

Getting Good Internet in the Outer Edges - p. 8 **FREE**

Practice What You Preach - p. 3

Friday

July 26, 2024

Vol. 10, No. 47

ValleyWeeklyllc.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Dr. Horace Rice

The Valley Weekly

10th ANNIVERSARY

“Those who can make you believe absurdities can make you commit atrocities.” - Voltaire

Kamala Harris Pushed into Forefront of Dem Ticket

Vice President Kamala Harris is the leading candidate to replace President Joe Biden as the Democratic nominee. Her status follows Biden announcement

last Sunday that he would not seek reelection and his subsequent endorsement of Harris.

A recent report from Newsweek noted that, although contender and

former President Donald Trump had led Biden in leading polls, the recent announcement now shows Harris with a slight lead over Trump in three national polls.



Mill Creek Project Given Major Funding Boost

The City of Huntsville and the Huntsville Housing Authority have been awarded a prestigious \$50 million Choice Neighborhood Implementation (CNI) Grant from the U.S. Department of Housing and Urban Development (HUD) to help revitalize and transform the area surrounding Butler Terrace and Johnson Towers.

The grant sets the stage for a \$350 million investment to redevelop the 27-acre site, now known as Mill Creek, into a mixed-income community with workforce housing, medical and child-care services and retail options.

The Mill Creek project area is located west of Memorial Parkway between Seminole Drive, Clinton Avenue and Governors Drive. The multi-year plan will replace



Jennifer L. Collins, left, HUD Regional Administrator for Region 4; Mayor Tommy Battle; Huntsville Housing Authority Executive Director Antonio McGinnis; and District 1 City Council Member Devyn Keith pose with a \$50 million check from the U.S. Department of Housing & Urban Development.

distressed public and assisted housing with high-quality, mixed-income housing that

is well-managed and responsive to the neighborhood.

“This presti-

gious grant will significantly aid us in furthering our

See MILL CREEK, p. 6



MCDEC Youth Caucus Plans ‘Fit to Vote’ Fashion Show

The Madison County Democratic Executive Committee’s (MCDEC) Youth Caucus, chaired by Zoie D. Roberson, will host a fashion show in collaboration with the Alabama Fashion Alliance on August 17th at the

Event Center at Roto-Rooter. This event will kick off a multi-county campaign founded by the MCDEC Youth Caucus called Fit-to-Vote, which is part of an initiative—Impact Ignite—to boost

young voter participation through events, activities, and strategic outreach.

Fit-to-Vote is a creative and art-centric campaign centered around outfits and apparel reflecting support for issues

such as social justice, women’s rights, and more. Limited seating is available, and the event tickets are free. To learn more about event details and secure your ticket, visit www.impactignite.org.

The Valley Weekly

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Saintjones

The Valley Weekly

Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston, Ph.D.

Editorial Consultant/
Senior Editor

Jerome Saintjones, Ed.S.

Editorial Assistants

Linda Burruss
Phyllis Chunn
Gary T. Whitley, Jr.

Advertising Associate

Phyllis Chunn

- Contributing Editors -

tim allston
Minister Preston Brown
Gloria B. Caldwell
Ron Hamm
Gary T. Whitley, Jr.

Website Administrator

Calvin Farier

Mailing Address:

The Valley Weekly
P. O. Box 893 - Huntsville, AL 35804
(256) 651-9028
www.valleyweeklyllc.com
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The Valley Weekly

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Washington One Minute

by Ron Hamm

Here are the top issues and events in Washington for the week.

1. CONGRESS. The House and Senate are in session this week. The House will take up four FY2025 appropriations bills on the floor: (1) Energy & Water; (2) Interior; (3) Financial Services; and (4) Agriculture. On Monday, U.S. Secret Service Director Kimberly Cheatle testified before the House Oversight Committee at a hearing on the attempted assassination of former President Trump at a Pennsylvania campaign rally on July 13. On Wednesday, Israeli Prime Minister Benjamin Netanyahu addressed a Joint Meeting of Congress. On Thursday at 9:30 a.m., the Senate Appropriations Committee held a full committee markup of four FY2025 appropriations bills: (1) Transportation/HUD; (2) Commerce/Justice/Science; (3) State/Foreign Ops; and (4) Interior.

