

Huntsville and the Tackling of Racism, p. 6

FREE

Friday

June 26, 2020

Vol. 6, No. 42

ValleyWeeklyllc.com

The Hush about the Flush, p. 7

Saluting Mrs. Branch, p. 4

*"I would rather die on my feet
than live on my knees."*

- Euripides

The Valley Weekly



David Person poses question to panel at open forum on accountability. (J. Saintjones)

So, What's "The Plan"?

In light of national protests against police brutality and longstanding social injustices, State Representative Anthony Daniels and Laura Hall joined The Legacy Center in issuing a "Call to Action: A Mandate for Liberty and Justice for All" on Tuesday, June 16, at New Life Seventh-Day Adventist Church in Huntsville, Ala.

The half-day activity began with a 1 p.m. plenary session with a welcome and occasion by The Legacy Center's Chanda Mills Crutcher, followed by Invocation by New Life's Pastor Nelson Stokes. After receiving an agenda overview Morgan Saintjones of The Legacy Center, attendees received information about four key areas: 1) Best Practices Recommendations and Charge (Congresswoman Marcia Fudge); 2) Current Police Training Policies and Statistics (Captain DeWayne McCarver); 3) Legislative Process and Law Enforcement Hierarchy (Representatives Anthony Daniels and Laura Hall); and 4) Legal Processes and Mental Illness vs. Criminal Behavior (Judge Sybil Cleveland). For more, see **THE PLAN**, Page 10.

A&M Board to Consider Renaming of Structures, Re-Opening Plans

The Alabama A&M University Board of Trustees will meet via Zoom on Friday, June 26, at 10 a.m.

Among the Board's scheduled action items are building name recommendations that include: 1) Henry and Nell Lane Bradford Auditorium in Bibb Graves Hall; 2) renaming

of McCalep Building to George O. McCalep, Sr., and Ronald and Patricia McCalep McIntosh Hall; 3) naming of the Felicia Wilson Dining Hall in the Knight Center; and 4) the renaming of Bibb Graves Hall to Walter S. Buchanan Hall.

The trustees will also

choose between three operation scenarios for the re-opening process due to COVID-19: 1) no on-campus residential instruction; 2) hybrid residential instruction with limited housing occupancy; and 3) hybrid residential instruction with regular housing occupancy.

ACES Offering 'Seniors Safe at Home' Program

The Alabama Cooperative Extension System (ACES) is offering a "Seniors Safe at Home Zoom Series" as part of its Successful Aging Initiative (SAI).

SAI presents a monthly series for senior adults, Seniors Safe at Home. The series is set to empower seniors with the knowledge they need to live successfully in their own homes.

Sessions will be held on the fourth Friday of the month on Zoom at 10 a.m. (CST) from June 26–December 11, 2020. Visit www.aces.edu/go/SeniorSeminars for registration.

The program will highlight the following:

June 26: Fraud and Scam Prevention

July 24: Disaster Preparedness

August 28: Fitness and Hydration

September 25: Senior Healthcare Planning

October 23: Prescription Drug Abuse

*November 20: Fraud



and Scam Prevention

*December 11: Managing Holiday Stress

REGISTRATION: Registration required to participate in all sessions..

Register online at www.aces.edu/go/SeniorSemi

nars. The Zoom Meeting ID will be supplied after registration.

For more information about "Seniors Safe at Home" Program, contact (334) 270-4133 or bixlekr@aces.edu

*Denotes dates other than 4th Fridays due to holidays

The Valley Weekly

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Washington in One Minute



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

1. The House and Senate are in session this week (votes on the House floor will be limited to Thursday and Friday). Both bodies will take up their versions of legislation on police reform on the floor this week and the House will take up a bill to make Washington, D.C., the 51st state (which, if passed, would be the first time the bill will have been approved by the full House). The House will also take up a bill to require the Big 3 consumer credit bureaus to create a single online portal for consumers to access free credit reports, credit scores, dispute errors, and place or lift security freezes and resolutions to strike down a new Trump Administration regulation pertaining to banks' redlining of minority neighborhoods and the rewrite of an Obama-era rule by the Trump Administration on protecting student borrowers.

