

# The Most Overlooked Essential Workers, p. 4

FREE

Friday

May 22, 2020

Vol. 6, No. 37

ValleyWeeklyllc.com

## 8th Wonder of the World Turns 70, p. 3

Late-Night Trips, p. 9

"What makes night within us  
may leave stars."

- Victor Hugo



## 'Architect of Rock and Roll' Slated for Burial in Huntsville

According to national news sources, the body of Rock and Roll pioneer Little Richard has been scheduled to be laid to rest at Oakwood University, one of four black colleges and universities in Huntsville, Ala.

The Associate Press and Entertainment Tonight both reported that Little Richard was slated for burial in a private ceremony at 11 a.m. on Wednesday, May 20, at Oakwood Memorial Gardens, owned by the Seventh-day Adventist institution.

The 87-year-old music legend, who died in Tullahoma, Tenn., reportedly

from bone cancer on May 9, was an alumnus of Oakwood, where he studied



theology.

Born Richard Wayne Penniman in 1932 in Macon, Ga., Little Richard, was an American singer,

songwriter, and musician. A major figure in popular music and culture for seven decades, he was often nicknamed "The Originator" and "The Architect of Rock and Roll."

His most beloved work dates from the mid-1950s, when his charismatic showmanship and dynamic music, characterized by frenetic piano playing, pounding backbeat and raspy shouted vocals, laid the foundation for Rock and Roll.

So popular was Little Richard in the early 1960s that the Beatles opened for *him* during his European tour.

## HCS Seeks Input on Proposed Calendars

Huntsville City Schools (HCS) is asking stakeholders to vote on two proposed calendars for next school year. The calendar proposals follow recommendations from the Alabama State Department of Education in pushing

back the start date of the 2020-2021 school year.

Both calendar proposals include Monday, Aug. 17, 2020, as the first day of school with tentative graduations scheduled for May 27-28, 2021. The differences between the

calendars center around how Thanksgiving holidays will be handled.

To vote for one of the plans, visit [huntsvillecityschools.org](http://huntsvillecityschools.org) and complete the calendar survey form by Friday, May 22.

## Doing Business on "The Hill"

In an effort to expand opportunities for Disadvantaged Business Enterprises (DBEs) and small businesses to conduct business with Alabama A&M University, school officials will hold an important two-hour virtual "Bulldog Builds" informational session on the subject on Thursday, May 21, at 1 p.m. Registration is now open at <https://bulldogbuilds.eventbrite.com>.

AAMU welcomes DBEs and small businesses to participate in a session on upcoming capital projects and procurements. The range of topics will include the following:

- Overview of Expenditures and the Process to Work with AAMU;
- Capital Building Projects in the Pipeline and the Bidding Process;
- Capital Projects and Process to Work with Turner Construction; and
- Overview of Hotel and Retail Development Project and the Process to Work with Hunt Services.

Among the presenters at the session are: Dr. Del Smith, dean, AAMU

College of Business and Public Affairs/Executive Director, AAMU Economic Development; Jeff Robinson, interim director, AAMU Purchasing/Director, AAMU Property Management; Brian Shipp, director, AAMU Facilities & Administrative Services; Danielle R. Barnes, director, ALDOT-AAMU DBE Supportive Services Program; Dr. Teresa Merriweather-Orok, director, AAMU Center for Entrepreneurship, Innovation and Economic Development (CEIED); Tyce Hudson, business development manager, Turner Construction; and

David Hunt, developer, Hunt Services, Inc.

In addition to AAMU and its College of Business and Public Affairs, sponsoring entities include Turner Construction, the Alabama Department of Transportation and Hunt Services, Inc.

Pre-Registration is required to attend this event. Once registered, registrants will receive information via email with instructions for joining the Zoom Meeting. For more information, please contact ALDOT-AAMU DBE Supportive Services at [aamudbe@aamu.edu](mailto:aamudbe@aamu.edu) or (256) 372-8667.

