

GLENWOOD CEMETERY PROJECT Wins National Award - p. 8

FREE



“Costs and Rewards” - p. 4

Friday
April 17, 2026
Vol. 12, No. 33
ValleyWeeklyllc.com

The Valley Weekly

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Ms. Lettye A. Boyd

“We must love one another or die.” — W. H. Auden

AAMU Team Wins Telly Award Nominations

For the second consecutive year, Alabama A&M University’s advertising and branding team has been recognized on one of the most competitive stages in video and digital storytelling, earning nominations in the prestigious Telly Awards. The Telly Judging Council selected two AAMU content projects for official nomination for the 47th Annual People’s Telly Awards, placing the University among the top entries.

Social Video — “2025 Rivalry Week Series”
Branded Content — “Alabama A&M University 150th Anniversary: Love the Future”

The Rivalry Week Series builds on the University’s now award-winning storytelling approach, capturing the culture, humor, and intensity of the Magic City Classic rivalry through cinematic, episodic content. Public voting is now open, for details visit [HERE](#).

Conservatory Announcing New ‘Microwave Dave’ Studio

The Valley Conservatory will hold the grand opening of its new recording studio on Sunday, April 19, at 12-6 p.m. at 5732 U.S. Hwy. 431 S, Brownsboro, Ala. (Hamp-ton Cove area).

The event will begin with a ribbon cutting ceremony, followed by a special dedication David Gallaher (“Microwave Dave”) control room. The Conservatory will also introduce its Wall of Fame, recognizing local musicians, including Devere Pride.

HBC Announces Vision Banquet

The Huntsville Bible College is announcing the scheduling of the Dr. John Clay Vision Banquet on Friday, June 5, at the Von Braun Center East Hall at 7 p.m.



According to Dr. Lyle M. Lee, HBC president, the festive annual activity will feature Dr. Howard-John Wesley (above), as guest speaker. Dr. Wesley is senior pastor at Alfred Street Baptist Church in Alexandria, Va.

For ticket information, call (256) 469-7536 or visit www.huntsvillebiblecollege.com.

Senior Fun Fest Set for May 12 at AAMU

TARCOG is preparing for an Older Americans Month celebration to remember with a Homecoming-themed Senior Fun Fest this year. Think pep rallies, tailgating, and lots of nostalgic fun.

This year’s 39th annual event will be on Tuesday, May 12, from 10 a.m. to 1 p.m., at the Alabama A&M Agribition Center, 4925 Moores Mill Road in Huntsville. Tickets will go on sale April 6.

Advance tickets are \$5 and may be purchased at any senior center or Council on Aging office in DeKalb, Jackson, Limestone, Madison and Marshall counties by April 24. Additionally, advance tickets will be available for purchase at the new TARCOG office at 4976 Corporate Drive NW, in Huntsville.



Congressional Visit: U.S. Representative Dale Strong (AL-05; 2nd, left) visited the Leidos Advanced Training Center at Drake State Community and Technical College last week, joining Drake State president Patricia Sims (c), faculty and staff to celebrate the enduring partnership between Drake State and the community, while honoring Drake’s 65th anniversary. Congressman Strong presents Certificate of Recognition to President Dr. Patricia Sims and workforce administrators, joined by (l-r) Doug Brazier, dean of workforce/CTE, Dr. Carolyn Henderson, dean of instruction; and Joseph Bevel, interim director of workforce development. (Submitted by Richard Davis)

Harrison Center Golf Tournament Set

The Colonial Golf Course will be the site for golf, fun and great food on May 22! Shotgun start at 8 a.m.; lunch included (2-person scramble; Longest Drive, Closest to the Pin). \$100 per person. Contact Bryan Primm at (256) 929-9975.

The Valley Weekly

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

1. CONGRESS. The House and Senate return to session this week after a two-week break. The House will take up reauthorization of FISA Section 702, which expires on April 20 and allows warrantless surveillance of non-Americans abroad, and a Democratic-sponsored bill to reinstate Temporary Protected Status for Haitian immigrants for three years. The House may also vote on expelling Reps. Eric Swalwell (D-CA) and Tony Gonzales (R-TX) for alleged sexual misconduct (expulsion requires a 2/3 majority).