2. On Tuesday, President

Trump traveled to Arizona to inspect a section of the border wall under construction in Yuma and then gave a campaign speech at a "Students for Trump" rally at Dream City Church in north Phoenix. On Wednesday, hosted a meeting with Polish President Andrzej Duda at the White House and may announce that he is shifting some American troops currently based in Germany to Poland (he announced last Monday that he will cut the number of American troops in Germany from 34,500 to 25,000). On Thursday, he visited Fincantieri Marinette Marine in Marinette, Wis. (50 miles north of Green Bay), to tour the facility and possibly announce a \$5.5 billion Navy contract awarded to Fincantieri to build the service's first new frigate and options for up to 9 more. On Friday, the President delivered remarks at a White House American Workforce Policy Board meeting.

3. On Wednesday at 12 noon, the House Judiciary Committee held a hearing on "Political Interference and Threats to Prosecutorial Independence" at the Department of Justice and invited recently-fired U.S. Attorney Geoffrey Berman to provide testimony at the hearing. Berman was thrust into the center of controversy Friday evening when Attorney General William Barr announced that Berman was resigning his post as the U.S. Attorney for the Southern District of New York – an office that has overseen the prosecutions of several allies of President Trump and an investigation of his personal lawyer Rudy Giuliani. Berman refused to step down and on Saturday Barr informed him that the President had fired him.

4. Last Thursday, the House Committee on Transportation and Infrastructure completed a 2-day markup that included the consideration of 177 amendments and approved by voice vote the 5-year, \$494 billion surface transportation reauthorization bill, titled the "Investing in a New Vision for the Environment and Surface Transportation (INVEST) in America Act." The current bill, known as the FAST Act, expires on Sept. 30, 2020. The Senate Environment and Public Works Committee passed its surface transportation bill last year, but that bill has not yet been voted on by the full

Senate. Also last Thursday, House Democrats introduced a \$1.5 trillion infrastructure plan, known as "the Moving Forward Act," which would provide funds for roads, bridges, transit systems, water systems, ports, schools, housing, and broadband access.

5. The U.S. Supreme Court will issue more end-of-term decisions this week, with major rulings expected in the following cases:

Whether a Louisiana law requiring physicians who perform abortions to have admitting privileges at a local hospital will stand;

Whether states may enact laws requiring its presidential electors to follow the state's popular vote when casting their electoral-college ballots;

Whether the Consumer Financial Protection Bureau violates the separation of powers doctrine and will be allowed to exist; and

Whether a state grand jury and congressional committees may compel President Trump to release his

financial records and tax returns.

6. On Monday at noon, the House Education and Labor Committee held a hearing on "Inequities Exposed: How COVID-19 Widened Racial Inequities in Education, Health, and the Workforce." It can be watched via Webex. Witnesses include: Camara P. Jones, adjunct professor at Rollins School of Public Health at Emory University; Valerie Rawlston Wilson, director of the Economic Policy Institute's program on Race, Ethnicity, and the Economy; Avik Roy, president of the Foundation for Research on Equal Opportunity; and John B. King Jr., president of The Education Trust and former Education secretary under President Barack Obama. On the education front: Lawmakers are expected to look at how the pandemic has exacerbated inequities and is disproportionately affecting

communities of color in early childhood education, K-12 and higher education.

7. The Washington Post reported on Sunday that presumptive Democratic nominee Joe Biden outraised the Trump Campaign for the first time in May, raising \$80.8 million to Trump's \$74 million. The Trump Campaign has \$265 million total cash on hand, compared to Biden's \$105 million (although the Biden camp has not released its newest number and this figure is from April). The Post also reports that former President Obama will hold his first (virtual) fundraiser for Biden next week.