The Valley Weekly  
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# Called 2 Preach

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

## The Damning Dismissal of a Disturbing Dehortation

Matthew 27:18-24

When this passage is read, it is notable and noticeable that Pilate had exculpatory evidence, of Jesus' innocence. He was aware of the religious leaders' agenda of "getting rid" of Jesus because they were envious of His ability to appeal to the common people and His authority in His teaching as opposed



to theirs. What Pilate also had was the disturbing dehortation from his wife to "Leave that innocent man alone" (vs 19 NLT). Her nagging nightmare the night before had informed her that it was not a justifiable use of power.

What happened after that sheds light upon the depravity of man and the sovereignty of God. God's foreknowledge of Pilate's actions did not release Pilate of the responsibility of them, which are permanently recorded in the word of God. The good news of this unfor-



the evidence of Jesus' innocence and the warning from his wife. God gave him two opportunities to make a better decision, but he chose to be on "the wrong side of history (His Story). May it not be so with

fortunate decision of Pilate is that God used it to bring about the events that led to Calvary and Jesus' perfect sacrifice for the sins of

mankind; even those of Pilate. What makes it such a tragedy is that Pilate missed his opportunity to be saved because he dismissed both

you. The gospel appeal is the same as always, "Believe and you shall be saved."

### Spotlight on Our Elders ... Featuring

## Dr. Army Daniel

Dr. Army Daniel, Jr., is a respected mathematician, educator and consultant whose unique talents have been highly sought for decades.

He lists among his extensive academic credentials degrees culminating with the doctorate through his matriculation and additional studies at Alcorn State University, Tuskegee University and Michigan State University.

Dr. Daniel also excelled in both high school and college sports, lettering in football, baseball, track and tennis.

A retiree of Alabama A&M University, he taught mathematics and physics, directed Special Services and Freshman Studies, and

has served as an assistant provost. He frequently serves as consultant to the U.S. Department of Education.

Dr. Daniel is president and CEO of DDN Associates, a consulting firm. He has also served as a trustee, policy committee head and past chairman of the board for Bethel University (2009-15).

Dr. Daniel is also Chairman Emeritus of the Board of Directors of the North Alabama Center for Educational Excellence, based in Huntsville, Ala.

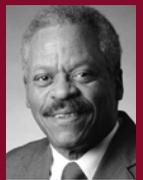
He is a dedicated member of Church Street Cumberland Presbyterian Church. The administrator also is the past moderator of the General Assembly of the Cumberland Presby-



terian Church in America, the highest office in the denomination.

Dr. Daniel is a member of the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., and he has been involved in numerous community and civic organizations.

**MAY 22 - BERNARD SHAW - Born in Chicago, Shaw was an award-winning journalist and former anchor of more than 20 years for CNN News. He previously served in the United States Marine Corps. - BlackinTime.info**



*Men must live and create.  
Live to the point of tears.*

- Albert Camus



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# 'Eighth Wonder' Turns 70

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Stevland Hardaway Morris, best known professionally as Stevie Wonder, celebrated his 70th anniversary last week on May 13.

The singer, songwriter, musician and record producer was born in Saginaw, Mich., in 1950, and now considers Detroit, Mich., his hometown. A child prodigy, Wonder signed with Motown at age 11.

His mother, Lula Mae Hardaway, was a native of Eufaula, Ala. She co-wrote many of the songs in her son's early career, including the hit, "Signed, Sealed,

