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FREE

TARCOG Head Becomes AICP Fellow, p. 8

Friday
April 17, 2020
Vol. 6, No. 32
ValleyWeeklyllc.com



"The New Normal," p. 5

"Every saint has a past, and every sinner has a future."

- Oscar Wilde



AAMU, HBCUs Get Federal Stimulus Funding under CARES Act

Alabama A&M University (AAMU) will receive millions in Federal Emergency Stimulus Funding (CARES Act), along with several of Alabama's historically black colleges and universities (HBCUs), according to listings from the U.S. Department of Education, reported by *Inside Higher Ed*.

AAMU will receive over \$9.1 million. Roughly fifty

percent of the funding all schools receive must be awarded for emergency financial aid grants to students.

Among Alabama's other HBCUs, Alabama State University received nearly \$6.3 million; Bishop State Community College, \$2.87 million; Gadsden State Community College, \$3.75 million; J.F. Drake State Community and Technical

College, \$761,763; Lawson State Community College, \$3.5 million; Miles College, \$3.25 million; Oakwood University, \$1.57 million; Selma University, \$0; Shelton State Community College/C.A. Fredd Campus, \$2.95 million; Stillman College, \$1.2 million; Talladega College, \$2 million; Trenholm State Community College, \$1.9 million; and Tuskegee University,

\$3.75 million.

Among other schools in the Valley area: Huntsville Bible College, \$96,521; University of Alabama in Huntsville, \$5.7 million; University of North Alabama, \$5 million; Jacksonville State University, \$6 million; and Calhoun Community College, \$4.4 million.

A&M Seeks 1971 Grads for Reunion

Calling all Alabama A&M University graduates of the CLASS OF 1971!

Plans are being made for the 50th year reunion to be held in May 2021. Your support and input are needed.

For details and updates contact the reunion class agents - Mrs. Agnes Holley Smith at aeholley-smith@gmail.com or Rev. Jonell Yarbrough Calloway at jonellcalloway@att.net.

IRS Pushes Back Filing Deadline

The Treasury Department and the Internal Revenue Service are providing tax filing and payment relief in response to the COVID-19 outbreak. The filing deadline for tax returns has been extended from April 15 to July 15, 2020. The IRS urges taxpayers who are owed a refund to file as quickly as possible. For those who can't file by the July 15, 2020 deadline, the IRS reminds individual taxpayers that everyone is eligible to request an extension to file their return.

Read Online!
valleyweeklyllc.com

HMCPL Remains Connected Digitally During Pandemic

by Lisa Berry Debuty

Schools have shut down. Non-essential businesses have closed. People are staying home.

All of us are adjusting to a new normal in the wake of COVID-19. One thing that hasn't changed, though, is the Huntsville-Madison County Public Library's (HMCPL) desire to continue serving the community during this unprecedented time.

"Libraries have changed roles significantly over the last couple of decades but literacy still remains at the heart of what we do," said Melanie Thornton, director of public relations for HMCPL.

Keeping you connected While the doors of HMCPL are temporarily closed, the library is still active. Here's a glimpse at what they've been up to:

Hoopla: HMCPL recently acquired a three-month subscription to Hoopla, a popular online service that allows patrons to check out up to five e-books, audiobooks, movies and TV shows per month. No waiting required. You must have a library card number and PIN to participate.

Community: Inspired by Smarter Every Day creator Destin Sandlin's call to print face shields for local health-

care workers, the library got to work. They've created over 80 face shields for frontline workers so far and are among the top 10 percent of producers for the project.

Virtual Story Time: Kids bored at home? HMCPL is offering online story times that have been very popular with children and parents during the quarantine.

Crafting: The library recently debuted Crafting with Haley, a kid-focused, how-to video series using items commonly found around the house. New videos premiere at 9 a.m. every Friday on YouTube.

Blog Series: Looking for a reputable COVID-19 source? Check out the library's latest blog series.

Digital Media Zone: More than 200 new e-books are now available via the library's Digital Media Zone.