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A Good Read

by Jerome Saintjones

Meg Wolitzer's "Tea at the House"



The 14-year-old daughter of a psychiatrist who heads a mental hospital around the Depression era prepares for entry into his profession. We learn that her mother is unable to have any more children, so the father, realizing that there are no chances for a son, decides to pass his legacy on to the daughter. The family lives on the premises of the hospital in upstate New York. There are constant screams that make their way to the residence, but the father has convinced her that no one is being abused. She feels safe enough to go on walks through the woods.

He begins the practice of allowing his prized patients an opportunity to come to the house for tea. The invitation is extended to a young Harvard student who has suffered a breakdown but who the father believes is on the way to recovery. We don't know whether the young man is being given special favors.

On one visit, the young man finds her in the woods alone and fondles her. She is quiet about the experience. After his release, Mr. Harvard is accepted into the Navy, privilege having afforded him full recovery.

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 aholley-smith@gmail.com or Rev. Jonell Yarbrough Calloway at jonellcalloway@att.net.



Millennial Thought

by Josh Alex Baker

"The Blessing in Breaking"

While we are often taught to bend but never break, I have found a significant beauty in the process of breaking.

While I do not attempt to nullify this age-old adage, I seek to shed light on a new perspective. Breaking is not always entirely a bad thing. While society has come to synonymize breaking with weakness, acknowledging a need to break is actually one of the strongest things a person can do.

In order to live a full life, we must constantly seek to expand our level of self-awareness. You owe yourself the truth. You owe yourself authenticity.

You owe yourself the best version of you possible. That best version doesn't always present itself through adding on to what's already there. Sometimes, it lies in starting over.

At certain times in our lives, simple repairs will not suffice. It is only through tearing down and rebuilding that we obtain the complete breakthrough that we so vitally need. Allow yourself to receive what blessings await.

We often guilt ourselves into believing that we are not worthy enough to demand more. We present ourselves a false dilemma that all we have is all that there is.

We deceive ourselves by believing that all we are now is all that we will be. It is never too late to begin the journey of living your best life. You reserve the right to break apart and rebuild.

While it can be a scary experience, the outcome will prove well worth it. In the process of breaking, what is lost allows room for what needs to be gained. In the rebuilding phase of life, you are being made stronger and more prepared to walk in the fullness of your purpose.

There is a great blessing that lies in breaking.

Though breaking is not easy, it is often necessary. Imagine a dilapidated house beyond repair. Even though exhaustive work will be required to tear it down, the possibility that lies in the newness of rebuilding is endless. Are you ready to put in the work?

Your greatest life waits for you.

Josh Alex Baker is a Master of Social Work student at Alabama A&M University.

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Called 2 Preach

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

The Little Foxes

Nehemiah 4:3;
1 Corinthians 15:58



These were the words used by Tobiah the Ammonite who was jealous of the progress that Nehemiah and his followers were making as they worked together building the wall of protection around Jerusalem.

He was trying to discourage Nehemiah and his

workers with his cynical sarcasm, suggesting that all of their efforts to build a sturdy and steady wall was going to be “all for naught” and that it was going to be so weak that “little foxes” could lean against it and knock it down.

Nehemiah did not respond to Tobiah; he turned his eyes toward heaven and prayed to God that He “turn their reproach on their own heads.”

He knew those words were meant to discourage, but he also knew that he had been called to a “great work” and could not come down.



God is in the process of building character in the lives of His people. This

gives us the authority of authenticity when our lips and life are synchronized.

A word of warning here, however. When we do not allow God to build us and ground us in His word, the “little foxes” of life will be able to lean on us and knock us over.

The little foxes of pettiness, unforgiveness, slothfulness, gossip, busyboddiness, and the like, will easily cause us to be toppled by the terror of the enemy of our soul.

Therefore, be steadfast, immovable, always abounding in the work of the Lord.

Spotlight on Our Elders ... Featuring

Mrs. Gladys Branch

When Gladys L. Branch received her diploma as a Top 20 student at Birmingham's Hooper City High School in 1964, she knew that there were still plenty of opportunities during a turbulent time in America during the 1960s. She entered historic Alabama A&M University, where she received the Bachelor of Science degree in mathematics and general science in 1968. She returned to obtain her Master of Science degree in guidance and counseling in 1974.