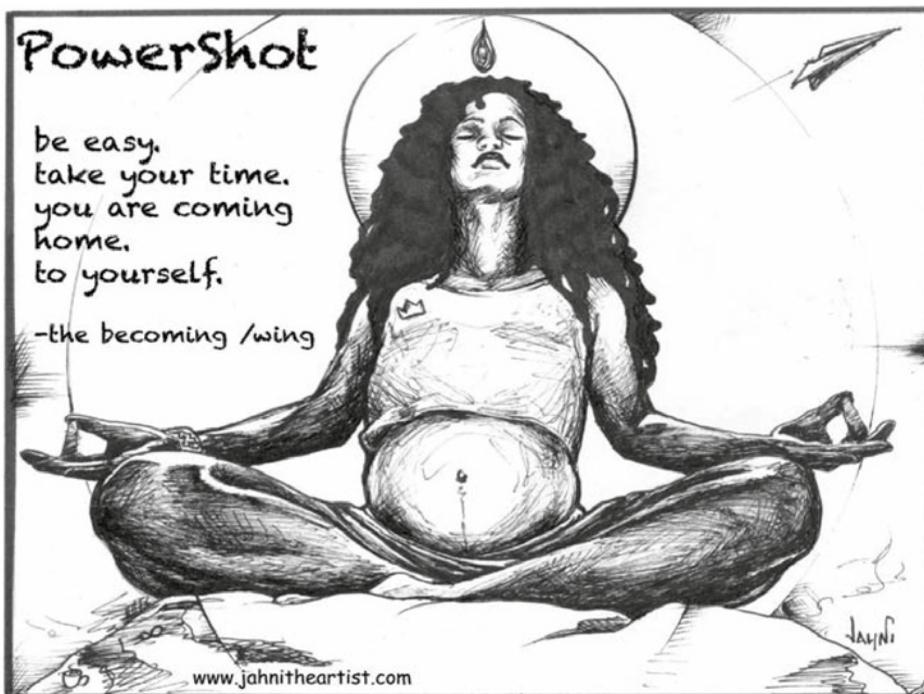
Delivered I'm Yours."

Wonder has also won 25 Grammy Awards, as well as a Grammy Lifetime Achievement Award (1996). He is the only artist to have won the Grammy with three consecutive album releases.

Wonder has been given a many awards for his music, as well as for his civil rights work, including induction into the Songwriters and the Rock and Roll halls of fame; gaining a Lifetime Achievement Award from the National Civil Rights Museum, being named one of the United Nations



Messengers of Peace, and earning a Presidential Medal of Freedom from President Barack Obama in 2014.



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## Perspectives on EGO-holism

### Michael Jordan & Scottie Pippen = Jesus Christ & ????

*"Do two people walk hand in hand if they aren't going to the same place?" - Amos 3:3, The Message Bible.*

Amos posed this question to Israel 2800 years ago - and ESPN answered him in April!

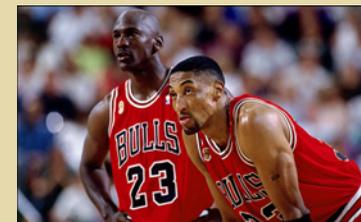
"The Gospel According to Michael Jordan" The COVID-19 pandemic shuttered live sporting events, . . . and ESPN answered with "The Last Dance."

This documentary series featured the Chicago Bulls, the National Basketball Association's winningest franchise during the 1990s, and its leader Michael Jordan.

Fittingly, Episode 2, "Pippen," zeroed in on the indispensability of Jordan's aide-de-camp. <https://images.app.goo.gl/6NAEcY9YtsPFB5hj7>

Whereas organizations can and do function without a top leader, no organization can succeed without its core of below-the-radar leaders, the silver medalists, as the Chicago Bulls dynasty showed.

"Whenever they speak (of) Michael Jordan, they should speak (also of) Scottie Pippen," Jordan said. "Everybody says I won all these championships. But I didn't win without Scottie Pippen," <https://www.usatoday.com/story/sports/nba/bulls/2020/04/20/michael-jordans-no-2-why-scottie-pippen-nbas-best-side-kick/5163703002/>.



**My Alley-oop to You, . . .**  
After Episode 2, I asked myself and now you:

If we parallel Michael Jordan to Michael Jesus (please DON'T overread this, I don't), then to whom would you parallel Scottie Pippen in Jesus' earthly ministry? Simon Peter? John the Baptist? Apostle Paul? Simon of Cyrene (as mybff Huntsvillian Alton Conwell offered)? Or, a combination of characters? And Why would you pair this person (or persons) to complement Jesus? Cite your Bible references for your opinion.

RSVP to [tim@GetEgoHelpNow.org](mailto:tim@GetEgoHelpNow.org) by Monday, May 18 - who knows? You may see your name, comments in print!

