Department. Along with community support, these discussions led to the hiring of Carl Bailey as the first African American Police Officer in May 1963.



In December 1963, and the following year, the late Charles Huggins, the late John Christmas, and the late

John T. Staten and Freeman Holifield were also hired by the Huntsville Police Department. In late 1964, Mr. Holifield was the first African American police officer to be promoted to the position of Traffic Officer in the elite Traffic

Division. After leaving the Huntsville Police Department in 1966, he began a new career with the United States Ordnance Missile & Munitions Center and School (USAOM-MCS) at Redstone Arsenal, Alabama as an Electronics Instructor.

Washington in One Minute



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

1. The House and Senate are in recess until November 13.

2. On Monday, President Trump made a final pre-election day campaign swing with stops in Cleveland, Ohio, Fort Wayne, Ind., and Cape Girardeau,

Mo.

3. On Sunday, The Washington Post reported that President Trump's plans to send 15,000 troops to the U.S./Mexico border to counter a 4,000-person migrant caravan currently 800 miles from the Southern border could cost as much as \$200 million by the end of 2018. On November 1, House Armed Services Ranking Demo-

crat Adam Smith (D-WA) sent a letter signed by 108 House Democrats to Defense Secretary Mattis seeking clarifications as to the use of the most recent deployment of 5,200 troops to the border, including the length of the deployment and the rules of engagement for the troops. Read the full letter here: https://democrats-armedservices.house.gov/_cache/files/d/0/d0c9e2f4-b9d2-4043-80ca-06ef79a80916/75C185C1A2D4447FF59A8EEB36313BAE.dem-southwest-border-deployment-letter.pdf

4. On Friday evening, the U.S. Supreme Court declined to inter-

vene to block a 2015 lawsuit filed by a group of children and teenagers in a federal court in Oregon to order the federal government to prepare and implement a plan to phase out fossil-fuel emissions to counter the dangers posed by climate change. In a separate order on Friday, the court turned down the Trump Administration's request to delay a trial – scheduled to begin today – in which plaintiffs allege that the Commerce Department has decided to add a question to the 2020 Census asking if the responder is a U.S. citizen to depress the census count by discouraging immigrants from filling out the form. The justices had earlier blocked the plaintiffs from questioning Commerce Secretary Ross directly

about his decision to add the question.

5. The Trump administration this month is expected to drop its long-awaited proposed rewrite of rules for schools handling allegations of sexual harassment and assault. Expect the proposal to make a slew of controversial changes, including allowing students to cross-examine their accusers, giving them access to a wide range of information dug up by campus investigators and narrowly defining sexual harassment. Data analyzed by ESPN show that college athletes were three times more likely to be involved in a Title IX complaint compared with their peers.

6. The Washington Post over the weekend reported that Crystal City, Va., a suburb of Washington, D.C., is the frontrunner in the 20-city contest for Amazon's 2nd headquarters and its 50,000 jobs, which will likely be announced this month. Crystal City's top landlord, JBG Smith, has reportedly pulled some of its buildings off the leasing market in anticipation of an announcement, although the Post noted that perhaps 2 or 3 other sites may be engaged in the same activity.

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The Valley Weekly

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MCERA Recognizing Retired Educators

In conjunction with American Education Week, the Madison County Education Retirees Association (MCERA) of the Alabama Education Retirees Association, Inc., is taking a leadership role in developing activities for "Retired Teachers' Day."

Events planned for Tuesday, November 13, include a reception at the Huntsville - Madison County Public Library with the MCERA and the Huntsville Education Association; the following day MCERA members will volunteer in Pre-K classrooms.

Recognizing the contributions retired educators have made, the Alabama Legislature passed Act No. 90-183 to honor Alabama's education retirees. The



Threatt

joint resolution sets aside the Tuesday of American Education Week each year for recognition of the state's retired education personnel.

The MCERA is just one of over 75 local units of the Alabama Education Retirees Association, Inc. (AERA), which represents

more than 23,000 retired educators.

"Everyone's life has been enriched by a retired educator," stated Otis Threatt, Sr., president of the MCERA. "Even in our retirement years, retired educators continue to touch the lives of those around us by volunteering in the community. In 2017, our members volunteered 9,500 community service hours in Madison County."

The Madison County Education Retirees Association is proud to participate in the events honoring education retirees in the Madison County area.