Over the years, Mrs. Branch has developed an impressive career that has spanned more than 40 years. For some five

years, beginning in 1969, Branch was an elementary and middle school teacher for the Athens (Ala.) City School System, where she prepared and carried out lesson plans for second graders and later for math and science students at the middle school level.

In 1974, she served one year as a counselor for the Huntsville Sickle Cell Center before returning for a final year of mathematics, teaching at Westlawn Middle School. She remained at Westlawn for an additional 20 years as a general counselor and then as a vocational counselor.

She was acting principal for a year at McDonnell Elementary School before



culminating her career as principal of Rolling Hills Elementary School.

Branch has been affiliated with Delta Sigma Theta Sorority, Inc., for over 50 years.

Her husband John is Pulpit Minister of Northwest Church of Christ.

JUNE 26 - BERNARD A. HARRIS, JR., born in 1956 in Temple Tex., is an astronaut who, on February 9, 1995, became the first Black American to walk in space. The University of Houston graduate is a member of Kappa Alpha Psi Fraternity, Inc.
- BlackinTime.info



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“A man sees in the world what
he carries in his heart.”

- Johann Wolfgang von Goethe

How Teachers Can Prepare for Successful Distance Learning This Fall

(BPT) - The COVID-19 pandemic has been the most disruptive event in the history of K-12 education, closing 120,000 schools and affecting 55 million students in the U.S.

Educators have been challenged like never before. According to a survey commissioned by University of Phoenix, K-12 teachers often felt overwhelmed and under-supported. Teachers reported spending almost as much time prepping for virtual teaching (3.13 hours) as they spent actively teaching (3.97 hours), and less than half (47%) felt that available training was good or excellent.

Having too much information could be as taxing as not having enough, making it difficult to determine which tools were best. Forty-one percent of teachers felt overwhelmed by the many resources provided to help them

navigate virtual learning.

During the next 90 days, schools and teachers will develop their resources for teaching this fall.

“Most schools are beginning their preparation by learning from what they experienced when schools closed - what were they prepared for, and more importantly, where they fell short,” says Pam Roggeman, dean of the college of education at University of Phoenix.

Roggeman offers tips for educators preparing for the upcoming year.

Conduct a needs assessment of yourself.

“Before diving into the sea of free resources, apps, etc., first decide what you already know and then what you need to know to better serve the needs of your students,” advises Roggeman.

Stay positive and be open to adapting to changing needs and circumstances.

Learn from peers.

Talk to colleagues, sharing notes about what worked this past term, and what didn't. Explore articles and resources from educators who faced similar challenges.

“Tap into one of the best free resources - your peers,” says Roggeman. “Take this time to learn what sound distance learning looks like.”

Collaborate with administrators and school counselors to focus not only on teaching methods, but also supporting the mental wellness of students during this uncertain time.

Use resources designed in response to current circumstances.



For example, the Virtual Teaching Academy, taking place June 26-July 1, is a free resource for K-12 educators, leaders and administrators who are seeking expert guidance and tangible insights on best practices for navigating the upcoming school year.

Virtual Teaching Academy attendees will acquire necessary insights to create a blueprint to help their schools and districts prepare for the uncertain school year ahead.

Create a plan to stay connected to parents regardless

of technology access level.

During this challenging time, parents and teachers rely on each other to educate their kids - the parent-teacher relationship is crucial for success of a child's virtual

education. Make a plan to stay connected with even the least technologically well-equipped homes.

“Technology is a tool for the educational process, not the answer to good distance learning,” says Roggeman. “Many districts are dealing with how to reach all students, which includes solving access issues such as no Wi-Fi in the home or homes whose only ‘screens’ are cell phones.”

Creative thinking is key to helping families bridge the

digital divide. Find low-tech ways to deliver curriculum and feedback, using telephone and mail communication, television and books. Help parents find internet access and ways to use a cell phone to access content.

Focus on the needs of each student

Every student has a different home situation and unique learning needs, which requires teachers to approach virtual learning with flexibility and empathy.