**Note:** This week's column is excerpted from tim allston's upcoming pBook/eBook/aBook, *The Coronavirus Crisis and the Rise of "Silver-Mettle" Leaders: 11 Steps up A SILVERPATH . . .* Stay tuned.



- Guest Columnist -

by John Olshefski  
Senior Vice President of Customer Care

# Essential Workers ... Utility Workers

Spending 27 years of my professional career in the United States Army, retiring as a Colonel, I always felt that soldiers, pre-9-11, were the unsung heroes of duty, selfless service, and placing the wellbeing of others before ourselves. While all of these are true, my second career as Senior Vice President for Customer Care at Huntsville Utilities has shown me the valor that makes up the men and women of the utility business. The military strives for excellence, discipline, and a sense of the unwavering commitment to team which are the foundational pillars that Huntsville Utilities displays every day, regardless of storms, pandemics, or anything else life can throw at us.

Like so many, I was guilty of taking our utilities for granted; light switches work, water flows, and gas heats. All things we expect to have every day, but rarely do people stop to consider where it comes from and how it gets to their homes. Today, utilities are taken for granted

and so expected that they are only noticed when they disappear; and our utility workers are often the unsung heroes of the day, because a lot of what they do is behind the scenes. The operation of each of these utilities is highly technical and often dangerous. Linemen have to climb poles that average 60 feet in height; repair lines in severe weather; and answer calls to restore power at all hours of the day, with an average response time of less than two hours. Water plant operators maintain a very technical system; use special chemicals in very specific levels to treat water; must test the water, at a minimum, every hour; and the plants have to be monitored and staffed 24/7 year-round.

Water operations rapidly responds to and repairs broken water pipes to keep water flowing at all times. Gas operators deal with a highly flammable substance and are responsible for the dirty work of laying pipes to supply the gas. The dispatch center is manned 24/7



to ensure that if there is a power outage, water main break and/or natural gas leak at your home or business, crews are dispatched right away to restore it immediately.

Huntsville Utilities is proud of its employees – they are its best asset. We believe that we have the best of the best, and our executive team strives to make sure they know it. HU employees chose public service because they believe it is better to be a part of something bigger than themselves. They never seek out recognition, but it

is definitely earned and should be given by those they serve, especially considering the crisis we are in. Our men and women are still on the frontline risking coming in contact with and contracting the novel coronavirus to ensure that each customer has the utilities they pay for and have come to expect. Now, we do not want to be insensitive to those who are forced out of work due to the impact on businesses, and we hurt with you during this hard time. However, our employees have

no choice. They must remain on the frontline. Electricity is required to power the hospitals that are nursing COVID-19 victims back to health. Water is a must in order to wash our hands to kill any virus with which we may have come into contact. Gas is needed to heat homes and provide hot water that is used in sanitization. It does not take much.

A simple “thank you” post on social media goes a long way. For those of you who have shown recognition and gratitude to utility workers, thank you. It is appreciated more than you know. In this time when everything is out of sorts and we all seem to be struggling in some way, a simple thank you does a lot to encourage, not just Huntsville Utilities employees, but all essential employees.

Huntsville is our home, and we are beyond proud of this community.

This year, we are celebrating 80 years of reliability, and we plan to give 80+ years more. We promise to keep working to ensure your utilities keep running. So please, take a moment and thank a utility worker today.

Every day at Huntsville Utilities, the men and women of this company wage a silent fight to be the very best to provide the required services that make this community grow. It is nothing short of a pleasure and privilege to work alongside such great Americans in our mission to provide our great community with the foundational resources it needs to fight this fight and any other that comes along.



JOHN  
OLSHEFSKI



## Champion Game Plan for Life *by Preston Brown*

### “THINKING ABOUT TOMORROW TODAY”

Matthew 6:34 says, *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble on it's on.*

You know, today we are living in unusual times, to say the least. And, for many of us, we are thinking about and worrying about “tomorrow today.”

Now, it's one thing to prepare for “tomorrow today,” but it's whole different thing to worry about “tomorrow today.”

