

"Africa may yet prove to be the
spiritual conservatory of the world."
- Edward Wilmot Blyden

FREE

The Valley Weekly

Volume 4, No. 47

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Friday, August 3, 2018

The Women's Expo Set Aug. 25th

The annual Women's Expo ("Saved in the City") Conference will return to the Rocket City on Saturday, August 25, in the Von Braun Center North Hall from 10 a.m.-4 p.m.

Organizers are calling the event "the ultimate experience for women" and the union of fashion, beauty, health and lifestyle.

the
women's
expo
Powered by *Saved in the City*

The conference attracts more than 1,000 primarily African-American college-educated women from more than 20 states. At least two-thirds of participants represent the state of Alabama.

There are opportunities for vendors and exhibitors. For additional information about the event or becoming an exhibitor or vendor, contact events@savedinthecity-online.org.

Calhoun to Offer CDL Class for Women

Currently, more than 200,000 female drivers across the nation are earning a good living as professional truck drivers.

With no wage gap between genders, and job security fueled by a nationwide truck driver shortage, more women are looking to the transportation industry for lucrative careers.

To help meet this growing demand for drivers, Calhoun Community College is offering a CDL Training for Women option for those interested in receiving a commercial driver's license (CDL) and endorsements.

Day classes will be offered Monday-Thursday, September 4-27, 8 a.m.-5 p.m. at Calhoun's Decatur campus.

The 4-week, 160-hour program, will prepare



NationalPost.com

students to pass the written and road tests for a Class A or B license.

Due to advancements in vehicle design, professional driving is more attractive and accessible to all demographics. Many carriers are transitioning their fleets to all automatic transmission vehicles, with an increased focus on ergonomics, amenities, and driver safety

and comfort.

During the course, trucking company recruiters will meet with the classes and provide information regarding employment.

For more information or to register for the class, contact Calhoun's CDL office at (256) 260-2462, or visit the website at www.calhoun.edu/cdl.

Work Underway for Merrimack Sports Complex

Huntsville athletes will have more space to practice and play sports soon, according to HuntsvilleAL.gov.

Crews have begun work on Phase I of the highly anticipated field expansion

at the Merrimack Sports Complex. The City of Huntsville is spending about \$4 million to build four new soccer fields and modern amenities for the complex. Phase I includes the four new

artificial turf fields, concession stands, and shade pavilions to provide a larger space for families, friends, and visitors to enjoy one of Huntsville's most popular athletic arenas.

RiahRose Home Prepares for Grandparents Day



The RiahRose Home for Children proudly announces its annual Grandparents Day celebration on September 9, 2018, at 1:30 p.m. at the child-friendly Early Works Museum in downtown Huntsville.

Grandparents Day is a national holiday that celebrates the wisdom, help and love that grandparents give to their children's children.

Because of their dedication in helping to raise their grandchildren, Sarah and Calvin Ford are the honorees for 2018.

Bettye Dixie is director of the RiahRose Home for Children, while Carolyn Jackson serves as president.

For more information about the RiahRose Grandparents' Day celebration, please call (256) 489-4348.

The Valley Weekly
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Former Auburn, NBA Athlete Makes Special Appearance

The Boys and Girls Club of North Alabama held their annual Leaders and Legends Dinner Thursday, July 26, at the North Hall of the Von Braun Center. The dinner featured a special keynote address from former professional basketball player Charles Barkley.

The annual event is the organization's largest fundraiser, which helps support local teenage boys and girls in the North Alabama region. Each year, the organization brings a notable athlete and coach to speak at the charitable dinner. Previous speakers include Nick Saban, Gus Malzahn and Emmett Smith.

Barkley, who was born in Leeds, Ala., excelled on the court, playing for



Auburn University, before completing 16 successful seasons with the NBA.

Throughout his tenure with the Philadelphia 76ers, Phoenix Suns and the Houston Rockets, the six-foot-sixer secured numerous accolades, culminating with his induction into the Naismith Memorial Basketball Hall of Fame.

Earning popular monikers "Sir Charles" and "The Round Mound

of Rebound," the Alabama native secured a spot in both the 1992 and 1996 Olympics Games as a member of the "Dream Team" alongside fellow legends Michael

Jordan and Earvin "Magic" Johnson.

Despite his monumental stride as an athlete, Barkley said he doesn't want today's youth to have their eyes dead-set on making it big as a pro-baller, especially if it interferes with their studies. He commended the organization for instilling students with an amplitude toward learning.

"Less than one percent

of people who play college sports are going to the pros," the baller-turned-analyst said. "So, one thing about the Boys and Girls Club is they stress education, but the main thing just being around as many positive people as possible." The Leaders and Legends dinner also honors locals that have donated countless hours to helping their community. This year, the organization honored Mae Jemison High School basketball coach, Howard Pride. A silent auction that featured a bevy of autographed memorabilia from notable big-timers was held before the main event.

For more information on the Boys and Girls Club of North Alabama, please visit www.Bgcna.com.

by Reginald Allen

Best-Selling Author Visits Huntsville

Best-selling author Tayari Jones held a special lunch engagement for limited guests Thursday, August 2, at the Ernest L. Knight Reception of Alabama A&M University. The special lunch, titled "Lunch with Tayari Jones," was held to commemorate the release of her novel "An American Marriage", which was a featured selection in Oprah Winfrey's coveted Book Club. The event was sponsored by the North Huntsville Capital Campaign Committee.