Creating a plan for the upcoming school year is crucial in these uncertain times. By utilizing resources like the Virtual Teaching Academy and focusing on individual student needs, teachers can help students be more successful in their education - even at a distance.

Champion Game Plan for Life by Preston Brown

“WHEN I THINK ABOUT MY FATHER”

Colossians 3: 16 says, “Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

When I read this scripture, it reminds me of my father, Pastor John M. Brown, who passed away nine years ago. My father was a great man of God. He also had a beautiful voice. I can remember him every morning waking us up to the sounds of hymns and songs. So the gift of song is one of the things that he passed down to me, my brothers and my sister. As we honor Father's Day, I wanted to reflect on some

of the things that fathers should pass down to their children. Keep in mind nobody is perfect; however, we should all be striving toward perfection.

Now, the first thing he passed down to me was his faith in God. He assured me that, no matter what I was going through, that God can and will turn things around. All I needed to do was believe that He would. Since my grandmother was a believer, my Father was a believer, and now I am a believer. So father's should pass down this continuation of faith. Because there is strength in the continuation of faith.

Fathers should also pass down God's standards of excellence to live by. In other words, what you will say and



what you won't say. What you will watch on television or the Internet or what you won't watch. God has a standard that He wants us to

live by, so fathers should let their children know what is acceptable.

Finally, fathers need to pass down character. We must be men of character who will stand for God in their homes. In 1 Timothy 6:11 it says, *But you men of God pursue righteousness, godliness, faith, love, endurance and gentleness.* When I think about my father, I think about these wonderful things that he left me. Now I have an excellent example to follow ... Stay encouraged, my brothers and sisters.

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Graveside service for MRS. ANDREA SCRUGGS was held Tuesday, June 23, at Valhalla Memory Gardens with Dr. O. Wendell Davis officiating.

Graveside service for MS. MAKELA C. SMARTT (b. 1972) was held Monday, June 22, in Oakwood Memorial Gardens with Pastor Debleaire K. Snell officiating.

Graveside service for MR. LARRY MATTHEWS (b. 1954) was held Saturday, June 20, in Valhalla Memory Gardens.

Funeral service for MR. WILLIE E. BLANCHARD (b. 1939) was held Friday, June 12, in the Nelms Memorial Chapel.

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

Graveside service for MS. CAROLYN MARIE JEFFERSON (b. 1964) was held Tuesday, June 23, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.) with Pastor C. Jermaine Turner officiating.

Graveside service for MS. VEDA M. LANGFORD (b. 1965) was held Saturday, June 20, at Big Cove Cemetery (7161 Hays Preserve Trail Owens Cross Roads, Ala.) with Pastor Jaymes Mooney officiating.

Graveside service for DEACON ISAAC BEN WALTON (b. 1933) was held Saturday, June 20, at Oakland Cemetery in Tanner, Ala., with Pastor Larry Lockett officiating.

Celebration of life service for MS. CATHERINE MAY MELIT (b. 1991) was held Friday, June 19, at the Cornerstone Baptist Church (1091 Ryland Pike, Huntsville, Ala.).

Funeral service for MOTHER EMMA LEE GLOVER (b. 1922) was held Wednesday, June 17, at Saint Elizabeth Cumberland Presbyterian Church in America (104 Perry Street Madison, Ala.) with Pastor David Lee Robinson officiating.

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

Memorial service for MR. WILLIAM T. HAYES (b. 1967) was held Thursday, June 25, at Serenity Funeral Home Chapel with Rev. Endia J. Scruggs officiating.

TVPA: Huntsville Lags Behind Others in Tackling Racism

Huntsville, Alabama, self-described as “a smart place” is taking a backseat to cities across the South who are taking down the last overt signifiers of systemic racism in public spaces. Although the Madison County Commission voted to seek a waiver from the state’s Committee on Alabama Monument Protection to remove a segregation-era confederate statue in downtown Huntsville, they did so knowing that the waiver process is available only for monuments placed 40 years ago or less.