"All citizens are encouraged to join together in paying tribute to the retired educators of Madison County," stated Threatt.



Vietnam Vets: Hundreds paid tribute to the service of veterans throughout the Vietnam War via a memorial replica set up at John Hunt Park in Huntsville, Ala. Above, spectators view various displays on Sunday, November 5, the last day of the exhibits.

Jamal's Helping Hands, Inc., to Hold Event

Jamal's Helping Hands, Inc., will host a brunch to raise funds in support of its mission. The First Annual Celebration of Caretakers will be held Saturday, December 8, 2018, at the DoubleTree Suites by Hilton, 6000 Memorial

Parkway South, SW, Huntsville, Ala. Persons may support this cause by giving individually, as a group or becoming a corporate sponsor. Donations can be made by visiting the website www.jamalshelpinghands.org or by mail. (Checks

should be made payable to Jamal's Helping Hands, Inc., P.O. Box 554, Madison, AL 35758).

For inclusion in the program, all sponsorships to include payments, must be received no later than December 1, 2018.

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.



HIA Plans Diwali 2018

Huntsville India Association (HIA) is pleased to announce the biggest and most exciting event of the year - Diwali 2018, on Saturday, November 17, in the auditorium of Columbia High School in Huntsville from 4-8 p.m.

This year's theme is "Happy Diwali!" HIA has formed "a wonderful blend of performances, ranging from dances, skits to musical performances and more," according to organizers.

The cultural event will start at 4 p.m. followed by dinner. The program is expected to end at approximately 6 p.m.

Tickets: HIA

Members: Adults - \$10, Children (Ages 7 and below) - \$5; non-members: Adults - \$15, Children (Ages 7 and

below) - \$10; Children 2 and under: Free.

For more information, visit [Facebook.com/HuntsvilleIndiaAssociation](https://www.facebook.com/HuntsvilleIndiaAssociation) or hiaweb.org.



Deltas, MOW Target Hunger

The Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., and Meals on Wheels are joining forces to strengthen and sustain the Valley community.

In an effort to eliminate food insecurity among senior citizens, the Deltas and Meals on Wheels will participate in a live remote broadcast on WHRP-FM 94.1.

The groups will join on-air radio personality Toni Ter-

rell on Saturday, December 1, at the Huntsville/Madison County Senior Center, located at 2200 Drake Avenue, SW, Huntsville, Ala., from 11 a.m.-1 p.m.

The Delta effort is another way local organizations are working together to ensure that "no senior goes hungry."

Valley residents are also being encouraged to "Rise Up" to alleviate hunger among the elderly.



The Valley Weekly Calendar of Events

November 10

High School and Community College Day
(Onsite Acceptance)
Campus Tours, Informations and Scholarships
Alabama A&M University
T.M. Elmore Building
8 a.m.

Alabama A&M vs. Grambling Football Game
(High School and Community College Day)
Louis Crews Stadium
1 p.m.

Forever Royal 100th Anniversary Celebration Gala

Host: Royal Funeral Home
Von Braun Center-East

Hall - Huntsville, Ala.
7 p.m. Tickets \$100+
Attire: Creative Black Tie
Website:
<https://www.foreverroyal-gala.com/>

November 11

58th Anniversary Celebration of Fellowship Presbyterian Church
Speaker:
Rev. Dr. Sandra M. Coleman, Presiding Elder,
Birmingham District,
North Alabama Conference, Alabama-Florida,
Episcopal District African Methodist Episcopal Zion

Church

Meridian Street
(Across and Diagonal from J.F. Drake State Community and Technical College)
Huntsville, Ala.
10 a.m.

November 13

Alabama A&M Women's Basketball vs. Tennessee

State

Elmore Gymnasium
11 a.m.

November 17

National Coalition of 100 Black Women - Greater Huntsville Area Chapter

Induction Ceremony and Dinner

Tickets: \$25
The Jackson Center
6001 Moquin Drive NW
Huntsville, Ala.
(256) 394-1045

DLC Accepting Applications for 11th Cohort

Applications are being accepted for Cohort XI of the Diversity Leadership Colloquium until February 26.

Classes will begin March 5 and end April 23, running 6-9 p.m. every Tuesday evening. Graduation will be held on

DLC



April 30.