There will be War Powers Resolution votes in both the House and the Senate, with debates on the administration's conduct of the Iran War. Army Secretary Dan Driscoll

was scheduled to testify Thursday before the House Appropriations Committee, receiving questions about Iran. Last Thursday, a group of House Democrats tried to bring up a War Powers Resolution during the House pro forma session but were not recognized by the chair.

Last Friday, Rep. Jamie Raskin (D-MD) held a virtual briefing for House Democrats on Sec. 4 of the 25th Amendment, which empowers the Vice President and a majority of the Cabinet to declare the President unable to discharge his duties (if the President disputes this, Congress decides the issue, requiring a two-thirds vote in both houses).

2. EXECUTIVE BRANCH. On Sunday, the President announced that the U.S. would immediately begin a blockade of the Strait of Hormuz after

21 hours of talks to end the Iran War failed to reach a resolution over the week-end. The President traveled to Arizona and Nevada this week to discuss tax cuts from last year's One Big Beautiful Bill Act. OMB Director Russell Vought testified before the Senate Budget Committee on Thursday regarding the President's FY2027 budget request. Last Friday, the President met with Senate Budget Committee Chair Lindsey Graham (R-SC) and Senate Majority Whip John Barrasso (R-WY) to discuss the upcoming Budget Reconciliation bill to fund the ICE and CBP agencies.

The Justice Department announced last week that former Attorney General Pam Bondi will not appear on Tuesday before the House Oversight Committee for a deposition on the Epstein files since she is no longer Attorney General and was subpoenaed in her capacity as Attorney General.

In related news, on Thursday, First Lady Melania Trump summoned reporters to the White House to give a surprise statement about Epstein, saying she had no relationship with him, was not a

victim of his, and had no knowledge of his crimes. She also called on Congress to hold public hearings for Epstein's victims.

3. SUPREME COURT. The Court has no oral arguments scheduled until April 20.

4. WORKFORCE. On April 6, the House Education and Workforce Committee released the Stronger Workforce for America Act of 2026, a party-line Republican bill to reauthorize the Workforce Innovation and Opportunity Act (WIOA). The legislation would permanently authorize the Strengthening Community Colleges Training Grants (SCCTG) program at \$65 million annually and streamline

access to eligible training providers for apprenticeship and Workforce Pell programs. Notably, the bill would permanently transfer Adult Education from the Department of Education to the Department of Labor, a structural shift with significant implications for workforce-aligned education delivery. HCG will continue to monitor the bill's progress and keep clients informed as committee action unfolds.

5. MARCH ECONOMIC REPORTS. On Thursday, the Commerce Department reported that 4Q GDP was revised downward to 0.5% from 0.7% — a sharp decline from 3Q's 4.4% growth. On Friday, the Labor Department announced that U.S.

consumer prices rose 0.9% in March, driven by a 21% increase in gas prices (the largest spike ever) — for an annual rate of 3.3%. Core prices, excluding the volatile food and energy categories, were up 0.2% from the prior month, notching an annual rate of 2.6%. Other notable increases included airfares, up 2.7% in March (up 14.9% for the year), and peanut butter, up 2.2%.

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The Valley Weekly

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LEE MARSHALL: Making Impact and Building Since 2004

There is something deeply powerful about a life devoted to loving others—especially those who need it most. In every community, there are individuals who quietly step forward, not for recognition, but because their hearts will not allow them to stand still in the face of need. Lee Marshall is one of those individuals, a woman whose compassion has created a ripple effect of care, dignity, and hope through her work as Founder and CEO of Kids to Love.

What makes Marshall’s impact unusual is not simply the scale of her work, but the depth of her commitment to those often overlooked—the children navigating the uncertainties of foster care. At a time when many see the challenges within the system as too complex or too overwhelming, Marshall saw possibility. She recognized that every child deserves not just placement, but dignity, stability, and love.



Recently, I had the privilege of attending a luncheon hosted by Lee, and what stood out most was not just the organization itself, but the stories. She shared success stories, with impactful data, of children and families whose lives have been forever changed. These were not abstract outcomes or statistics; they were real lives, filled with renewed hope, stability, and opportunity. Hearing one testimony brought into clear focus the heart behind the mission.