The 50+ year-old statue, placed defiantly at the County Courthouse during Jim Crow, bears the inscription, “In memory of the heroes who fell in defence of the principles which gave birth to the Confederate cause.”

Vice President of the Confederacy Alexander Stephens made it clear in his infamous “Cornerstone Speech” that the cornerstone he referred to was the idea that “the negro is not equal to the white man.” These detestable “principles” have no place on public land.

In a law specifically designed to preserve Confederate monuments, the state imposes a \$25,000 fine for removing or relocating historical structures without a waiver. Tennessee Valley Progressive Alliance, a grassroots organization, has raised more than enough money to cover that fine.

Meanwhile, the Huntsville City Council and area business leaders agree the monument should be moved to a more appropriate, historical location.



Confederate statue at Tuskegee, Ala. (Photo by Frank H. Lee)

David Odom, President of the Tennessee Valley Progressive Alliance, says the message is clear. “Everyone who’s called for the monument’s removal should call for moving it RIGHT NOW in violation of a racist state law. We are asking local government to commit the EASIEST act of civil disobedience ever. Waiting for state permission is another way of saying, ‘We’re not serious about this.’”

Confederate monuments in Birmingham and Mobile have already been removed this month without state permission. Proponents of relocating the monument question why the Madison County Commission would pass the buck to the state and risk alienating businesses that might otherwise bring jobs to the area.

The monument controversy dovetails with concerns about ongoing structures of systemic racism in the community and excessive force by local law enforcement, such as the use of tear gas and rubber bullets to disperse a peaceful protest in the wake

of George Floyd’s death. Additionally, Lt. Michael Johnson of the Huntsville Police Department falsely described the protestors as “outside agitators,” a slanderous accusation with deep roots in opposition to the civil rights movement.

In response to such complaints at last week’s City Council meeting, Councilwoman Jennie Robinson sought to deflect, stating protests were “hijacked by a national narrative about police brutality that is false—and even worse, it’s being fueled by charges of racism.” Huntsville’s newly formed Citizens’ Coalition for Criminal Justice Reform is working to counter that myth and bring about ten concrete reforms to the criminal justice system in Huntsville and Madison County.

Further markers of racism in the community came following that meeting, when messages such as “Black Lives Don’t Matter,” swastikas and other hate speech were scribbled in graffiti on the walls of a prominent Huntsville overpass.

The question remains, in these times of social unrest, why would Huntsville deflect and kick the can down the road on eliminating symbols of oppression and structures of continued racial injustice? If Huntsville wants to be “a smart place,” then city leaders should do the right thing and pass these easy tests.

- Tennessee Valley
Progressive Alliance

The Valley Weekly COVID-19 Assistance

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TAKEOUT/DELIVERY RESTAURANTS

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Tennessee Valley

Calendar of Events

June 25-26
Summer Meetings
Board of Trustees
Alabama A&M University
via Zoom and YouTube

June 27
Mic Night at the Valley
Conservatory
"Saturday Night Live"
7-9 p.m.

June 30
Last Day to Submit
Alabama A&M University

Foundation Scholarship
Applications
July 1
4-H Virtual Robotics
Camp
Register online:
www.aces.edu/go/VirtualRoboticsCamp
(The Zoom link and
other information will be
provided after registration)

July 18-19
5th Annual Huntsville
Comic & Pop Culture Expo

Von Braun Center
South Hall
Huntsville, Ala.

July 29
Last Day to Register for
Huntsville Virtual Acad-
emy

August 6
The Price Is Right Live
Von Braun Center
Concert Hall
8-11 p.m.

Not with My Tax Dollars!

How many times have you heard someone at a distant dining table say, "They can do what they want, but not with *my* tax dollars!"

As cities across the nation are finally removing offensive statues and monuments to the Confederacy, some politicians are seemingly always on the wrong side of history.

The most recent debate about this occurred when Alabama House Minority Leader Anthony Daniels asked that taxpayer dollars



not be used to fund the Confederate Memorial Park in Chilton County, Ala., because it's "something that brings a lot of pain back to Alabamians" and is definitely "not appropriate."