Book Club: Grab a cup of coffee or tea and discuss your favorite comfort reads via The Quarantined Librarian, HMCPL's virtual book club.

Resources: Bookmark hmcpl.org/hmcplconnects for free online resources, including Homework Alabama and Ancestry.com.

Visit hmcpl.org.

- Huntsvilleal.gov

The Valley Weekly
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Perspectives on EGO-holism

by tim allston

Springtime 2020: Managing lawns, weeds - and egos?

"Can a leopard change its spots, or an Ethiopian his skin?"

- Jeremiah 13:23

On Our Lawns, . . .

Outside our home's kitchen windows are two "Hi, We're Back!" signs: green and white budding tree branch tips and purple flower-like weeds.

Spring has sprung - and with it, my constant reminder of needing God's management of things that grow naturally - like egos.

Lawn upkeep is not simply an early March one-and-done activity; instead, the best lawncare management requires constant (often weekly) mowing, pruning, trimming, edging and disposing of excesses deemed unnecessary. The lawn will not manage itself.

In February, I even applied weed-killing spray to stop that purple surge. While it's working currently, months from now, however, those purple wanna-be flowers will re-surface and therefore need re-management. They, too, will not manage themselves.

My grass and hedges will neither cut or trim themselves nor will my weeds cure, solve and eliminate themselves.

As our lawn's steward, I can and must only manage these natural growths with consistent watch care . . .

. . . Just like God helps us manage our ego-holism - our addiction to self. States Ryan Holiday, author of *Ego Is The Enemy*: "Your ego is not some power you're forced to satiate at every turn. It can be managed. It can be directed."



. . . And In Our Lives

Q: Are you like me struggling unsuccessfully with such ego-holisms as procrastination, selfishness, arrogance, poor eye contact, blame-gaming (excuse-making), dis-organization and even more selfishness?

The Bad News? You and I are stuck forever with those "character potholes." They are embedded in our lives' hard-drives. And try though you and I might, those and other ego problems cannot be cured, solved or eliminated, but . . .

The Good News? Just like the even lengths of your lawn grass; the sculpted shape of your hedges; and the presence of those weeds, our lives' "character weeds" (e.g., lust, pornography, conceit, low-/no esteem, etc.) can only be managed through an ongoing management partnership with God.

Just like your and my lawns and weeds cannot cut, trim or eliminate themselves but need our regular management maintenance, our character weeds cannot solve, cure and eliminate themselves, but also need our God-us management.

Life Coach tim allston is the author of the free book, *7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else,"* downloadable now at www.GetEgoHelpNow.org.

Working from Home? How AI Can Improve Your Daily Life

(BPT) - These days, AI - artificial intelligence - has become a household name, mostly because so many household gadgets and appliances use it.

What's the impact of AI becoming part of your everyday life? Ultimately, it's about convenience. Many tasks are getting easier, products are more efficient and AI is enhancing daily lives in unexpected ways.

Here are some recent AI advances that may be improving your life.

Appliances that can think and learn

You may not have expected laundry machines to be among the major appliances to use AI, but it's true - the latest innovations in washers and dryers allow consumers more freedom in controlling their machines, and help those machines apply more precision in how they handle different types of clothing.

For example, LG Electronics introduced an AI-powered TurboWash 360 Front-Load Washer/Dryer Pair. The Ultra Large-Capacity washer assesses fabric type, weight and softness to choose the best washing motions for a superb clean. The advanced spinning algorithm measures load size to minimize vibrations, noise and spin time. LG's user-friendly ezDispense feature takes the guesswork out of detergent dosage by automatically adding the exact amount of detergent and fabric softener needed for each load.

Because the washer and dryer both utilize AI to learn from usage patterns over time, settings continually optimize for the best results. The machines are also Wi-Fi connected, so you can control the units or monitor cycle times remotely using ThinQ-enabled smartphones or voice commands via Amazon Alexa. When the washer is synced with your Amazon account, it can reorder detergent before you run out.