This is because worry will get you nowhere; it only gives us something to do. However, it produces nothing but wasted energy.

In Matthew 6:25-34, Jesus talks about “worry” in such a way that it should help all of us today, as we deal with this pandemic that we are going through.

In this scripture reading Jesus reminds us that life is more important than food or clothes. In

other words, it's more important than the economy.

He also reminds us that we have more value than the birds of the air, and yet He provides them with the food that they need. And, then he sums it all up by saying, “who of you by worrying can add a single

hour to his life?”

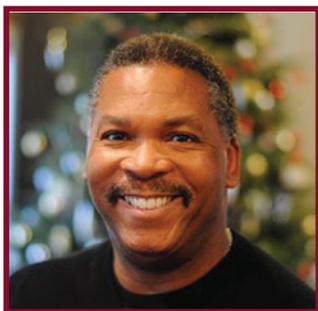
You see, I believe that it is important for all of us to prepare for this “New Normal” today

because tomorrow will come.

We should all learn how to think things through, as it pertains to our

families and loved ones. However, let us not worry about “tomorrow today.”

Let us continue trust and depend on our God, who is able to supply all of our needs ... Stay encouraged, my brothers and sisters.



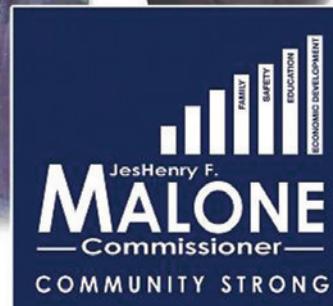
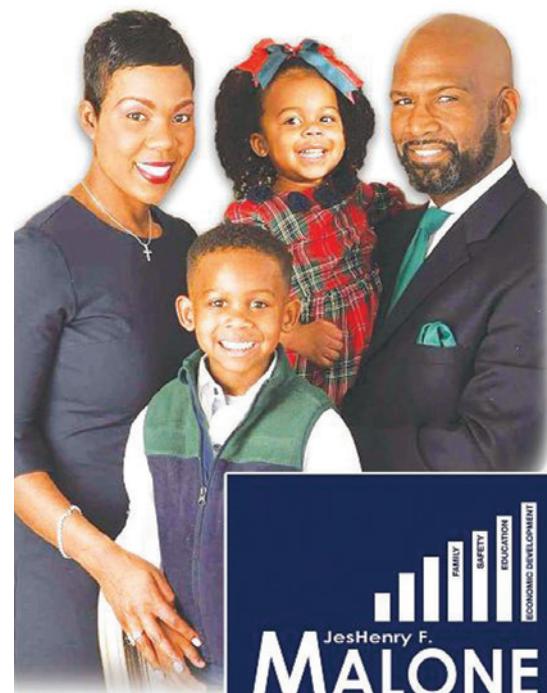
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- Secured the funding for the first road built in 20 years in District 6 and will continue to fight for our fair share for roads and infrastructure .
- Is working to recruit additional industries to the North Huntsville Industrial Park to provide jobs for our community.
- Will continue to fight to move our commission forward and to keep our streets safe and lower our crime.
- Moved our county forward by helping to bring Mazda Toyota to our county.
- Will continue to fight for our quality of life including our schools and recreation.
- Will continue to support Alabama A&M University, Oakwood University and University of Alabama Huntsville.
- Led the effort for the new service center to be located in District 6.

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# Valley Deaths

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Graveside service for MR. JAMES O. ("POO-WOO") MATTHEWS, JR. (b. 1951) was held Thursday, May 7, at Valley View Memorial Gardens with Pastor Edward Anderson officiating.

Graveside service for MR. MARSHALL JAMES COWSER (b. 1933) was held Saturday, May 2, 2020 at Valhalla Memory Gardens with The Reverend Dr. O. Wendell Davis officiating.

Graveside service for MR. CLEATUS R. MCCAULEY (b. 1959) was held Wednesday, May 6, at Valhalla Memory Gardens.