What makes this journey even more remarkable is that Marshall stepped away from a successful career in broadcasting to answer a deeper calling. In doing so, she did more than start an organization—she began building a legacy rooted in care, compassion, and unwavering commitment to the well-being of children.

Through Kids to Love, that belief has been transformed into action. From providing essentials like clothing and school supplies to creating safe, nurturing environments where children can feel seen and valued, the organization meets both tangible and emotional needs. Yet beyond the programs and services lies something even more powerful: a restoration of hope.

Marshall’s legacy is being built not in headlines, but in quiet, consistent acts of care. It is found in the confidence of a child who feels prepared for school, the relief of a foster parent who no longer feels alone, and the resilience of young people who begin to believe in their own futures again. This is impact that cannot always be measured, but it can always be felt.

In a community that often measures success by growth statistics and economic development, Lee Marshall reminds us that the most enduring legacy is found in how we care for one another—especially the most vulnerable among us. Her work challenges all of us to look beyond ourselves and ask a simple but profound question: What can we do to make life better for someone else?

Because of her vision, Huntsville is not only growing—it is becoming stronger, more compassionate, and more connected. And that is the kind of legacy that will last for generations.

Until next week ...

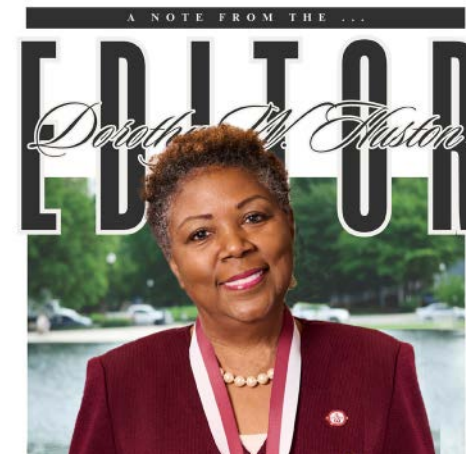


Dorothy

APRIL 17 - KIMBERLY ELISE TRAMMEL - Kimberly Elise Trammel is an American film and television actress. She made her feature film debut in *Set It Off* (1996), and later received critical acclaim for her performance in *Beloved* (1998). During her career, Elise has appeared in films such as *John Q.* (2002), *The Manchurian Candidate* (2004), *Diary of a Mad Black Woman* (2005), *The Great Debaters* (2007), *For Colored Girls* (2010), *Dope* (2015), *Almost Christmas* (2016) and *Death Wish* (2018). She received a nomination for Independent Spirit Award for Best Female Lead for her performance in the 2004 drama film, *Woman Thou Art Loosed*, and played the leading roles in a number of made for television movies. Elise also starred in the CBS crime drama series, *Close to Home* (2005–07), and in 2013 began starring in the VH1 comedy-drama series, *Hit the Floor*. She is four-time NAACP Image Awards winner.



- Blackcelebritybirthdays.org



Spiritual Game Plan

Valley Weekly
PRESTON BROWN'S



Today's Spiritual Game Plan:

"Costs and Rewards"

In Luke 18:18, it says, "A certain ruler asked him, Good teacher, what must I do to inherit eternal life?" Jesus answers in verse 22, "Sell everything that you have and give to the poor, and you will have treasures in heaven."

You know, one of the things that we have to realize is that, in this life, there is always going to be a cost for everything that we do, but there are also rewards. For example, if we want to have a healthy relationship with someone, then we need to spend quality time with that person. So your reward will be a satisfying relationship. If you want to get in shape or lose weight, you have to give up certain foods and perhaps work out more, but your reward will be a healthy body. The same can be said in our spiritual lives: there is a cost for following Jesus, but He also provides us with a reward. And that reward is eternal life.

Now, being a disciple of Jesus Christ is more than just being forgiven or just coming to church. Being a disciple is the process of moving toward spiritual adulthood. It's conducting yourself in

such a way that others can see the good works that God is doing in your life. But it all comes with a price. So we have to watch what we say and watch what we do and watch how we live.

You see, we may have to pay a price, but God offers a reward. And that reward comes from growing in the knowledge of God. So what must we do to be a follower of Jesus Christ? We need to continue to grow spiritually and believe in the one that God sent.