2. THE WHITE HOUSE. On Sunday at 1:46 p.m. EDT, President Biden announced he was withdrawing as the Democratic nominee and endorsed Vice President Harris just 106 days before the election. The President is expected to address the nation this week regarding his decision to withdraw and will also meet with Israeli Prime Minister Netanyahu, the timing of which is dependent on when Mr. Biden is cleared by his physician to return to work after the bout of Covid he contracted last week. Politico reported that on Sunday Vice President Harris spent hours on the phone and garnered endorsements of a majority of House Democrats (153 as of this morning), most Senate Democrats (32), and 12

of the nation's 23 Democratic governors. Two key unions — SEIU and AFT — are on board, and 4 state delegations to the Chicago convention (New Hampshire, North Carolina, South Carolina and Tennessee) have voted to back her. The online Democrat fundraising portal ActBlue reported that more than \$50 million in contributions came in on Sunday for Harris and Democratic candidates. Former President Trump and his new running mate, Senator JD Vance (R-OH), had their first joint campaign rally on Saturday in Grand Rapids, MI. On Monday, Sen. Vance campaigned in SW Ohio and at Radford University in Virginia.

3. SUPREME COURT. The Supreme Court is adjourned and will reconvene on Monday, Oct. 7. Last Tuesday evening

with only 30 minutes to go, the court halted the scheduled 7 p.m. EDT execution of a Texas man who was convicted in the 1998 stabbing death of an 85-year-old woman, pending the man's appeal to the court to be allowed to obtain access to the physical evidence in his case — including scrapings from under the victim's nails and a loose hair wrapped around her finger — so that he can test it for DNA evidence at his own expense.

4. EDUCATION-WORK-FORCE. On July 19, Acting Labor Secretary Julie Su and White House Domestic Policy Advisor Neera Tanden announced the availability of funding through the U.S. Department of Labor's \$65 million Strengthening Community Colleges Training (SCCT) Grants program. This program, now in its fifth round of funding, aims to assist community colleges in providing affordable, high-quality workforce training in critical industry sectors such as advanced manufacturing, clean energy, semiconductors, and biotechnology. The grants from this round will help colleges

expand access to educational and economic opportunities for individuals from underserved communities. The Department of Labor noted that it is placing a greater emphasis on supporting skills in critical sectors aligned with the Biden administration's Investing in America agenda. The department will be awarding initial grants (13 to 17 awards) of up to \$1.75 million for single institutions and up to \$5.75 million for groups of institutions. It also intends to award at least one grant to a tribally controlled college. The deadline to apply is September 24. Additional information on the SCCT program is available at <https://www.dol.gov/agencies/>

eta/skills-training-grants/scc.

5. PARIS OLYMPICS OPENING CEREMONY. On Friday, First Lady Jill Biden will be in Paris to lead the U.S. delegation at the Opening of the 2024 Summer Olympic Games. The 2024 U.S. Olympic team is comprised of 592 athletes: 314 females and 278 males. Go Team USA!

Hamm Consulting Group
300 New Jersey Ave, NW Suite
900

Washington D.C. 20001

T: 202-596-8384

rhamm@hammconsulting.com

www.hammconsulting.com

WE KNOW THE PEOPLE,
PLACES, AND POLITICS

HMBCC Meetings

The Huntsville Metro Black Chamber of Commerce is a 501 (c) 3 community based economic development non-profit organization serving the Huntsville Metro Region, promoting, creating and fostering economic development opportunities. HMBCC meets monthly on the 3rd Tuesday at 12 noon. The meeting location varies. Call (256) 427-2650 or e-mail info@hsvblackchamber.org. [VISIT](http://www.visit)



Council Meetings

Huntsville City Council's regular meetings are held on the 2nd floor of City Hall on the 2nd and 4th Thursday of each month at 5:30 p.m.

Council work sessions are also held on the 1st and 3rd Thursday of each month at 6 p.m. For more information, call (256) 427-5011.

*"Stumbling is
not falling."*

- Malcolm X

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Spiritual Game Plan

PRESTON BROWNS



The Valley Weekly

“Practice What You Preach”

James 1:22 says, “Do not merely listen to the word, and so deceive yourselves. Do what it says.”

When we look at our lives, it is easy to say that we are Christians, but that is not enough. If we are truly Christians, our lives and our actions should show it. We all have bad days sometimes. They can happen to the best of us. Even people with great faith can have weak moments. Most of the time, though, people should know who we are and who we represent. In other words, if you were accused of being a Christian, would they have enough evidence to convict you?

James’s main idea is that Christianity is not about what we think or say; it is about what we do. Our actions matter. James points out three things that we as Christians must do. First, we must control our tongues. Second, we must have compassionate spirits and be willing to help another person in need. Third, we need to live clean lives. So what does this mean? Psalms 1:1-2 says, Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates

day and night.