Enhanced entertainment platforms

Just a few years ago, TVs couldn't perform half the functions they can today. Using ThinQ AI and powered by the α (Alpha) 9 Gen 3 AI processor, the latest LG OLED TVs bring picture and sound quality to a whole new level - and are used for much more than watching shows.

These TVs apply a deep learning algorithm to recognize content source quality, then determine the best method for optimal picture quality among four genres: movie, sports, standard and animation. The new processor finely adjusts the picture, taking into account the room's ambient conditions to offer the best levels of screen brightness and contrast, using its understanding of how the human eye perceives images. What's more, the processor's AI Picture Pro is capable of recognizing faces and text on screen, fine-tuning and sharpening each to produce more natural skin tones,

well-defined facial features and clearer, more readable characters.

Even sound is enhanced by the intelligent algorithm, which can mix two-channel audio to deliver convincing surround sound. Thanks to LG's AI Sound Pro, LG OLED TVs analyze and classify the audio of content among five categories - music, movies, sports, drama or news - for clearer voices and richer, more textured background sound.

The latest lineup of TVs also matches perfectly with LG's stylish 2020 sound bars, which are future-proofed to help you create seamless visual harmony in any room. These advanced models are self-calibrating, able to recognize and analyze tones to accurately assess the dimensions of a given space and adjust accordingly.

With ThinQ and a built-in connection to Google Assistant and Alexa Amazon, you can use your TV to control other compatible devices and appliances, search the web - and even order pizza without pausing the movie you're watching!

Advanced mobile communication

What could be better than experiencing LG OLED TV technology in



your home? How about holding it in your hand?

Using LG's latest LG V50 ThinQ 5G smartphone, you can enjoy LG OLED quality display on demand, with striking clarity and vibrant color.

The ability to communicate, record and enjoy pictures and videos, plus livestreaming shows and movies on-the-go has reached new levels of speed and quality, especially with the revolutionary new 5G connectivity.

You can also use its five cameras to create and share high-quality content. With three rear cameras and two front cameras, you can capture truly original selfies, pictures and videos with rich detail.

Artificial intelligence may still sound like science fiction, but the truth is, everyone is using it more and more each day. AI technology is helping people perform tasks and enhancing everyday life in so many ways - and there's no telling what the future may bring.

[1] Customers can add this new feature by accessing the LG support and updating their compatible TV's firmware with the latest version posted on that support site. TV models and release dates may vary by region.

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From the Editor



Good, Old-Fashioned Common Sense!

Does anyone remember the Tuskegee Syphilis Study? Is it in Alabama History books today? As a high school student at Monroe County High School, I didn't like history classes. Although it was almost 50 years ago, I just didn't want to memorize, recite and write essays about history. Today, as I forge through stuff of the past, it's clear to me that even though all of us are part of it, the impact of history hits us in many different ways.

The U. S. Public Health Service worked with Tuskegee Institute in 1932 and began a study to record the natural history of syphilis in hopes of justifying treatment programs for blacks. This study involved 600 black men. The study was conducted without their informed consent. They were told that they were being treated for bad blood. In exchange for taking part in the study, the men were promised "free" health care for participating, when they were actually not being treated for syphilis. What was to be a six-month project ended up running for 40 years.

In 1972, the research advisory panel concluded that the Tuskegee Study was "ethically unjustified" because the knowledge gained was sparse when compared with the risks posed to the men. The panel advised stopping the study immediately and the Assistant Secretary for Health and Scientific Affairs announced the end of the Tuskegee Study in October of 1972.

We hear the pundits, understand the politics, observe the motives and we interpret the data. Does anyone really wonder about the alarming rate of the COVID-19 infection in African Americans? In Latino-Americans? In First Responders? In necessary personnel?

Oh, we know. You know! Our history provides those answers. When did the "colored" and the poor get quality health care? My mother was a maid for a doctor, and we couldn't go into the back door of his office for visits unless all the roots and stews, tonics, oils, suave, balms, ointments and homemade remedies had failed. You had to be very sick to even think about going. I am the youngest of my mother's 13 children, all born at home with a midwife. Was she responsible for that? Do we really ever sit down, take time and consider how our belief systems are developed? During this time of quarantines, we now have plenty of extra-personal, quiet time to do that.