Yet, fellow colleagues Representative Will Dismukes and State Senator Tom Butler said publicly

that they think House Minority Leader Daniels is "dead wrong."

To this, the coordinators of the Alabama Democratic Victory Fund respond: "Given all that's happened in recent weeks, could they be more tone deaf, insensitive, or out of touch?"

ADVF is asking for donations "to move Alabama forward, not to glorify a shameful past and memorialize those who fought against our nation to continue the slavery of black people."

Flushing and the COVID-19 Virus

Going to the bathroom is something that any grown adult should do automatically. Like, you really don't think about it unless there's an accident, and then you go about your day. But a new study says you should think about how you go to the toilet now so as not to spread the novel coronavirus COVID-19.

The study says you should close the toilet lid before flushing, and not just because it makes it flush quieter.

Because the coronavirus may affect the digestive system, flushing can send a spray of droplets containing coronavirus particles up to three feet into the air, according to the study published in the *Physics of Fluids*.

The study said 40-60% of the particles can reach above the toilet seat and settle on surrounding surfaces where the next person to use the toilet could touch them.

The study by researchers at Yangzhou University in China calls for more investigation into the role of toilets in epidemic prevention.

"The daily flow of people in a public washroom is stunningly large: thus, a confirmed case may cause a

massive number of infections," the study said. Most people, by now, know the coronavirus is usually transmitted through droplets coming out of a person's mouth and lungs. Hence, when a person sneezes you should sneeze into your elbow or a napkin, handkerchief. But recent studies have found the virus can also



locate in the small intestine and that digestive problems accompany about half the coronavirus cases.

An often-used toilet creates a higher risk of transmission.

"As water pours into the toilet bowl from one side, it strikes the opposite side, creating vortices. These vortices continue upward into the air above the bowl, carrying droplets to a height of

nearly three feet, where they might be inhaled or settle onto surfaces. These droplets are so small they float in the air for over a minute," said co-author of the study Ji-Xiang Wang, of Yangzhou University.

The computer simulation used for the study showed that these aerosolized droplets last long enough to be breathed in by the next user in a busy setting. "One can foresee that the velocity will be even higher when a toilet is used frequently, such as in the case of a family toilet during a busy time or a public toilet serving a densely populated area," Wang continued.

The scientists said the "alarming results" of the study led them to advocate several safety procedures:

1. Put down the lid before flushing
2. Clean the seat before using the toilet
3. And of course, wash your hands afterwards because virus particles may be present on the toilet handle and door handle.

It may seem like a simple or small thing, but it makes so much difference. Before you know it, it will be a healthy habit you won't have to think twice about.



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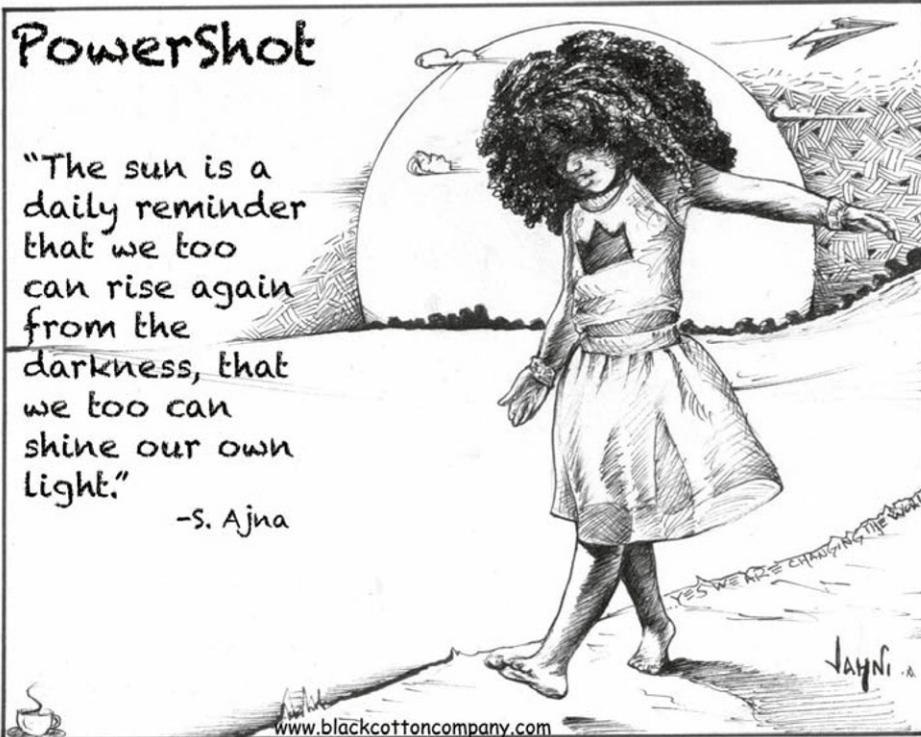
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-S. Ajna