Prayer: Loving Father, help us to understand that



the rewards outweigh the costs for following you.

Question: What price are you willing to pay for your salvation? No need to worry, because Jesus paid it all.

Stay encouraged, my

brothers and sisters, and make sure you purchase a copy of my books, *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life*, at amazon.com.

NEXT WEEK:
"From Hate to Hope"



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Funeral services for MS. CAROLYN BOND (b. 1943); MS. CASSANDRA FORD (b. 1964); MR. QUINCY FORD (b. 1985) and MR. RALPH LOGAN (b. 1955) will be announced at a later date.

Funeral service for MR. THEODORE A. BREACH, JR., (b. 1966) will be Saturday, April 18, at 1 p.m. at Nelms Memorial Funeral Home Chapel.



Memorial service for DR. ERNST CEBERT (b. 1954) was Sunday, April 12, at First Seventh Day Adventist Church.

Funeral service for MS. RACHAEL D. JACKSON (b. 1955) was Sunday, April 12, at Hopewell Missionary Baptist Church with Pastor Larry Davidson, Jr. officiating.

Funeral service for MRS. MATTIE DAVIS (b. 1933) was Saturday, April 11, at Pine Grove M. B. Church with Rev. Wesley Thompson officiating.

Funeral service for MR. KEVIN TREMAYNE SMITH (b. 1971) was Saturday, April 11, at 1 p.m. at Greater Hope Missionary Baptist Church in Athens, Alabama, with Pastor Marcus Moore officiating.

Funeral service for MR. TEVIN JEROME BENNETT (b. 1992) was Wednesday, April 8, at Little Indian Creek Primitive Baptist Church, 884 Indian Creek Road NW, Huntsville, Ala., with Elder Dr. Maurice Childress officiating and Elder Dr. Jerry L. Crutcher, Pastor.

Funeral service for MR. CHARLES R. LYNCH (b. 1966) was Thursday, April 2, at First Missionary Baptist Church, Blue Spring Road, Huntsville, Ala., with Rev. Dr. Carlos D. Williams officiating.

The Strategic Pause: Why Rest Still Matters

For too long, we have treated exhaustion like a badge of honor. Blurry eyes, late nights, and constant motion have been praised as proof of seriousness and success. But that old model is costing us more than it is giving us.

Sleep is not weakness. Rest is not laziness. And the pause is not the enemy of productivity.

Glassdoor, a popular job search and recruitment platform, reported that mentions of burnout in employee reviews rose 32% year over year in Q1 2025, hitting their highest level since tracking began in 2016, and workers mentioning burnout were 59% more likely to apply for a new job soon afterward. Gallup says 42% of employee turnover is preventable, yet many organizations ignore the warning signs until it is too late. (glassdoor.com) (gallup.com)

What makes this conversation even deeper is that God addressed rest long before Glassdoor, Gallup, or Reuters. According to Scripture, rest was not an afterthought. It was built into creation from the beginning. God did not rest on the seventh day because He was tired. He rested because the work was finished, and He set that day aside as a memorial, a celebration, and a pattern for humanity.



That is why I keep returning to this line: a first-day rest prepares the worker, while a seventh-day rest prepares the work.

That seventh-day Sabbath rhythm teaches us that rest is not merely recovery from exhaustion. It is part of the divine order of life. It reminds us that human beings are not machines, that work has limits, and that wise leadership begins by honoring the rhythm God established from the beginning of time.

In late March, Reuters reported a Los Angeles jury found Meta and Google negligent in a case involving addictive platform design and harm to a young user. Adults are being overworked into sleep deprivation, while children are being overstimulated into sleep deprivation. One loses rest to hustle culture. The other loses rest to scroll culture. (reuters.com)

The lesson is plain: rest is not retreat from leadership. It is preparation for it. And a society that refuses God's rhythm of rest will eventually pay for its unrest — in morale, in money, and in the next generation.

#StrategicPause #Leadership #Burnout #Sabbath
#Rest #EMC2 #WorkplaceCulture #Sleep

Tim Allston

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Join us Mondays through Fridays for *Tim Allston's Leadership Nuggets: Educating, Equipping, and Empowering Emerging Leaders to Manage Ego Problems in 60 Seconds* (7am, 1pm, and 7pm), as well as for *The Tim Commandments of Leadership* (4pm), all Central Time and all available on Facebook, YouTube, and LinkedIn.