After centuries of sun-up to sun-down days of lifting, chopping, digging, shoveling, picking and bailing things that were bigger than you, how could we be as healthy as "everyone" else? And, someone please tell me, how is this my fault? How can people pull themselves up with boots that didn't fit and had no straps? Our readers can define disparities: race, health, and economics.

When we say we are pro-life, we should live out that commitment by taking care of the children when they are born. We should provide food, clothing, shelter, health care and education for them. As a Christian nation, we say we are PRO-life. That should mean that we are willing to take care of ALL lives, not just those in our own houses and businesses. That means that our slaves, maids, cooks, nurses, janitors, drivers, waiters, servers and gardeners. Characteristics of Christians include compassion, empathy, truth and justice. Shaking hands and giving hugs are nice, but that doesn't give people relief from the "isms" that they endure from day to day. Honestly, the impact of COVID-19 is really not different from the impact of the Tuskegee Study on the lives of our people.

We can not lead without investing in the people. Good ole common sense tells us that the people who make the decisions are responsible for the outcome. People are sick of broken promises, obscene opinions, and math that doesn't add up.

The stock market will help some of us and devastate others, more of the others than the some. Some businesses will flourish over time and others will be destroyed. It's hard to rebuild from destruction. History shows us that poor people always pay the highest price. We are not members of a Socialist Party to know and understand that the poor will always be with us. The Holy Bible tells us in the Old Testament in Deuteronomy 15:11: "For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land." Moreover, in the New Testament, Mark 14:7 records: "The poor you will have with you and you can help them whenever you want."

We are experiencing what has been one of the harshest and quickest crashes in history. The recent stock market crash has wiped trillions in household wealth, and savaged the investment portfolios and retirement accounts of many. Investors, especially retirees, could be forced to cut back their spending, as many will simply lack the necessary assets to sustain their previous spending patterns. So, let's use some good ole common sense. Let's show kindness as a language, because the deaf can hear it and the blind can see it. So often we underestimate the power of a hug, a touch, a kind word, a listening ear, an honest compliment, or the smallest act of caring. This is what changes lives. Blaming those who are already struggling to survive does not help anyone. Does anyone still have questions about why some people don't trust the government?

Until next time ...

Dorothy

Washington in One Minute



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

1. The House and Senate are in recess through at least April 20, 2020 (they were already scheduled to be in recess April 6-17).

2. President Trump announced on Saturday that he was deploying 1,000 additional military medical personnel to New York City to aid its coronavirus outbreak response. On Friday, the Department of Defense announced that it was altering its previous restrictions and would allow “convalescent” and “low-acuity” COVID-19 patients at the 2,500-bed Javits Federal Medical Station (FMS) in New York City, the Morial FMS in New Orleans, and the Kay Bailey Hutchison FMS in Dallas. It also will allow patients without a negative COVID-19 test to be admitted to the 1,080-bed USNS Comfort docked at Pier 90 in New York, but

each patient will still be screened by temperature and a short questionnaire pier-side.

3. House Speaker Nancy Pelosi (D-CA) on Thursday announced the creation of a special House select committee charged with overseeing the multi-trillion dollar federal response to the coronavirus pandemic. Pelosi tapped House Democratic Whip Rep. Jim Clyburn (D-SC), the 3rd-ranking House Democrat, to lead the bipartisan panel, which will have subpoena power and will be authorized to examine all aspects of the federal response to the coronavirus, targeting waste, fraud, price-gauging, profiteering and political favoritism.

4. Last Thursday, Department of Education Secretary Betsy DeVos announced her plan to “immediately distribute” the \$6.28 billion in coronavirus economic stimulus money that’s earmarked

for emergency financial aid grants to college students. The funding is the first tranche of the nearly \$31 billion in overall education aid that was included as part of the stimulus law, H.R. 748 (116), signed by President Donald Trump last month.” The Education Department released information showing how the money would be allocated across the nation’s colleges and universities.