Applications are available online at www.diversityleadershipcolloquium.com. Questions should be emailed to Mrs. Georgia Valrie at gvalrie1971@gmail.com or call (256) 656-4698.

NATIONAL COALITION OF 100 BLACK WOMEN



Greater Hsv Area Chapter

"Partnering With A Purpose"

On November 17, 2018 The National Coalition of 100 Black Women Greater Hsv Area Chapter will be honoring their 2018 inductees. The theme is "Partnering with a Purpose." The guest speaker is Judge Sybil Cleveland who is a Municipal Court Judge for the City of Huntsville and also serves as President of the Alabama Municipal Judges Association as President-Elect, University of North Alabama Foundation Board of Directors, and the Greater Alabama Council of the Boy Scouts of America Executive Board. She is also a member of Delta Sigma Theta Sorority, Inc., Downtown Rotary Club Member and Subject Matter Expert for the Diversity Leadership Colloquium.

The dinner will be held at the Jackson Center (6001 Moquin Drive, NW, Huntsville, Alabama 35806). Tickets are \$25.00 per person. For additional information please contact, NCBW Greater Hsv Area Chapter member Clarissa Tibbs at 256-394-1045.

Academy, Conservatory to Hold Annual Holiday Event

The Academy for Learning and the Valley Conservatory will hold "Holidays in the Valley" benefit concert on Saturday, December 1, at Trinity United Methodist Church at 4 p.m.

Slated for the event are performances by Alyssa Slocum, Ricky Miller and The Shifts, and the Retro-vales.

Other features include Magician Patrick Brunson,

Valley Conservatory artists, Soul Xpressions and Twickenham Jazz & Swing.

Sponsors are being sought to help further the mission of assisting low-income families within the community.

Food and drinks will be provided. Last year's audience numbered about 200 attendees, and this year organizers hope to increase in size.

This event is open to ev-

eryone in the community. Donations will be taken at the door, and attendees will be able to enjoy the sounds of the holidays. Door prizes will be given away, and an auction will be held for a 5-day, 4-night Cancun vacation package.

For additional information, contact Dr. Sylvia Collins, executive director, at (256) 533-3300 or www.alcdkids.org.

"People think of black English as ungrammatical, but it bears the same relationship to standard English as contemporary Hebrew does to ancient Hebrew."

- John McWhorter



COHORT 10: The Tennessee Valley Diversity Leadership Colloquium (DLC) Cohort X Graduation Ceremonies were held Tuesday, October 30, 2018, 6 p.m. at The Atrium, Redstone Federal Credit Union. Eighteen participants in the eight-week program received the Certificate of Completion presented by Dr. Dorothy W. Huston, executive director, and Mrs. Georgia S. Valrie, program coordinator. Ms. Michelle Watkins, member, Board of Education, District 1, Huntsville City Schools, was the guest speaker. Watkins gave an inspiring and challenging address, urging the graduates to become servant leaders and to give back to the community by serving as volunteers for the local schools and community, as well as non-profit organizations. Over 80 guests attended the graduation, and Mrs. Arlean F. Thomas, logistics management specialist, U. S. Department of Defense (AMCOM) and DLC Alumnus, Cohort IX, served as the mistress of ceremonies. (Submitted by Georgia S. Valrie)

"I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better."

- Plutarch

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Chris' Barber Shop

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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

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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

Remembering Trump's 2016 Election: The "American Ego" Has Landed ... in the White House, But 11 Disciples Asked, "Lord, Is It I?"

by tim allston

Friday, November 9, marks the 2nd anniversary of Donald Trump's presidential election. While badmouthed roundly in popular media, God will continue to use him as a mirror for us Christians. Just ask the 11 disciples at the Last Supper.

Trump Triumphs and Trials

Symbolically, "45" is the David that slayed six Goliaths: Democratic and Republican Parties; Bush and Clinton dynasties; traditional media; and the Obama legacy.

Yet, he remains mired in investigations, oftentimes self-inflicted wounds, 7.6 daily mistruths, and a spate of allegations ranging from sexual misconduct to questionable business dealings . . . which brings us to Jesus and his disciples in the Upper Room.