Millennial Moment

by Gloria B. Caldwell

"Traveling ..."



Time to get away. It's been a long season, and you must kick back, release, and recharge. So, let's find our destination. Where are we going? Are we driving, riding a bus or train, or flying?

Where are we staying when we get there? Is it with a friend who lives in the area or a hotel/resort/Airbnb in that location?

Have we booked it? What are we going to do when we get there? Rest/ observe or tour/ party, eat well, explore? What is the plan? What are you packing? Do you have all of the toiletries you need? Are the clothes and shoes conducive to your travels?

A well-planned trip

makes for a good, relaxing time. Now, there may be unexpected delays, weather, or instances that happen, but you will be as ready as you can be to deal with those as they come.

So, now, we've gone through things we do to travel and enjoy time when we feel the need to break. However, these are things you need to do daily to prepare yourself for a real journey, life!

Figure out where

you're going (potential). What is your method to get there (path)? Where are you staying (prioritize)? What are you doing when you get there (plan)? What are you packing (preparation)? Being ready for the unknown (power).

Personal growth and purpose are the most significant travels you will take.

Ask yourself: are you prepared for the biggest journey of your life?

Lace Up! *Let's Go!*

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The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

April 16
Spring Concert
Wiz Khalifa
University of North Ala-
bama
CB&S Bank Arena
Florence, Ala.

April 17
Concert
Rod Stewart
"One Last Time"
(with Special Guest How-
ard Jones)-RodStewart.com
The Orion Amphitheater
Huntsville, Ala.

Black Tie Scholarship Gala
Alabama A&M University
Featuring DJ Jazzy Jeff,
Tamia
The Event Center
AAMU Campus
Huntsville, Ala.
6:30 p.m.

April 17-19
Jim Cummings
Huntsville Comic & Pop
Culture Expo
Von Braun Center
Huntsville, Ala.

April 18

"Finer en Blanc"
19th Annual Blue Revue
Delta Omega Zeta Chapter
Zeta Phi Beta Sorority, Inc.
Entertainment by DJ 4Klub
and The Brightlight Expe-
rience
(Attire: All-white cocktail
attire and fashionable hats
are highly encouraged to
honor the spirit of the oc-
casion)
The Summit at Redstone
Arsenal
VIP Hour: 6-7 p.m.
Main: 7-10 p.m.
www.deltaomegazeta.com

Performance
Mario
Bulldog Choice Awards
Alabama A&M University
6 p.m.

Concert
ZZ Top & Dwight Yoakam
The Orion Amphitheater
Huntsville, Ala.
7 p.m.

April 22
Earth Day
April 24
Cake
Orion Amphitheater
MidCity
Huntsville, Ala.
8 p.m.

April 24-26
Panoply

Monster Jam
Propst Arena

Von Braun Center
Huntsville, Ala.
May 1
AAMU Alumni White
Party
Huntsville Country Club
2601 Oakwood Avenue
NW
Huntsville, Ala.
7 p.m.

Concert
Ty Myers
The Orion Amphitheater

Huntsville, Ala.
7:30 p.m.
May 2
AAMU Alumni Awards
Luncheon
Ernest L. Knight Center
Alabama A&M University
12 noon-2 p.m.

Ethel Cain
The Orion Amphitheater
Huntsville, Ala.
8 p.m.