The stimulus law set a formula for distributing the funding based on a college’s enrollment, heavily weighted toward schools with large shares of Pell Grant recipients and excluding students who were exclusively online before the pandemic. The emergency financial aid can be used by college students for things like technology, course materials, food, shelter, health care and child care costs. Ms. DeVos said that the colleges will be required to distribute the \$6 billion worth of “emergency cash grants” directly to students. Secretary DeVos said that the “only stipulation” for colleges will be signing a certification form attesting to using the funding in accordance with the law.

5. On Saturday, House Speaker Pelosi sent a letter to all House Members telling them that the House would be writing a bill to bring to the floor this month to

continue and expand the relief from the recently-enacted CARES Act, which she is calling “CARES 2,” which would include funds for states, cities, small businesses and farmers, expand unemployment benefits, and another round of direct cash payments for Americans (read the full letter here: Letter). This is a departure from the sprawling infrastructure-focused legislation she and other top Democrats were pushing earlier in the week. Reportedly, the House bill may also retroactively repeal the \$10,000 SALT cap for 2018 and 2019, create emergency worker regulations for first responders, expand paid family and medical leave, provide a 15% increase in Supplemental Nutrition Assistance Program (SNAP) funding, include money for pensions, and a federal mandate for states to set up vote by mail for the presidential election. Last Thursday, the Senate GOP put out a guide to the 3 coronavirus bills: GOP Update and last Monday we got one from House Democrats: Toolkit

6. The U.S. Supreme Court on Friday said it would postpone oral arguments scheduled for its April session amid the coronavirus pandemic (it has not heard cases since March 4, although the justices continue

to conduct their regular Friday conferences). 6 of the 9 justices are age 65 or older: Ruth Bader Ginsburg, 87; Stephen Breyer, 81; Clarence Thomas, 71; Samuel Alito, 70; and John Roberts and Sonia Sotomayor, 65. The justices were scheduled to hear 8 cases in April, including two challenges to “faithless elector” laws, which require presidential electors to vote the way that state law directs and a challenge to the Trump administration’s expansion of the conscience exemption from the Affordable Care Act’s birth-control mandate. The Court will consider rescheduling some cases from the March and April sessions before the end of the Term, if circumstances permit.

7. On Saturday night, the GOP-controlled Wisconsin Legislature filed an emergency stay request with the U.S. Supreme Court asking it to block a lower-court order that extended the deadline for Wisconsin voters to submit absentee ballots in the state’s upcoming primary election until April 13 – six days after the election, which is scheduled for Tuesday, April 7. Wisconsin Republicans urged the Supreme Court to make clear that all absentee ballots must be postmarked (or personally delivered to the polls) no later than April 7 in order

to be counted. The court seems likely to act on the request quickly. Justice Brett Kavanaugh, who handles emergency appeals from the 7th Circuit, instructed the plaintiffs to file their response no later than 2 p.m. yesterday (Sunday, April 5). On April 2, U.S. District Judge William Conley had entered his order extending the deadline for absentee ballots, which was confirmed when, on April 3, the U.S. Court of Appeals for the 7th Circuit rejected the Wisconsin Republicans’ request to put the district court’s order on hold. Wisconsin’s Gov. Tony Evers (D) had called Legislature into special session on Saturday to extend the election date to May 19 and convert the contest entirely to a mail-in election, but they refused to take up the issue.

8. The Democratic National Committee is postponing the Democratic Presidential Convention in Milwaukee from July 13 to August 17, 2020, the week before the GOP Convention’s in Charlotte, NC on August 24. Former Vice President Joe Biden said on Sunday that the convention may have to be conducted in “virtual” mode.

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Champion Game Plan for Life *by Preston Brown*

“A NEW NORMAL”

In Matthew 28:5-6, “The angel said to the women, “Do not be afraid, for I know you are looking for Jesus, who was crucified. He is not here; He has risen, just as he said. Come and see the place where He lay.