True Christians are people who live in the world, but will not let the world live in them. Remember, the “fruits of the spirit” found in Galatians 5:22 are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Even though we are all



sinner, true Christians are commanded to live upright and moral lives. We can only achieve this through practicing what we preach.

May God grant you

spiritual success in practicing what you preach.

Question: If you were accused of being a Christian, would they have enough evidence to convict you?

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 or Westbow books.

NEXT WEEK:

“Who Is My Neighbor?”

NOTICE OF COMPLETION

(IFB 23-058: Research Park Blvd. Water Transmission Project)

In accordance with Section 39-1-1, Code of Alabama, 1975, as amended, notice is hereby given that (JOHN PLOTT COMPANY, Inc.) has completed the Contract for (IFB 23-058: Research Park Blvd. Water Transmission Project) for the City of Huntsville, Alabama, a municipal corporation, d/b/a Huntsville Utilities and has made request for final settlement as provided by the Contract. All persons having any claims for labor, materials, or otherwise in connection with this project should immediately notify Huntsville Utilities Water Department, 112 Spragins St., Huntsville, Alabama 35801.



John Plott Company, Inc.
2804 Rice Mine Road NE
Tuscaloosa, AL 35406

08-09-2024

TENNESSEE VALLEY
DIVERSITY LEADERSHIP COLLOQUIUM

APPLICATIONS ARE OPEN

COHORT XVIII

August 20 – November 7, 2024

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APPLICATION DEADLINE
AUGUST 10, 2024
<https://tnvalleydlc.com/application/>

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- Participants are provided opportunities to share perspectives and support civic and community engagement
- Network and connect with community leaders

For More Information
info@tnvalleydlc.com | 256.361.9474 | www.tnvalleydlc.com



Diversity Leadership Colloquium

THE VALLEY WEEKLY

VALLEY DEATHS



SERENITY FUNERAL HOME

2505 University Drive NW - Huntsville, AL 35816 - (256) 539-9693
www.serenityfuneralhm.com

Funeral service for **MS. MARIAN MOSBY** (b. 1958) will be announced at a later date.

Funeral service for **MR. DARRELL LAGRAN, JR.** (b. 1978) was held Saturday, July 20, at Serenity Funeral Home.

Funeral service for **MR. BILLY HAMPTON** (b. 1960) was held Saturday, July 20, at St. Rebecca Primitive Baptist Church, 330 Grimwood Road, Hazel Green, Ala.

NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW - Huntsville, AL 35816 - (256) 539-8189
www.nelmsmemorial.net

Funeral service for **MR. CONNIE L. MITCHELL** (b. 1951); **MR. WAYNE VINCENT EDWARDS II** (b. 1982) and **MR. TRAVIS TAVARUS DOUGLAS** (b. 1977) will be announced at a later date.

Funeral service for **MRS. BETTY HUGHES ROBERSON** (b. 1948) will be Saturday, July 27, 12 noon, at Nelms Memorial Funeral Home Chapel.

Funeral service for **MRS. WINDER JEAN TAYLOR** (b. 1954) will be held Saturday, July 27, at the Indian Creek P.B. Association Tabernacle with Joe Kelly officiating.

Funeral service for **MRS. CLARA EVON FLINT-HUMES** (b. 1960) will be held at 12 noon Friday, July 26, at Blackburn Chapel CPCA.

Funeral service for **MRS. LUSSONIA MONTAGUE-JONES** (b. 1972) was Wednesday, July 24, at Zion Progress Missionary Baptist Church with Pastor Hernandez Ford, Officiant.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW - Huntsville, AL 35810 - (256) 534-8481
www.royalfh.com

Funeral service for **MRS. SARAH J. BROOKS** (b. 1941) will be 11 a.m., Saturday, July 27, at the Second Bethlehem Missionary Baptist Church, US-29, Brewton, Ala., with Pastor Matthew Coleman as officiant and Pastor Zachary B. Williams as eulogist.

Funeral service for **DR. VICTORIA L. JOINER** (b. 1965) was Sunday, July 21, at the First Seventh Day Adventist Church, 1303 Evangel Drive, Huntsville, Ala.

Funeral service for **MR. KEVIN DIMITRI WHITE** (b. 1993) was Sunday, July 21, at the Royal Chapel of Memories, 4315 Oakwood Avenue NW, Huntsville, Ala., with Pastor Seth Shamery officiating.