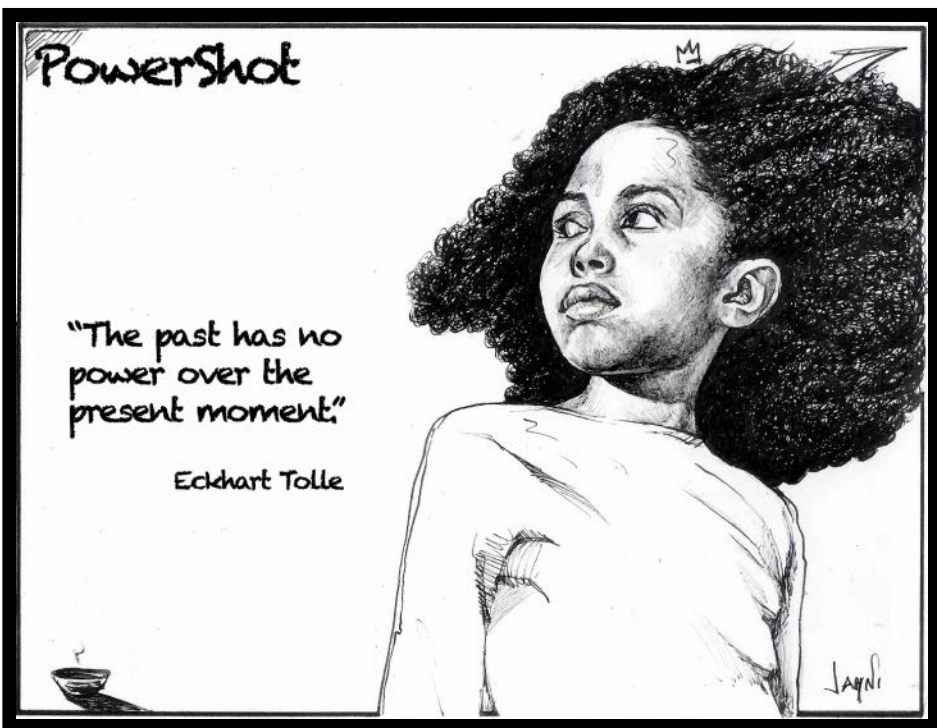


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ON THIS DAY

On April 17, 1983, significant events include Alice Walker winning the Pulitzer Prize for *The Color Purple* in 1983 and the founding of the Student Nonviolent Coordinating Committee (SNCC) in 1960.
- Blackfacts.com

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Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

Ms. Lettye Boyd

Lettie A. Boyd, a native of Auburn, Ala., is the daughter of the late Lois D. Boyd and the late J. D. Boyd. She graduated from Lee County Training School in 1957, attending historic Fisk University in Nashville, Tenn., from 1957-58.

In 1961, however, she received the B.S. degree in Elementary Education and Music from Alabama A&M University. She pursued additional studies at Alabama A&M University, Grove City College, Virginia State University and Jackson State University.

Boyd's 33-year professional career includes student teacher, 2nd Grade & Music, 1961, Cherry Street Elementary School, Decatur, Ala.; teacher, 2nd Grade & Music, 1961-63, Laney Elementary School, Waverly Hall, Ga.; teacher, Music & Other, 1963-1970, Councill Senior High School, formerly Councill Training School, Normal, Ala.; teacher, Music & Other, Four Summers, Madison County Headstart Program, Madison County Schools; and teacher, Music & Other, 1970-93, Madison Cross Roads School, Toney, Ala.,



(established the school's first organized music program).

Ms. Boyd's numerous other skills and interests are exemplified by her service as Choral Director, 1978-80, First Missionary Baptist Church, Huntsville, Ala.; Minister of Music, 1980-2000, First Missionary Baptist Church, Huntsville, Ala.; Director, 1988, Alabama A&M University Alumni Choir, Normal, Ala.; Choral Director, 2000-Present, First Missionary Baptist Church, Huntsville, Ala.; and Office Manager/Bookkeeper (1993-2011) Rocket City Charter Service, Harvest, Ala.

She is affiliated with several professional, community and civic organizations, among them the Alabama Education Association, Alabama State Teacher's Association, Madison County Teacher's Association, Georgia Teacher's Association, First Missionary Baptist Church, Huntsville Christian Service Singers, Epsilon Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Inc. (Organized the Chapter's First Choral Ensemble), and many others.



"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at www.rosettajamesfoundation.org. Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to info@valleyweeklyllc.com.