Revisiting Matthew 26:22

Matthew 26:22 recounts that following his last meal with his disciples, as he was soon to be betrayed and later crucified, Jesus forecasted that one of them would betray him. Stunned, 11 of the 12 queried, "Lord, is it I?" Although Jesus initially

bulls-eyed #12 Judas Iscariot, he was predicting accurately the upcoming betrayals of the remaining eleven.

It's so easy and comfortable for us to want to adjudge others of sins for which we are most guilty, although camouflaged. . . . starting with me.

"I-Trumping" Trump

Q: Why am I so eager to castigate "45" for his prejudice, racial epithets, duplicitous banter, chauvinism and boastfulness? You, too?

A: Because, unfortunately, I (and you) harbor some smidgen of these "Trumpisms." The difference? Yours and mine have yet to surface, out loud. And consistently.

The Two-way Mirror* of Matthew 7:1-5

As practicing Christians, you and I need to be über-wary of Jesus' counsel, verse 1:

"If you judge other people, then you will find that you, too, are being judged. Indeed, you will be judged by the very standards to which you hold other people."

And then Jesus gets real Ouch!-personal, verses 2-5:

"Why is it that you see the dust in your brother's or sister's eye? Don't ignore the wooden plank in your eye, while you criticize the speck of sawdust in your brother's eyelashes.

"That type of criticism and judgment is a sham! Remove the plank from your own eye, and then perhaps you will be able to see clearly how to help your brother flush out his sawdust" The Voice Bible.

For me in recovering from "ego-holism" (the addiction to self), God is allowing Donald Trump to serve as my two-way mirror*: roundly critical of his policies, false claims and actions, yet seeing more painfully the closeted Trumpisms in me.

Q: Seeing any Trumpisms in yourself lately?

*two-way mirror (dictionary): "a panel of glass that can be seen through from one side but is a mirror on the other."

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.

Valley Deaths

- Nelms Memorial Funeral Home -

Funeral service for MRS. SHIRLEY DERRICK JEFFERSON (b. 1957) was Saturday, November 3, at the Nelms Memorial Funeral Home Chapel with Reverend Jeffery Jefferson officiating.

Funeral service for MRS. MATTIE CHUNN (b. 1916) was held Saturday, November 3, at St. Luke Christian Church with Pastor T. C. Johnson officiating.

Funeral service for MR. J. C. MOORE (b. 1944) was held Saturday, November 3, at Pine Grove Missionary Baptist Church with Elder Larry Smith officiating.

Funeral service for MR. CHARLES BARNARD (b. 1945) was held Friday, November 2, at Briar Fork Cumberland Presbyterian Church in America with Reverend Dr. Theodis Acklin officiating.

Funeral service for MRS. MILDRED TODD (b. 1930) was held Friday, November 2, at First Seventh-day Adventist Church with Senior Pastor Debleaire Snell as Officiant.

- Royal Funeral Home -

Funeral service for MR. LECORIUS TERRELL SLEDGE ROBINSON (b. 1974) was Saturday, November 3, at the Union Chapel Missionary Baptist Church (315 Winchester Road, Huntsville, AL 35811) with Pastor O. Wendell Davis officiating.

Funeral service for MRS. REBECCA M. HATCHETT (b. 1930) was held Saturday, November 3, at the Mt. Zion Missionary Baptist Church (710 Dan Crutcher Road, Toney, AL 35773) with Dr. Ernest Williams officiating.

Funeral service for MS. BRE'AUN STEELE (b. 1989) was held Saturday, November 3, at the Round Island Creek Mission Center (13829 Lucas Ferry Road, Athens, AL 35611) with Pastor Willie M. Byrd officiating.

Funeral service for MRS. BERTHA MAE BASS (b. 1949) was held Saturday, November 3, at St. Bartley Primitive Baptist Church (3020 Belafonte Avenue, Huntsville, Ala.) with Elder Mario Ford officiating.

- Serenity Funeral Home -

Memorial service for MR. JIMMY LEE THOMAS was held on Sunday, November 4, at Serenity Funeral Home (2505 University Dr NW Huntsville, AL). Serenity Funeral Home is in charge of services.

Funeral service for BABY K'ARIYHA HONEY was held on Wednesday, October 24, at 12 p.m. at Serenity Funeral Home Chapel (2505 University Drive, NW, Huntsville, Ala.).