The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

July 26

Downtown Art Walks
(Downtown Huntsville,
Inc.)
Courthouse Square
Huntsville, Ala. - 5-8 p.m.

July 28

The Market at MidCity
MidCity District
Huntsville, Ala. - 12-4 p.m.

August 4

The Market at MidCity
MidCity District
Huntsville, Ala. - 12-4 p.m.

August 9

"Gwen & The Retro Cats"
2024 City Lights & Stars
Burritt on the Mountain
3101 Burritt Drive SE
Huntsville, Ala. - 7:30 p.m.

August 9-11

Desi Banks
Comedian
Stand Up Live Huntsville
2012 Memorial Parkway
SW (\$30-\$45)
Huntsville, Ala.
(256) 261-3374
huntsville.standuplive.com

August 10

"Second Saturday" City
Hall Art Tours Showcase
(Greetings from Cynthia
Wagner and David Nuttall.
Stroll by the 11 panels of
Wagner's "Transformative
Soil: Terra Firma" while
discovering the iconic sym-
bols woven into her work
and learn about Nuttall's
upcoming installation of a
hand-drawn nighttime map

of Huntsville. **REGISTER)**
New City Hall - 10:30 a.m.

August 11

The Market at MidCity
MidCity District
Huntsville, Ala. - 12-4 p.m.

August 15

Campus 805 After 5
Butler Green
Huntsville, Ala.

August 16

Food Truck Rally
Big Spring Park
Downtown Hsv. Inc.

August 17

Downtown Art Walks
(Downtown Huntsville,
Inc.)
Butler Green
Huntsville, Ala.
5-8 p.m.

August 18

Women's Business Confer-
ence
Location: TBA
9 a.m.-3 p.m.

The Market at MidCity
MidCity District
Huntsville, Ala. - 12-4 p.m.

August 25

The Market at MidCity
MidCity District
Huntsville, Ala. - 12-4 p.m.

August 30-31

Ms. Pat
Comedian
Stand Up Live Huntsville
2012 Memorial Parkway

SW (\$35-\$45)
Huntsville, Ala.
(256) 261-3374
huntsville.standuplive.com

August 31

AAMU Bulldog Football
vs. Auburn University
Auburn, Ala.

September 7

Louis Crews Classic
Bulldog Football vs Ken-
tucky State
Louis Crews Stadium
Alabama A&M University
Huntsville, Ala.

September 13-14

Anjelah Johnson-Reyes
Comedian
Stand Up Live Huntsville
2012 Memorial Parkway
SW (\$40-\$50)
Huntsville, Ala.
(256) 261-3374
huntsville.standuplive.com

September 19

Campus 805 After 5
Butler Green

September 20

Food Truck Rally
Big Spring Park
Downtown Hsv. Inc.

September 21

Downtown Art Walks
(Downtown Huntsville,
Inc.)
Butler Green - 5-8 p.m.

October 4

Movies in the Park
Sponsor: Downtown Hsv.
Inc.

October 5

Gulf Coast Challenge
AAMU vs. Jackson State
Ladd-Peebles Stadium
Mobile, Ala.

October 11

Movies in the Park
Sponsor: Downtown Hsv.
Inc.

PowerShot

"Don't worry
about what
anybody else
is going to do.
The best way to
predict the future
is to invent it."

Alan Kay

Imagine
Your Invention

Mechatronics

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11-22

"Associate yourself with people of good quality, for it is better to be
alone than in bad company." - Booker T. Washington



The Old Queen Mary and the New King Donald? No!

Last week, my wife Ginger and I overlapped two experiences that we hope will represent outdated pasts:

1. We honeymooned on the RMS Queen Mary in Long Beach, California. This now-retired ocean liner built in 1936 epitomized the heyday of the British Empire. Then, its tentacles reached so far around the globe colonizing nations of color in Africa, the Americas, Asia, and Australia that it was said that “the sun never sets on the British Empire.” And
2. We watched the GOP national convention in Milwaukee, whose platform would “re-colonize” America with its calls for suppressed human rights, making people of color invisible (or deported), and an absence of democratic rule.



The Absence of Color. Twice

The walls of the Queen Mary’s 12 decks featured large framed photographs of its construction, launching, transporting some 800,000 American and British troops during WWII, society high life, and a myriad of cruising VIPs. All white (we finally discovered a photo of jazz legend Miss Ella Fitzgerald, although un-identified).