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

Funeral service for MR. LARRY WAYNE BONE was held Wednesday, May 20, at the Royal Chapel of Memories.

Graveside service for MR. ADOLPHUS GREEN, SR. (b. 1942) was held Tuesday, May 19, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.) with Reverend Richard Townsend officiating.

Funeral service for MOTHER BESSIE MAE TURNER was held Sunday, May 17, at the Draper Memorial Church of God in Christ with Pastor Dave Draper, Jr., officiating.

Funeral service for MS. BERNICE SMITH (b. 1943) was held Saturday, May 16, at the Royal Chapel of Memories with Minster Arthur Hunter officiating.

Graveside service for MR. JOHN WILLIE "DUNK" WARD (b. 1944) was held Saturday, May 16, at Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.) with Reverend Debra Holden officiating.

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

Farewell celebration for MR. CRAIG "IKE" BAILEY was held Wednesday, April 29, at Serenity Funeral Home.

Graveside service for MS. ANGELA FLINT (b. 1970) was held Friday, April 24, at Pine Grove Cemetery with Bishop Daniel J. Richardson officiating.

## A Good Read



by Jerome Saintjones



### Jamaica Kincaid's "In Roseau"

This short story pulls the reader into the life of a young island girl about to blossom into womanhood who, because of her non-relationship with her stepmother, is taken by her father to live with another unhappy couple.

Perhaps the most moving passages are assigned to the wife of this lifeless, childless couple. She so much wanted this man that she resorted to voodoo to get him. While he stayed with her, the passion died, no children came forth from the union, and she saw in this new girl a chance to recapture her youth and a chance at motherhood.

By and by, the woman gives the girl one of the dresses of her youth and sees herself as she had presented herself to the man she captured many years ago.

In time, this wealthy, strong and attractive male acts upon an opportunity to get the seductive young girl alone. This affair continues and the girl becomes pregnant.

The woman, who had in many ways become the mother the girl never had (the girl's mother had died when she was an infant), finally saw an opportunity to present her husband with a child, although he had had children by other women who could not hold or capture him.

Torn by her own inner torments, the girl goes the route of dark spirits and aborts the child, ending--for one soul, at least--a cycle of depression, hopelessness and despair that had impregnated island women for centuries.



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health.gov

Centers for Disease  
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cdc.gov

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providers/

# Delta Theta Lambda Wins Greek Challenge for March of Dimes



*Alpha Phi Alpha Fraternity, Inc., develops leaders, promotes brotherhood and academic excellence, while providing service and advocacy for our communities.*

In spite of COVID-19, the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. continues to support one of the fraternity's oldest national partners, the March of Dimes.

Instead of the traditional walk sponsored by the March of Dimes this year, the national organization sponsored a virtual Step-Up Campaign. The chapter was recognized by the March of Dimes in the State of Alabama for winning the Greek Challenge in most money raised.

Other Greek partners of the March of Dimes include Zeta Phi Beta Sorority, Inc., Phi Beta Sigma Fraternity, Inc., Sigma Gamma Rho Sorority, Inc., Delta Sigma Theta Sorority, Inc., and recently added Alpha Kappa Alpha Sorority, Inc.

The chapter raised approximately \$15,000 for this year's event. The Delta Theta Lambda Chapter, under the leadership of President Ronald Childress and National March of Dimes Liaison Wilbert Brown, was recently awarded Na-

tional Alumni Chapter of the Year for the March of Dimes in Las Vegas, LV.

March of Dimes is fighting to end premature birth, birth defects and infant loss. Premature birth is the #1 killer of babies, and it costs United State businesses approximately \$12 billion each year.

Unfortunately, the largest percentage of premature births are African American women. Employee health costs for premature babies during the first year of their lives averages \$60,000 or more,

compared to \$4,389 for babies born healthy and full-term. In Alabama, one in eight babies is born prematurely.

President Childress says that Alpha Phi Alpha and Delta Theta Lambda are committed to give all babies a healthy chance at life. Joining Wilbert Brown in the Circle of Champions is Henry Dickerson, Sr., Dr. Eddie Gaines and Clarence Roberts.