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AAMU Food Service Director Awarded by Aramark

Felicia D. Wilson, general manager, Alabama A&M University Dining Services/Aramark, was selected to receive Aramark's Ring of Stars Award. The Ring of Stars is comprised of a group of champions who demonstrate extraordinary passion to serve clients, as well as consumers who count on Aramark every day to Enrich and Nourish Lives.

Wilson is one of only 200 exceptional Aramark employees among their 270,000 colleagues worldwide who earned this distinction in 2018.

The selection and recognition celebrated her outstanding performance, dedication and passion for being a true Aramark service star. As a recipient of this prestigious honor, Wilson received a special ring commemorating her accomplishments. Addi-



tionally, her name will be included in a permanent Ring of Stars display at the company's global headquarters in Philadelphia.

She received the coveted award at the company's Ring of Stars Awards Ceremony held on October 18, 2018, at the Boca Raton Resort and Club in Boca Raton, Fla.

Wilson, a loyal dedicated and servant leader, has served as General Manager of AAMU Dining Services/Aramark for more than 20 years. She received the Bachelor of Science degree in marketing and accounting, and pursued additional study toward the Master of Business Administration from Alabama A&M University. She and her husband, Robert, are the proud parents of four children and three grandchildren.

by Georgia S. Valrie

Called 2 Preach

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

Pile It On!

Psalm 150

My boyhood days are filled with memories of going to what we called the "malt shop." The interesting thing about it was that the "malt shop" was also a mechanic shop and even at times a car dealership, all wrapped in one. This was the place and time when there was a difference between "shakes" and "malts," and before "soft-serve" ice cream. When we went to get a "cone" of ice cream, we always wanted the "scooper" to pile it on.

In Psalm 150, we can see and hear the admonishments of the Psalmist to do with our praise and worship of God what we as kids wanted the ice cream scooper to do: *Pile it on!* The first thing that should be piled on is the intensity and intentionality of praise

that expresses intensive or intentional action. God does not delight in praise that has little or no intensity or intentionality in it. It's a heart thing. Secondly, the Psalmist said to pile on the instruments used to express praise. Eight different instruments are mentioned, but not limited to just eight. The Psalmist ends by telling us who all should be involved--ev-

everyone who's breathing. Our praise should be scooped out of our hearts and expressed through our intensity, instruments, and involvement. *Pile it on!*



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Funeral Held for Former AAMU Registrar

The funeral service was held Friday, November 2, for 80-year-old Doris Annette Thomas Wesley, at The Episcopal Church of the Nativity in Downtown Huntsville, Ala.

The Birmingham, Ala., native was a graduate of Dunbar High School, Booker T. Washington Business College, Athens State University and Alabama A&M University.

For decades, she served in various ministries at her beloved Holy Cross-St.

Christopher's Episcopal Church before later joining The Church of the Nativity, Episcopal.

Professionally, Wesley served 36 dedicated years as Registrar for Alabama A&M University. With her late husband Harden, she co-managed Wesley Cleaning Service until 2011.

A loyal member of the Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., she also was the mother of two daughters, Sharon and Crystal.





Millennial Thought

by Josh Alex Baker

A Matter of True Desire

Do you really want to heal?

No, seriously. Is it a matter of want? A matter of true desire?

On the surface, I'm sure this question seems nonsensical. Who wouldn't want to embrace a more fulfilled and liberated life?

The answer might surprise you.

With any new shift in our life, there exists a certain degree of anxiety and fear. It is human nature to harbor apprehension about that of which you are unsure. Healing is no

exception.

Though we most immediately have a positive connotation of the word healing, there is an inevitable uncertainty that exists in the process. A journey of pruning and purging, healing requires.

Healing calls for yielding. Healing calls for discomfort. Healing calls for vulnerability.

Are you prepared to give up the familiarity of your current situation? For some of us, certain pains and bitterness have become trusted companions. Truthfully,

at least part of who we are is owed to what we've carried and how we've carried it. But even some of our longest relationships must come to an end.

Are you ready to put in the work required for this evolution? Healing can be exhausting. At first glance, the process won't seem half as alluring as the end reward. However, time will indubitably teach you that it was worth it.

So, I ask you again. Do you really want to heal? Are you ready for what it requires?

Josh Alex Baker is a very active senior majoring in social work at historic Alabama A&M University, where he has also served as president of the AAMU Poetry Club.