Similarly, the GOP’s convention featured only 55 African Americans of its 2500 delegates, Number of Black delegates swells at GOP convention: “The dam has broken” - Washington Times delegates. That two percent also showcased an absence of color.

I explained to Ginger a hopeful contrast between Britain’s Queen Mary and its Commonwealth of Nations, our U.S., and the GOPs’ worldview.

Following the WWII defeat of German Naziism, Italian fascism and Japanese totalitarianism, people of color worldwide began demanding and receiving their hard-fought freedoms.

Beginning in 1946, nations of color became independent, and so did Black Americans:

- Jackie Robinson broke the color barrier in Major League Baseball (1947);
- President Truman desegregated the U.S. armed forces (1948); and
- The Civil Rights Movement soon followed (1955).

But these freedoms came locally, nationally, and globally because these colonized people of color rose up and said “no more” to oppression and lack of democratic rule. Instead, they cried “yes” to independence, democracy, and social justice and economic parity.

Yes, life has improved upward since the Queen Mary first sailed in 1936, when British and other European colonial powers dominated the world. And those embattled freedoms still must be protected by continuous struggle.

Therefore, we Americans must doubly insure that the worlds of the old Queen Mary and the new GOP never surface. Again.

Therefore register, bring along and educate an un-registered child or grandchild to follow your example - and then, drive them with you to show up and vote!



Tim Allston
Leadership Player-Coach & Four-time
Amazon Best-Selling Author
“Leading from the Middle”
www.timallston.com - (256) 212-0949

Millennial Moment

by Gloria B. Caldwell

Same Old Song ...

When are you going to get tired of singing the same old song to yourself?

... The one with the “poor me” lyrics. It plays like a blues or country song. You know the one—the one where you’re down and out. The wife or husband left you, the dog died, the bills were piling up, life sucked, and you couldn’t get anything right!

You’re incapable and won’t “mount” to anything. You’ll never get that job, be healed, or get the relationship you “want”! When do you stop hearing those lyrics in your head?

You are exactly what you think! The power of thoughts is real, guys! If you think you can, you

will. If you think you can’t, you won’t. Big thinkers accomplish big things.

People who think small



do small things. People who believe that good will come to them usually get it. People who think things will never change—the outcome is, they normally don’t. The power of your thoughts is major! If you speak those POSITIVE thoughts out loud, it gives

them life. If you then ask for it in prayer, it sets it into motion. You have the power to do that!

So what’s your excuse? What makes you not believe in yourself? What makes you a failure, unworthy, or not capable of learning or receiving? Who put that in your head? Better yet, that doesn’t matter. The question is, “Who is letting it reside there?”

Stop allowing this tired,

silly song to keep replaying.

Turn it off! NOW! Switch to a station that plays positive mental music, one that plays affirmations. That tells you, you can!! Better yet, make up your own song! Sing it to yourself! Build yourself up! Tell yourself, “I will, I

am, I can!” Then do it!

On this day, create your dream for yourself. Write it down. Speak it.

Do it!!

God loves you, and so do I.

He has given you a gift. *Open it!*

This Sunday's Lectionary

Sunday, July 28, 2024

Tenth Sunday

After

Pentecost



(Track 2, Year B)

First Lesson:

2 Kings 4:42-44

Psalm 145:10-19

Second Lesson:

Ephesians 3:14-21

GOSPEL:

John 6:1-21



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

Dr. Horace W. Rice

Dr. Horace W. Rice is a professor of business law and ethics in the College of Business and Public Affairs at Alabama A&M University, Huntsville, Ala. He received his AA degree from Chicago City College, his B.S. degree from Alabama A&M University and his J.D. degree from the University of Toledo in Ohio. He has also served as an adjunct professor of business and labor law at Oakwood University in Huntsville and the University of Alabama in Huntsville's School of Business. He has been a visiting professor at the Florida Institute of Technology and Dakar University, Senegal, West Africa. Moreover, he has received invitations to teach summer classes from the University of Northern Iowa, Cedar Rapids and Anaheim University in California.

As a certified corporate arbitrator and mediator by the Federal Mediation and Conciliation Service and the American Arbitration Association, he has adjudicated 100-plus business and labor disputes for corporations and various governmental agencies in the public and private sectors. As a consultant to corporations, agencies and unions, his service has covered venues at the local, state, regional and the national levels.