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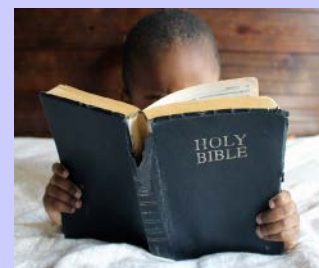
The Valley Weekly

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This Sunday's Lectionary

Sunday, April 19, 2026
Third Sunday
of Easter



(Track 2, Year A)
First Lesson:
Acts 2:14a, 36-41
Psalm 116: 1-3, 10-17
Second Lesson:
1 Peter 1:17-23
GOSPEL:
Luke 24:13-35

Glenwood Cemetery Project Wins National Honors

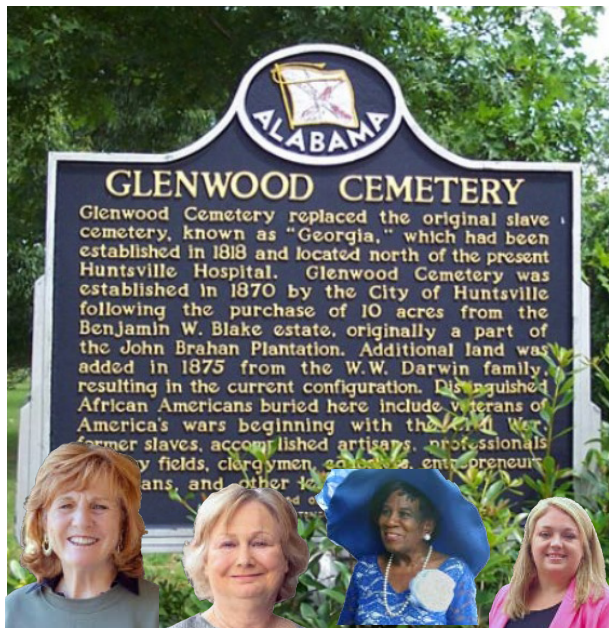
The Twickenham Town Chapter, National Society Daughters of the American Revolution, is honored to announce that its Glenwood Cemetery project has been named the 2026 National First Place Winner in the NSDAR Historic Preservation Project Contest.

This prestigious national recognition honors the chapter's work in preserving and sharing the history of Glenwood Cemetery, Huntsville's oldest surviving African American burial ground, established in 1870. Through this project, chapter members transformed decades of privately held research into a permanent, publicly accessible digital archive and virtual walking tour,

ensuring that the lives and contributions of those buried at Glenwood are no longer hidden from public view.

Led by Historic Preservation Committee Chair Penny Sumners, Registrar Dr. Dorla Evans, Glenwood historian Ollye Conley, and Huntsville Cemetery Director Tara Sloan, (r) the project brought together DAR members, community volunteers, educators, and local partners to document and interpret the stories of 72 individuals interred at the cemetery.

The walking tour, which is accessible both on-site through a QR-coded sign and online, features biographical narratives, photographs, census records, military service files,



and other primary sources, including the stories of African American soldiers who served in the United States Colored Troops.

By preserving this

irreplaceable history and making it freely available to students, researchers, residents, and visitors, the Twickenham Town Chapter has created a lasting educational resource and a meaningful tribute to Huntsville's African American heritage.

Buried at Glenwood are people of great accomplishment, including doctors, educators, clergymen, political leaders, merchants, and artisans. Tombstones identify those who fought in America's war, risking their lives in defense of a nation that denied their

civil rights. No burial records for Glenwood were kept until the 1950s and there was no historical plot of the cemetery. Working with community volunteers, the Huntsville Cemetery Director, Joy McKee, coordinated a project that identified, located, and cataloged all the graves in Glenwood cemetery, many of which were unmarked. Their efforts led to the listing of Glenwood Cemetery in Alabama's Register of Historic Cemeteries and the National Register of Historic Places. *Contact: (256) 427-5730*

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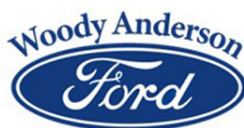


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Rev. Dr. Mitchell M. Walker, Sr., Pastor-Teacher
Submitted by Minister Toni Savage, Ph.D.
President/Founder, Daughter of Zion Ministries



Rev. Hank Mays



Reverend Johnnie L. Wilson, Jr.



Dr. Mitchell Walker



Mother Bettye Cain



Reverend Dr. Kanunu Emmanuel Busambwa



Reverend Jeffery D. Postell



Reverend Dr. Carlos D. Williams



Reverend Valerie Burton



Reverend Dr. Toni Savage



AUNT IRMA MAKES IT PLAIN ...

Not Every “Doctor” on Your Feed Is There to Heal You!