You know, everyone is talking about this “new normal” of how things are right now. For example, we have a new normal for communicating with one another. Also in the way that we shake hands and give hugs. There is a new normal in the way that we do our shopping or participate in sporting events. And, then there is a new normal of how we worship. This coronavirus has certainly taken a toll on our nation and the world.

The disciples also had to experience a new normal when Jesus was crucified on the cross and yet He rose again, just like He said he would. You see, sometimes it can be hard to believe in things when you can't

see them, just like it was for some of the disciples. However, this is one of the main emphases of our faith: the substance of things hoped for and the evidence of things not seen. You see, Jesus had a purpose for coming to earth. First, to take back the authority



(Matt 28:18) that was given to man in the Garden of Eden when Adam and Eve sinned. Second, to be a “sin offering” by dying on a cross so that all of our sins would be forgiven. And, finally, to be Emmanuel, which means God is with us. We all have this blessed assurance that God is with us, especially in difficult times, even when we don't feel His presence near.

I'm sure the disciples perhaps were feeling the same way. But I believe

that God has a way of bringing about changes by creating certain situations.

Consider this possible conversation between Satan and Jesus written in 1942 by C. S. Lewis. Satan says, “I will cause anxiety, fear and panic.

I will shut down businesses, schools and places of worship, even sporting events. I will cause economic turmoil.” But Jesus says this: “I will bring together neighbors. I will restore the family unit. I will bring dinner back to the kitchen table. I will help people slow down their lives and

appreciate what really matters. I will teach my children to rely on me and not the world. And I will teach my children to trust me and not their money and material resources.

You see, in case you didn't realize it, when we follow Jesus and trust Him, we will discover a new normal for our lives ...

Stay encouraged, my brothers and sisters!



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Valley Deaths

**NELMS MEMORIAL FUNERAL HOME - 2501
Carmichael Avenue NW - Huntsville, AL 35816 - (256)
539-8189**

Funeral service for MRS. SUSIE GREEN (b. 1938) was held Saturday, April 11, in the Nelms Memorial Funeral Home Chapel with Elder Ronnie Patton officiating.

Funeral service for MRS. OPHELIA BARNARD SCRUGGS (b. 1934), formerly of Huntsville, Ala., will be announced later by Leak and Sons Funeral Homes of Chicago, Ill.

Graveside service for MR. WILLIE J. WALKER (b. 1929) was held Friday, April 10, at Northside Cemetery with Elder Dennis Green officiating.

Private funeral service for MOTHER MARY TATE MASTIN (b. 1938) was held Friday, April 10, at the Nelms Memorial Funeral Home Chapel with Elder Michael Mastin delivering the eulogy.

Graveside service for MRS. BONNIE ROBINSON (b. 1952) was held Saturday, April 4, at the Saint Ruth Cemetery with Pastor Dr. Maurice Childress officiating.

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

Funeral service for DEACON MACE GARNETT NEAL, JR. (B. 1946) will be held Thursday, April 16, at the Royal Chapel of Memories with Pastor Jaymes Mooney officiating. Call for date.

Public viewing for MR. WILLIAM HENDERSON REASUS (b. 1936) was held Sunday, April 12, at the Royal Funeral Home.

Public viewing for ELDER HORACE LEO GARNER (b. 1944) was held Friday, April 10, and prior to graveside service on Saturday, April 11.

Graveside service for MRS. EMMA LISA GREEN MOORE (b. 1965) was held Thursday, April 9, at Denson Cemetery (George Washington Street, Stewart Road, Tanner, Ala.).

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

Funeral service for SGT. ROBERT HAMILTON FREEMAN was held Thursday, April 16, at Serenity Funeral Home with Pastor Korie J. Anderson officiating.

A Good Read



by Jerome Saintjones



Tim Gautreaux's "Welding with Children"

It's a hot, hot Tuesday, and a grandfather and part-time welder is stuck with babysitting his four grandkids in a small Louisiana town.

He takes a look at his life. Each of his four daughters has a child conceived by playing the other woman. His wife usually takes on the babysitting task, but Tuesday is the day she goes to the casino--hell or high water.