His professional affiliations include membership in the Academy of Legal Studies in Business, the Society of Professionals in Dispute Resolution

and membership on the following National Arbitration Panels: AAA, FMCS, United States Postal Service, National Football League and the Ohio State Impasse Panel. Further, he has accepted invitations to present his research at the following National and International conferences: Global Conference of Business and Economics, Harvard University; Boston; American Society of Business and Behavioral Sciences, Las Vegas; International Academy of Business Disciplines, Las Vegas; American Business Law Association, Atlanta; and American Arbitration Association International Conference, Senegal, West Africa.

Dr. Rice is also a member of Alpha Phi Alpha Fraternity, Inc., and is listed in Who's Who International based on his activities in national and international affairs. He has accepted several invitations from the American Arbitration Association in New York and the Citizens Ambassador Program in Washington, D.C., to serve as an international delegate to lecture and present papers on international business law and arbitration for business and labor organizations and universities in Moscow, St. Petersburg, London, Paris, Stockholm, Senegal, Egypt and Brazil. Other foreign enrichment travels include: Canada, Peru, Mexico, East and West Africa and the Caribbean.

As an author, Dr. Rice



has published one book chapter and more than 40 articles, cases and abstracts. Further, he has published in the following national and international journals and conference proceedings: Global Review of Business and Economic Research; Labor Arbitration Awards; Bureau of National Affairs; Labor Relations Reporter; LRP Publications; Faculty Research Journal; Labor Relations Press; American Business Law Association Journal; Federal Labor Relations Reporter; Labor Arbitration in Government Conference Publications; ABLA Regional Proceedings; IABD Regional Proceedings; ASBBS National Proceedings; GRBER International Proceedings; AAAIC International Proceedings. His research interests include the areas of business and labor law, ethics, corporate governance, dispute resolution systems, international business law, labor management relations and white-collar crimes.

Mill Creek Project *(Continued from Page 1)*

mission of developing and preserving a high standard of safe and affordable housing for qualifying individuals and families, ensuring these opportunities are free from discrimination," said Tony McGinnis, Executive Director of the Huntsville Housing Authority (HHA). "We look forward to leveraging this support to create vibrant, inclusive communities and enhance the quality of life for our residents."

Huntsville's strength in securing the competitive CNI grant hinged on the commitment of 27 partners and stakeholders. This includes a \$27 million investment by Huntsville Hospital to create 125 workforce housing units and to operate a health care clinic on-site.

"The Choice Neighbor-

hoods Initiative is a rare opportunity to improve healthcare access while also making a large positive impact on our workforce needs," said Jeff Samz, CEO of Huntsville Hospital. "We are so excited to bring healthcare to this development and just as excited to offer our employees efficient access to housing. This project checks all the boxes and we're incredibly proud to be part of it."

Another key partner is McCormick Baron Salazar, a leading developer, property manager and asset manager of economically integrated urban communities. The firm will redevelop the project site in five phases over eight years to ultimately provide 705 mixed-income units.

"This is no longer a plan,"

said Joe Weatherly, Senior VP Development, McCormick Baron Salazar. "This is no longer an application. It's no longer a pile of paper and a lot of conference calls. This is going to happen."

For District 1 City Council Member Devyn Keith, the CNI grant represents a significant step in providing affordable housing for Huntsville's diverse workforce, a cause he has championed as an elected leader.

"The Mill Creek project sets the standard for what neighborhoods can and should be," said Keith. "Receiving this grant is a significant moment for Huntsville. As we continue to grow, we must work to find more innovative and affordable housing opportunities."



 **State Farm®**

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"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.

WJAB
90.9 FM
www.wjab.org

AAMU Child Development Center Accepting Applications for 2024-25



The Alabama A&M University Child Development Center is now accepting applications for the 2024-25 academic year, with enrollment available for both fall and spring semesters. Registration will start in person on Tuesday, July 16, beginning at 7:00

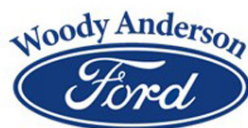
a.m. in Carver Complex B, Hobson Wing, Room 116 and continue until all spots are filled. Applications are open to the general public for children aged 2 to 4 years old.
Tuition Rates:
\$125 per week for Pre-K class

\$135 per week for Pre-school class
\$150 per week for Toddler class
Registration fee: \$150
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JULY 26 - JOE JACKSON - Born in Fountain Hill, Ark., Joseph Walter Jackson was an American talent manager and patriarch of the Jackson family of entertainers. In the meantime, his wife Katherine tended to their growing family. During the late 1950s, she began working part-time at Sears in Gary. Joseph and Katherine went on to raise ten children, as their son Brandon Jackson (Marlon's twin) died just after he was born. He was inducted into the Rhythm and Blues Music Hall of Fame in 2014



- BlackCelebrityBirthdays.org

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LAST DAY TO BOOK: FRIDAY, JULY 5, 2024

When Will Rural Areas in the Tennessee Valley Get Good Internet?