There’s a new figure in the Black digital landscape: The well-lit, well-spoken “doctor” warning you about kidney disease.

*Some are real.
Some are helpful.
Some are selling.
And some... aren't even human.*

Let’s sort them out.

Why You’re Seeing So Many of Them Now

Chronic kidney disease isn’t random—it’s patterned.

Black Americans are disproportionately affected and often progress faster to kidney failure. Many patients don’t even know they have it until late stages.

That gap—between risk and awareness—is exactly where social media has rushed in.

Doctors see it as outreach. Institutions see it as equity work. Algorithms see it as engagement.

And influencers? They see opportunity.

The Credible Voices (Science First, Not Supplements First)

These are the kinds of people Aunt Irma would trust—not because they’re loud, but because they’re traceable.

1. Deidra Crews – The Research Backbone Professor at Johns Hopkins; Studies why Black patients have worse kidney outcomes; Works on diet, hypertension, and social determinants of health

Her lane is not TikTok theatrics—it’s data.

Translation:

If you want to understand why the disease hits differently—and what actually helps—this is where you start.

2. Joel Bervell – The Myth Breaker

Physician with major social media reach; Focuses on debunking medical myths and racial bias in care; Highlighted issues like race-based kidney function formulas

Important context:

Medicine itself has been flawed—Black patients were historically evaluated with biased kidney equations that could delay treatment

Bervell’s value:

He explains the system, not just symptoms.

3. Samira Farouk – The Educator’s Educator Nephrologist and medical educator; Leader in “open-access” kidney education online; Helps train doctors and students globally

Translation:

She’s not selling kidney cures—she’s teaching the people who treat them.

4. National Kidney Foundation – Institutional Signal

One of the most trusted kidney organizations; Works with physicians, researchers, and patients; Focus on early detection, prevention, and evidence-based care

When in doubt:

If messaging aligns with NKF guidelines, it’s probably grounded.

5. American Society of Nephrology – The Professional Standard

Over 20,000 kidney specialists; Sets research direction and clinical standards

Translation:

If a claim contradicts mainstream nephrology, proceed carefully.

What Real Experts Talk About (and What They Don’t)

Credible messaging sounds like:

Control blood pressure and diabetes
Reduce sodium, monitor protein
Early screening and lab tracking
Medication adherence
Structural issues (access, bias, diet environments)

Questionable messaging

sounds like:

“This herb reverses kidney disease”
“Doctors won’t tell you this secret”
“Detox your kidneys naturally”
“One drink fixes everything”

Reality check:

CKD is usually managed, not magically reversed.

The Red Flag Economy (Aunt Irma’s Favorite Part)

Let’s be blunt. If a “doctor” is ...

*Selling powders, teas, or detox kits
Avoiding specific medical guidance
Speaking in dramatic absolutes
Impossible to verify outside social media*

Then you’re not looking at a physician.

You’re looking at a funnel.

The AI Problem

Here’s what’s changed:

AI can now generate doctor-like speech, tone, and visuals. Studies show people struggle to distinguish real vs AI medical advice.

So what you’re sensing—that something feels “off”—is often correct.

Aunt Irma’s Final Word

There is a real movement

of Black doctors trying to reach Black patients about kidney disease.

That part is genuine. But wrapped around it is:

*-algorithmic amplification
-institutional messaging
-influencer economics and now,
- artificial intelligence*

So don’t ask: “Is this doctor Black?”

Ask:

“Is this doctor accountable to science?”

HCS Fields Eight for Robotics Grant

Eight Huntsville City Schools have been selected to receive the AMSTI Robotics Grant from the Alabama State Department of Education, expanding opportunities for students to engage in hands-on robotics, coding, and engineering experiences.

The grant will provide participating schools with robotics equipment, coding devices, and instruc-

tional resources to support robotics teams and STEM learning. Students will have the opportunity to design, build, and program robots while developing critical skills such as problem-solving, collaboration, and computational thinking. The grant also supports opportunities for students to participate in robotics competitions and apply their coding and engineer-

ing skills in real-world challenges.

Schools Selected:

Artemis Virtual Acad.
Chapman Middle
Grissom High
Dawson Elementary
Lakewood Elementary
Monte Sano Elementary
Morris Elementary
Weatherly Heights Elementary



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