He loads the thirsty grandkids in his car to treat them to an Icee. As he pulls in, he overhears one of two old men sitting outside the store under the Tree of Knowledge make the comment: "Here comes the bastardmobile."

He keeps his cool that day, but later, when invited by the geezer to sit down, the welder decides this would be the time to give the ancient one a piece of his mind.

Instead, the old man not only holds his own but challenges the grandpa/welder to make up for the mess he made in his daughters' lives by saving his grandchildren.

He heeds the message.

*"Education is what remains after one has forgotten
what one has learned in school."* - Albert Einstein

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

MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

LATEST COV- ID-19

INFORMATION
Alabama Department of
Public Health
www.alabamapublichealth.gov

Centers for Disease
Control and Prevention
cdc.gov

TAKEOUT/DE- LIVERY RESTAU- RANTS

[https://hsvchamber.org/
restaurant-deliveries-
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Called 2 Preach

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

The Need for More "Son" Light

Luke 24:25-31a

They were called "venetian" blinds. My first introduction to them was when my mother would assign me with the task of cleaning them. She was a stickler for cleanliness. It was only after reaching adulthood that I learned the "value" of both the "task" and the "teach-

ing."

The blinds were what kept light out and also let it in, depending on the occasion. She knew that when they were opened, the light of the sun would give illumination, but also revelation of "dust" that had accumulated over time.

The removal of the dust was necessary so that the



sun would give light without revealing the dust. I learned that there were times when mother wanted the light of the "sun" as opposed to the light provided by electric-

ity. The vitamin D supplied by sunlight contributes to healthier bones and immune system.

As it is in the natural, so it is with the spiritual. Our spirits, our hearts, our souls, need "Son" light. This is what the two travelers on the road to Emmaus discovered. Their conversation revealed that they had lost hope in the reality of the resurrection of Christ. Their

spiritual immune systems were weak and could not fight off the "dis-ease" of the doubt their conversation had revealed.

Jesus went home with them and broke bread and opened their understanding that they might comprehend the Scriptures. After receiving this "S-O-N" light, they went back to Jerusalem filled with "great joy."

"Change the world by being yourself."

- Amy Poehler

Boosting the Immune System Through Diet, Fighting COVID

Autophagy is our body's way of cleaning out cells that are damaged, so it can repair some and generate new, healthy cells. It's an intracellular cleaning process that's beneficial to our overall health. It's actually like resetting your immune system.

Many have heard of, thought about, and even participated in fasting, the act of food restriction for several hours a day has been a popular practice for many years. Some personally know people that fast days at a time. There are a multitude of fasting methods.

Intermittent fasting has been trending lately and there are a few TV doctors touting intermittent fasting programs of their own. It is believed that restricting cal-

orie intake for a certain number of hours, and for a specific number of days, may offer a wealth of health benefits such as controlling inflammation (a study in Nutrition Research), aiding in lowering blood pressure (in a study in Nutrition and Healthy Aging), may lower cholesterol (in a study in Obesity), and may even boost your immunity (in a study in Autophagy) along with healthy eating choices.

Something exciting happens when you start intermittent fasting, you induce the process of autophagy.

Autophagy is our body's way of cleaning out cells that are damaged, so it can repair some and generate new, healthy cells. It's an intracel-



lular cleaning process that's beneficial to our overall health.

"Autophagy is one of the first lines of defense against any virus and what essentially it does, it goes around cleaning out the excess in the system, and not eating, your body wants to get rid of extraneous cells," according to Dr. Jason Fung, Nephrologist discussing the process on "Good Morning America."

- BlackDoctor.org

Spotlight on Our Elders ... Featuring

Mrs. Effie Gaines

One of Huntsville's local heroines is known to many as Mrs. Effie Gaines. Effie is also affectionally known throughout the church community as "Mother Gaines," and she is known to her family and close friends simply as "Madea," and "Mu"; and "Aunt Effie" to everyone else.