# Washington in One Minute



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

1. The Senate is in session this week. The House was in session last Friday and approved the \$3 trillion "HEROES Act" coronavirus relief bill (if you're keeping track, this is bill #5) by a vote of 207-199, with 14 D's voting no and 1 R voting yes (see a quick summary of the bill below). The White House issued a formal veto threat against the bill earlier in the week. In another piece of important legislation, the House also approved on Friday by a vote of 217-189 for the first time in U.S. history a resolution to allow proxy voting on the House floor and online committee markups and oversight hearings. More specifically, H. Res. 965 will:

- Allow House Members to send a letter, electronically, to the House clerk to authorize another member to vote on their behalf on the House floor (the proxy designation must provide exact instruc-

tions on how to vote on each question on the floor and it could be updated as procedural or other unexpected votes arise during the session);

- Limit Members serving as a designated proxy for a maximum of 10 Members;
- Allow House committees to consider and report legislation and hold official hearings on oversight entirely by remote means or a hybrid with some Members present and some offsite (Members participating remotely would count toward a quorum);
- Committee Chairs may not use the mute button to silence Members arbitrarily, but it can be used to mute background noise; and
- Members must wear appropriate business attire when participating and may not display campaign materials in the background.

This overall authority for proxy voting and remote committee business ends on December 31, 2020. An initial 45-day period must be

renewed to remain in effect.

2. President Trump spent the weekend at Camp David with a small group of GOP Congressman, led by House Republican Leader Kevin McCarthy (R-CA). On Monday, the President participated in a roundtable discussion with restaurant executives and industry leaders and then will hold a video teleconference with governors with Mrs. Trump. On Tuesday, he met with members of his Cabinet. On Wednesday, he hosted a meeting at the White House with Governors Asa Hutchinson of Arkansas (R) and Laura Kelly of Kansas (D).

3. The House passed the "Health and Economic Recovery Omnibus Emergency Solutions Act" (HEROES) Act on Friday. To see the text of the bill and bill summaries from the House Appropriations Committee, Google HEROES Act.

Here is a quick summary:

- \$1 trillion to state, local, territorial and tribal governments for CIVID-19 response;
- \$200 billion for essential workers hazard pay;
- \$175 billion for renters and homeowners to make monthly rent, mortgage and utility payments;
- \$25 billion to bail out the Postal Service;
- \$75 billion for coronavirus testing, contact tracing and isolation measures;
- \$10 billion for the SBA's Economic Injury Disaster Loan (EIDL) program;

- \$1,200 per family member with a limit of up to 3 kids for a maximum of \$6,000 per household;
- Creates a new employee retention tax credit that encourages employers to keep employees on payroll;
- Requires OSHA to issue a standard within 7 days to develop and implement infection control plans;
- Creates a special enrollment period in the ACA exchanges for uninsured Americans;
- Extends \$600 federal unemployment payments through January 2021;
- 15% increase to the maximum SNAP benefit; and
- Eliminates the \$10,000 limitation on deducting state and local taxes for the period 1/1/20 to 12/31/21.

4. On Tuesday, the Senate Intelligence Committee was expected to vote on the controversial nomination of Rep. John Ratcliffe (R-TX) to the post of Director of National

Intelligence, despite the committee having lost its chair when Sen. Richard Burr (R-NC) abruptly stepped down from his position after the FBI last week seized his cellphone in its investigation into whether he violated the law when he sold up to \$1.72 million in 33 separate stock transactions on Feb. 13, 2020, just as his committee was receiving coronavirus briefings from U.S. public health officials and a week before the stock market declined sharply. Sen. Dianne Feinstein (D-CA) has admitted to being questioned in April by the FBI about up to \$1 million in stock transactions by her husband, Richard Blum, and Sen. Kelly Loeffler (R-GA) has been reported as having sold stocks valued up to \$3.1 million.