(BPT) - Do you live in a rural area? How's your internet service? Is it good, bad ... or just not there?

People in big cities usually have at least one good option to get strong internet. It's a different story if you live in a small town. There is a big gap. And good internet is about more than watching TV shows or your kids playing video games. Good internet can help with:

Economic equality. With a strong internet connection, small businesses in rural areas can sell products online. Individuals can even start businesses right from their homes. This means someone in New York City can buy honey directly from a little business outside of Tupelo, Mississippi. Without the internet, that sale can't happen.

Remote work. With good internet, people can work high-paying jobs remotely - no matter where they live. They don't have to choose between a well-paid job and a nice life in a small community. Many people move away from big cities because they want a better quality of life, lower cost of living and more time in nature. When people can work remotely from rural areas, this brings more money - people spend money locally, and the tax base grows.

Educational opportunities. Good internet gives rural students the same opportunities as everyone else. They can access research materials, take online courses, and easily work with peers and teachers. Kids do not have to do homework in the parking lot of the local



diner because they do not have internet at home.

Health care. In rural areas, the closest doctor or hospital might be many miles away. Broadband enables them to use telehealth, which helps people see a doctor online, without leaving home. A good Wi-Fi network in a rural area can also make it easier for first responders to provide potentially life-saving services.

There is a big need for good internet in rural areas. But delivering good internet takes time. Starting a local internet service is very

complicated and expensive. The good news is the federal government is providing a lot of money to help rural areas get connected.

One program, BEAD (Broadband, Equity, Access & Deployment), provides \$42.45 billion to expand internet access - specifically for remote and rural communities. Any business that applies for and wins this funding can plan, install and deliver broadband internet to rural areas.

But there's a problem. The funding process can be complicated. If local providers do not apply for these funds, big telecom companies that don't understand these communities as well might take over in their areas.

Local broadband providers are great for rural communities. In some

cases, they are cooperatives (owned by members) or municipal utilities. They know their communities well and can offer a lot of exciting internet services, at a fair cost. They are flexible, open and understand the needs of their customers.

That is why the Calix Funding Consult Program is important. By offering expert advice, along with tools like automation and data analysis, the program helps local internet providers with every step of the BEAD process. This includes planning, applying for the money and following the rules of the program.

Over the past three years, this program has helped local broadband providers get nearly \$2 billion in funding. This free program is available for any local

business - not just Calix customers. It has been so successful that almost 75% of all government-funded broadband providers are Calix customers.

Calix has been in the broadband industry for 25 years. They have invested a lot in creating a complete broadband platform that helps local internet providers succeed. Calix is dedicated to helping local providers with Build America Buy America (BABA) solutions.

Are you a customer of a local broadband service company? Do you work for one, or do you know someone who does? Ask them to contact Calix for a free consultation about applying for federal funding. Because good internet means good living for all rural communities.

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Zzzzzz ... New Sleeping Aids to Combat Insomnia

Are you one of the many adults struggling with insomnia? According to a study by the National Council on Aging, about 30 percent of adults experience symptoms of insomnia, with 10 percent reporting that it significantly impacts their daily activities. If you find yourself in this statistic, it might be time to consider some effective sleeping aids. Here are five sleeping aids to help combat insomnia.

1. Neuro Gum's Sleep & Recharge Meltaway Mints

If you're looking for a natural sleep aid to complement your bedtime routine, Neuro's Sleep & Recharge meltaway mints are an excellent option. These mints are scientifically designed to help you achieve restful sleep and wake up feeling

refreshed.

How Neuro Gum Works:

Neuro's Sleep & Recharge meltaway mints are formulated with clinically tested melatonin and a proprietary blend of passion flower, chamomile, lemon balm, and elderberry. These ingredients work together to promote relaxation and sleep without the groggy side effects of traditional sleep aids.

Benefits of Neuro Gum:

Fast-Acting: The mints dissolve quickly, ensuring rapid absorption of sleep-enhancing ingredients.

Natural Ingredients: The blend of melatonin and calming herbs promotes relaxation and sleep.

Non-Groggy Mornings: Unlike some sleep aids, Neuro's mints help you wake up feeling refreshed and alert.