Effie is the youngest child of the late Al and Laura Douglas. She was married 39 years to the late Mr. Ruben Gaines, and she is the mother of their five children. Mrs. Gaines has extraordinarily juggled being a wife, mother, musician and chef. Many know that all it takes is a request for a cake, pie, or homemade rolls for holidays or

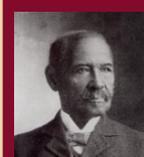
"just because," and Effie is the one to go to for a heavenly dessert. While Effie was just a small child, other church members began to take notice of the little girl singing her heart out with a voice and fervor beyond her years.

She showed great musical promise and taught herself to play the piano at the age of 8 years old. As a result, she is recognized as a gifted soloist and pianist with a voice that exudes feelings from its spiritual roots.

A true servant, this very gifted and humble lady answers whenever she is called upon to deliver her heart-felt and soothing music. Her music



transforms the heaviness of mourning to a place of hope and peace. The sheer number of performance requests for weddings, funerals, and other church engagements are enormous and performed without an expectation of compensation. Effie's commitment to serving her Father in Heaven is the reward that keeps her going.



APRIL 17 - Born in Arkansas, MIFFLIN WISTAR GIBBS was the first elected black judge in the United States. He was also a businessman, lawyer and banker.

- BlackinTime.info

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Edward Jones
MAKING SENSE OF INVESTING

TARCOG Executive Director Becomes AICP Fellow

The Top of Alabama Regional Council of Governments (TARCOG) Board of Directors and other officials and local residents are congratulating Michelle Gilliam Jordan for being named to the American Institute of Certified Planners (AICP) 2020 College of Fellows.

Fellowship is granted to planners who have achieved certification through the American Planning Association's professional institute, the American Institute of Certified Planners, and have achieved excellence in professional practice, teaching and mentoring, research, public and community service, and leadership.

Invitations to join the College of Fellows come after a thorough nomination and review process, ensuring the candidate has had a positive, long-lasting impact on the planning profession.

"Individuals who make up the College of Fellows are the true leaders of the planning profession," said

past AICP President Valerie Hubbard, FAICP.

"These individuals have made lasting contributions to the profession and have inspired generations of new planners. They are truly awe-inspiring."

"We are incredibly proud of Michelle's accomplishments in the Planning profession, and look forward to celebrating her contributions throughout our five-county Region for years to come," said TARCOG Board President, Thornton Stanley, Jr.

Jordan's most significant contribution is her service and advocacy in supporting African-American planning students in their transition to professional planning practice.

Whether in the City of Huntsville, where Jordan



was the first African-American and female to lead the Planning Department of Alabama's economic engine; with the City of Decatur, where

she transformed neighborhoods as the Planning and Development Director; or as Executive Director of the Top of Alabama Regional Council of Governments,

Jordan has been very dedicated to the inclusion and hiring of dozens of Planning students of color, many of whom are making significant contributions to underserved communities and populations throughout the country.

Her role in shaping North Alabama's growth and development is undeniable, and her efforts to increase affordable housing options and paths to home-ownership,

neighborhood reinvestment, and public-private partnerships are just a few of the reasons why she has been selected for admittance into the Col-

lege of Fellows.

Jordan is one of 53 inductees into this year's College of Fellows. Inductions are done biennially. This year's formal induction was

scheduled to take place during APA's National Planning Conference in Houston, Tex.; plans are in the works for a formal celebration of this honor at a later date due

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\$1500 Scholarship

Requirements for receiving the scholarship:

- Student must be an African American male
- Student must have been officially admitted to a college/university
- Student must reside in the Huntsville/Madison County/Florence/Lauderdale County area
- Student must have a minimum 3.0 GPA
- Student must have demonstrated a high degree of respect for self and others, a commitment to learning, and community involvement
- Student must include a transcript
- Student must include two (2) letters of recommendation. One from a school official and one from a community leader
- Application deadline: May 22, 2020

For Additional Information Contact:

Wilbert Brown at
wlb72@aol.com

or

Christopher Evans at
caevans14@gmail.com

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