5. Last Friday, the U.S. Department of Education released additional guidance on regulations and reporting requirements pertaining to funding provided to postsec-

ondary institutions through the CARES Act. The new guidance addresses an array of topics, including:

- Return of Title IV funds
- Satisfactory academic progress
- Information on how the IRS will treat CARES Act grants to students
- Expanded approval for distance education
- Alternative ways that graduating high school students can show they completed high school
- Waivers and institutional reimbursement for Federal Work-Study and Federal Supplemental Educational Opportunity Grant programs

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# A Few Common Reasons for Those Frequent Late-Night Trips

Going to the restroom a little too much lately? While, there's no one-size-fits-all recommendation for how often or how much someone should "pee," according to Cleveland Clinic, many may be wondering whether they suffer from an overactive bladder.

The condition, which affects an estimated 33 million Americans, represents a collection of symptoms that can take a person away from a normal routine, including:

**Urgency:** failure to postpone the need to urinate.

**Frequency:** the need to urinate at least eight times per day.

**Urge incontinence:** "spastic bladder," or leakage when one needs to urinate.

**Nocturia:** excessive urination at night, at least two times per night.

Believe it or not, the bladder can hold up to 2 cups or 16 ounces of urine for two to five hours, without much any trouble. So, if you believe you're running for the bathroom too frequently, here are 5 reasons you may be peeing too much and what you can do.

**Weak pelvic muscles:** Muscles that have become stretched and weakened due to pregnancy and childbirth, can also cause leakage.

What you can do: Pelvic floor exercises like Kegels. First, you must learn how to flex your pelvic floor muscles. Then, squeeze for 5 seconds and relax for 5 seconds. Complete 3 sets of 15 repetitions.

**Diabetes:** Frequent urination (also called polyuria) and excessive thirst (also called polydipsia) are often early and commonly overlooked signs of diabetes. According to the Mayo Clinic, your kidneys must work harder to filter and absorb

the excess sugar (glucose) that builds up in your blood when you have diabetes. This can trigger frequent urination, which in turn can make you dehydrated.

What you can do: If you suffer from frequent urination and/or excessive thirst and have not been diagnosed with diabetes, you should talk to your doctor about screening for it. If you are a person living with diabetes, in addition to staying on top

of your treatment plan, your family doctor may suggest a series of lifestyle changes, bladder training, or exercise. Medications, alcohol, caffeine: These products can dull the nerves, affecting the signal to the brain, resulting in bladder overflow, according to Cleveland Clinic. On the other hand, diuretics and caffeine can spike bladder filling, resulting in leakage.

What you can do: While it may be difficult at-first, experts suggest limiting intake. For coffee drinkers, 4 cups of coffee (400 mg of caffeine), are safe for most healthy adults. If you believe that your medication is causing urine frequency or incontinence, talk to your doctor about making an adjustment or trying a new treatment altogether.

**Infection:** Infections, such as a urinary tract infection (UTI), can irritate bladder nerves, causing the burning, pain, fever, nocturia, and straining while urinating. Nearly half of women will get a UTI at some point in their lives.

What you can do: Consult your physician. He/she can place you on a regimen of antibiotics and painkillers to kill the infection in its tracts (no pun intended). Regular physical activity may also

decrease risk of the bacterial infection.

**Enlarged prostate or benign prostatic hyperplasia:** An enlarged prostate, characterized by a weak, slow urine stream, urgency, frequency, and at-times, traces of blood in the pee,

may also result in an overactive bladder. It's important to note, however, that symptoms are similar for prostate cancer, so stay on top of your concerns.

What you can do: Cut caffeine and alcohol intake – especially before bedtime.

Exercise regularly to reduce stress and to strengthen and improve bladder capacity. Muscle relaxants and hormone blockers may also prove beneficial for sufferers, according to Harvard Medical School.

- BlackDoctor.org



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2020 Federal Poverty Guidelines

250%	1/Household	\$31,900
	2/Household	\$43,100
300%	1/Household	\$32,280
	2/Household	\$51,720
400%	1/Household	\$51,040
	2/Household	\$68,960

Funding is provided by the Madison County Commission and the Alabama Department of Senior Services through the TARCOC/Area Agency on Aging

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