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BIRTHDAY - November 9 - DOROTHY DANDRIDGE - Actress, born in Cleveland, Ohio. Her portrayal of Carmen in "Carmen Jones," won her a Oscar nomination making her the Black American to be nominated for an Academy Award for Best Actress. - *Blackin-Time.info*

What Persons with Sickle Cell Disease Wish You Knew

(BPT) - When Tosin Ola was a baby, she cried a lot. It wasn't because she was hungry or cold. Tosin cried a lot because of something much worse, and her parents had no idea what it was. They thought she was simply a cranky toddler.

But Tosin was not a cranky toddler. Instead she was a child with sickle cell disease (SCD).

A grim diagnosis. Tosin was born in Nigeria, a country without infant screening for the disease at the time. SCD, a lifelong, inherited blood disorder, impacts the flow of blood and oxygen to the body due to a genetic mutation that leads to the damage and destruction of red blood cells. This causes chronic anemia, leading to fatigue, and inflammation, leading to severe pain. Over time, the cumulative effects of living with this chronic disease can cause organ and tissue damage, stroke and premature death. People with SCD typically live until their mid-forties.

Tosin learned this early on. She was not diagnosed with SCD until the age of 4 when her parents took her to a military hospital. The prognosis was grim, with the doctors telling her parents that she would likely die in childhood.

Tosin was in the room during this conversation and the rage she felt at hearing her own predetermined fate motivated her to fight to live. With her family, she moved to the United States a few years later, where she was hospitalized once or twice a year for bouts of severe pain during her childhood.

Finding a voice. It was a hospitalization in 2005 that changed Tosin's life. She had been in the hospital for two weeks, and as the only per-



son in her family with SCD, felt very isolated. As she looked for resources online about self-management of SCD, she found nothing. Tosin knew that had to change, and from her hospital bed she started Sickle Cell Warriors, the largest online patient-run community for SCD in the world.

With the support of her family, and in particular her mother, what started as a simple blog now has more than 22,000 members around the globe, and it all started with a woman who followed her voice.

Continuing to teach. These days Sickle Cell Warriors is larger than ever, but Tosin, a registered nurse and mother of twins, never passes up the opportunity to share information about SCD with anyone who will listen, including rideshare drivers. For those who know very little about the disease, Tosin says these are the three most important things to know.

1. You can help eradicate the disease just by finding out if you have the trait. An SCD test is not run on adults unless you ask for it, but you can request it as part of your annual blood work. While it's most common among people of African descent, SCD can also affect people with Latin American,

Mediterranean or Middle Eastern heritage, no matter how distant the genetic link. If you do have the trait, educate yourself on how you can avoid passing the trait or the disease on to the next generation.

2. SCD patients are not pain medication seekers. Tosin likens the pain to prolonged episodes of throbbing, deep pain, similar to when you break a bone or have a severe migraine. Tosin was in labor to give birth for 12 hours before she realized it, as it paled in comparison to an SCD pain episode. There is no approved treatment for the underlying cause of SCD so many patients end up in the emergency room during pain episodes. As an "invisible" disease, the lack of objective methods to measure pain means that emergency room staff are often skeptical and assume SCD patients are addicts. Tosin has faced disbelief and judgment while trying to get help, to the point where she sometimes avoids the emergency room. At these times, she prefers to suffer at home than deal with the staff which can worsen the long-term damage of the disease.

3. SCD is more than just pain. While pain is commonly associated with SCD,

pain is just one of many symptoms of the disease. In addition to the pain, the ongoing shortage of red blood cells leads to chronic hemolytic anemia which causes a cascade of symptoms including hypoxia, vascular injury, progressive end-organ damage and premature mortality. Tosin suffered strokes as a child, is

prone to jaundice and infection, and has necrosis in her hip due to ischemia, which will require the replacement of both hips in her late thirties.

Moving forward. Tosin's SCD is a part of who she is, but she is quick to point out it isn't all of who she is, nor should anyone with SCD be judged based on their condi-

tion. "We are regular people just living our lives," she said. "We aren't always the patient in the bed." Instead, they are warriors with a mission.

Visit www.sicklecellwarriors.com (Sponsored by Global Blood Therapeutics, Inc.) or locally call Pam Thompson at the North Alabama Sickle Cell Association at (256) 970-1341.



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