How to Use Neuro Gum:

Simply pop 1-2 mints in your mouth 20 minutes before bed. The fast-melt technology ensures they dissolve in 30 seconds or less without any bitter aftertaste, helping you drift into a peaceful sleep.

2. Melatonin Supplements

Melatonin is a hormone that your body naturally produces in response to darkness. It helps regulate your sleep-wake cycle. Taking melatonin supplements can be particularly helpful if you have trouble falling asleep or have a disrupted circadian rhythm due to jet lag or shift work.

Tips for Success:

Start with a low dose (0.5 to 1 mg) about 30 minutes before bed.

Increase the dose gradually if needed, but avoid high doses as they can cause side effects.

3. Herbal Teas

Herbal teas, such as chamomile, valerian root, and lavender, have been used for centuries to promote relaxation and improve sleep quality. These teas contain natural compounds that have a calming effect on the body and mind.

Tips for Success:

Drink a cup of herbal tea 30 to 60 minutes before bed. Avoid adding sugar or caffeine-containing ingredients.

RELATED: More Than Sleepless: How To Tell If You Have Insomnia

4. Magnesium Supplements

Magnesium is an essential mineral that plays a role in numerous bodily functions, including muscle relaxation and the regulation of the nervous system. Low magnesium levels can contribute to insomnia and restless sleep.

Tips for Success:

Take a magnesium supplement (200-400 mg) about an hour before bed.

You can also increase your magnesium intake through foods like leafy greens, nuts, seeds, and whole grains.

5. Aromatherapy

Aromatherapy involves using essential oils to promote relaxation and improve sleep quality. Oils like lavender, chamomile, and sandalwood

are particularly effective for sleep.

Tips for Success:

Add a few drops of essential oil to a diffuser in your bedroom. Alternatively, you can add essential oils to a warm bath or apply them to your skin using a carrier oil.

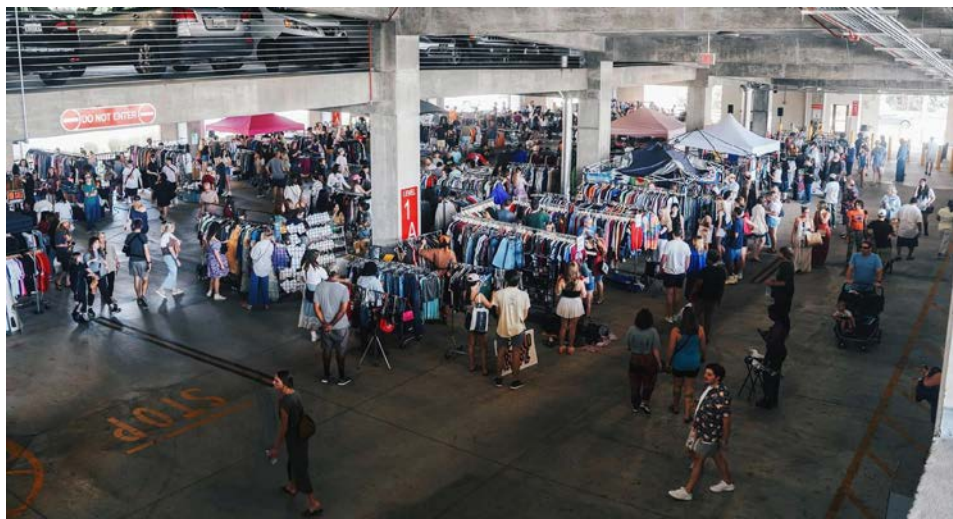
When to See a Doctor

If you've tried multiple strategies and still find yourself struggling with insomnia, consider seeing a doctor, especially if:

Your insomnia persists for weeks; daytime fatigue or mood disturbances; trouble concentrating or remembering things; reliance on sleep aids; or medical condition.

- BlackDoctor.org

Downtown Vintage Market August 3-4



Attention, all vintage lovers! One Man's Vintage is bringing back Huntsville's Downtown Vintage Market August 3-4, ground floor of the 132 Greene Street parking garage, 11

a.m.-5 p.m.

Enjoy a family-friendly market with vintage pieces, food, and music.

Over 40 vintage vendors will bring a huge variety of clothing, decor, and collectibles. Each

vendor is hand-selected and will bring a variety of different styles and pieces.

These pieces vary all the way from the 50's to the '00s, so there will be a wide selection of items to look through!

And, the best thing is, it's completely free to attend and just in time for holiday shopping and gifts! So make sure to come shop, hang out, and enjoy the day downtown!

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