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- Leo Tolstoy



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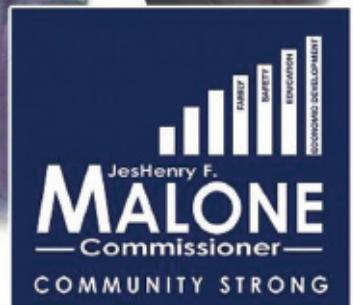
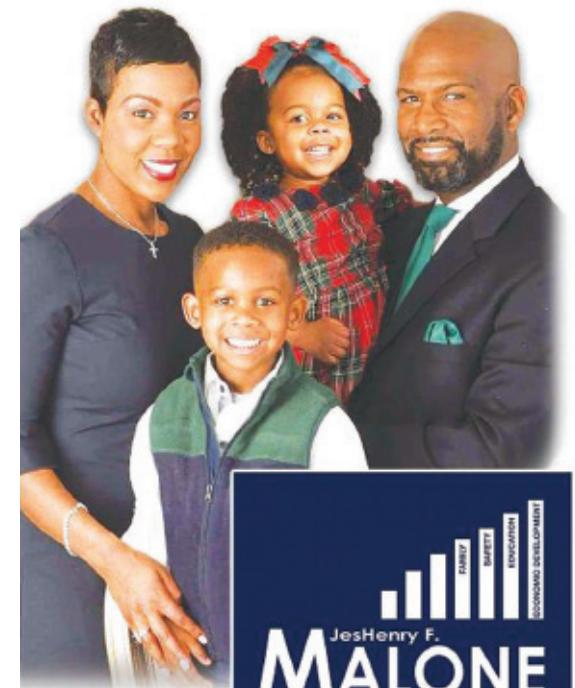
JesHenry Malone Commissioner District 6

Paid for by Friends of JesHenry Malone, P.O. Box 724, Normal, AL 35672

As Commissioner, JesHenry Malone:

- 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.

**VOTE
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Call to Action: Taking the Necessary Steps Toward Crafting “The Plan”

Continued from Page 1

Participants were afforded an opportunity to form four focus groups. Among the topics were the following: 1) Community Policing, Relationships and Police Standards; 2) City Governance: Economic Development, Public Relations and City Cohesiveness; 3) Legislative Innovation Opportunity and Advocacy; and 4) Judicial Literacy and Related Services: Judicial Prudence and Mental Health Disparities.

A 4 p.m. open forum featured a panel that received questions and comments from the general public. On stage were Huntsville Mayor Tommy Battle; Madison Mayor Paul Finley; Madison County Commissioner (District 6) JesHenry Malone; and Deputy Chief Corey Harris.

Coordinators of the forum were scheduled to present a list of recommendations and timelines based on focus group discussions.



OPEN FORUM: Participants and panelists at the “Call to Action: A Mandate for Liberty and Justice for All” on June 16 were: (First Row, l-r) Captain Dewayne McCarver, Rep. Rex Reynolds, Rep. Laura Hall, Rep. Anthony Daniels and Captain Jeff Rice; (Second Row, l-r) Huntsville Mayor Tommy Battle, Dist. 6 Commissioner JesHenry Malone, Deputy Chief Corey Harris and Madison Mayor Paul Finley.