A tale of tested love, "An American Marriage" follows successful newlyweds Celestial and Roy, whose lives take a turn for the worst when the groom is arrested for a crime he didn't commit. Sentenced to 12 years behind bars, Celestial's patience and marital vows are put to the test. When Roy is released five years later, the couple can finally pick up where they left off.

The New York Times called the "wise and compassionate" novel "a clear vision of the quiet devastation of a family." Jones is also the author of novels "Leaving Atlanta", "Silver Sparrow", and "The Untelling."

by Reginald Allen



Spotlight on Our Elders ... Featuring

Mr. Charles E. Briggins, Sr.

Charles E. Briggins, Sr., is a retired educator who enjoyed a productive career at Kentucky State University and in the Decatur and Huntsville City School Systems.

Briggins has held positions ranging from classroom teacher to vocational coordinator and assistant principal of Lakeside High School in Decatur, Ala. He earned his bachelor's and master's degree in trade and industrial education from Alabama A&M University.

After retirement, Briggins served as a weatherization coordinator for the Huntsville/Madison and



Limestone Counties Community Action Agency. He is a member of the First Missionary Baptist Church, where he has served as director of the male chorus.

He still sings in the male chorus and other choirs.

Briggins gallantly served his country and is a proud veteran of the United States Army. His community service, however, involves active membership in the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., and the R.E. Nelms Elks Lodge #977.

He has also served as the Grand Deputy Inspector General State of Alabama and Worshipful Master of the Smith Grand Council of the Ancient and Scottish Rite Masons.

Chorale Performs in Florence



SPIRIT-FILLED: On Wednesday, July 25, 2018, the Huntsville Spiritual Chorale performed at Greater Saint Paul African Methodist Episcopal Church in Florence, Ala. "The Bridegroom Has Done Come," "I'm Drinking from a Fountain that Never Runs Dry," and "We'll Go On and Serve the Lord" are spirituals written by the legendary musician and composer W. C. Handy. The performance was one of multiple events at the annual W. C. Handy Festival. The Greater Saint Paul AME Church is the oldest African American church in northwest Alabama. Former pastors of the church include Reverend William Wise Handy and Reverend Charles Bernard Handy, the grandfather and father, respectively, of songwriter W. C. Handy. The Huntsville Spiritual Chorale is a local non-profit organization established for the performance and preservation of Negro Spirituals. Brenda and William Davis serve as directors.

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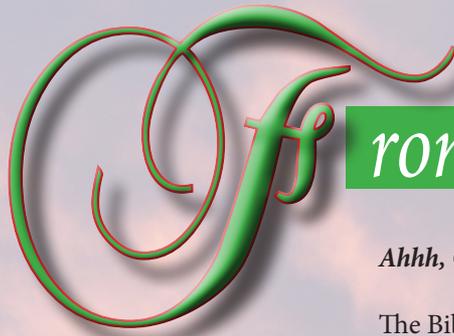
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The Valley Weekly

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From the Editor

Ahhh, Our Neighbor, Dr. Clarethia Reese-Jennings!

The Bible says in the book of James, “Thou shalt love thy neighbor as thyself.” In Proverbs, we are instructed to “devise not evil against our neighbors.” Mark repeats James’ guidance and further shares that there is no other commandment greater than loving our neighbor as we love self. In essence, we should love, work for their good and edification, and not visit too regularly (Proverbs), so we can mind our own business and stay out of theirs.

Clarethia was our neighbor. Last Thursday, she was called home. Each of us will get that call one day, and I believe we can learn some things from her life. She and her husband, Mike, moved to Harvest a few years after us; however, we knew them prior to becoming neighbors. The April 27, 2011, tornado sealed our relationship as neighbors and friends. Our home had minimal damage in comparison to some of our neighbors. Mike, Clarethia, Lamesha (daughter) and Kimora (granddaughter) became our “roommates” until they could return to their home after the storm. Once our perishables were depleted, we ate whatever our husbands could find on the shelves at the local grocers. We put what we had in our pantries together and grilled what we could. Our power was out for over a week. One of our neighbors loaned us a generator, which helped us tremendously. Our telephones were not working, we did not have power, so we “roughed” it through.

Although we had several empty bedrooms, Lemeshia and Kimora would not part from their parents. At bedtime, they slept across the foot of the bed, reminiscent of my early years, when we didn’t have empty bedrooms but had to share beds with siblings to find a comfortable place to sleep. Clarethia’s love for her husband, daughter, grandchildren, extended family, church, colleagues, friends and neighbors was unmatched. She affectionately call Bill “roommate” from the time of the April 2011 tornado until she passed away.

We were blessed to know and love her. If you spent any time with her, you discovered quickly that she was as close to ‘loving neighbors as she loved self’ as humans typically get. She had a sweet, sweet spirit; she was positive all the time, never speaking ill about anyone; she was generous and helpful; she sought heavenly approval rather than earthy recognition; and, she never visited too often or too long. She understood the true meaning of love, exhibited care and concern for others, had an unusually peaceful and Christ-like demeanor, and loved her family unconditionally.

Rest in love, roommate! He must have called you because he wanted one of His young, beautiful, smart, stylish ladies in His garden. We will miss your consistent example of love and hope to see you on the other side!

Ahhh, rest, neighbor, rest!

Until next week ...



Dorothy



Millennial Thought

by Josh Alex Baker

AIM-ing Forward

Before you read any further, I want you to do me a favor. Stop right now and focus on one thing in your life that you are actively pursuing.

Got it? Now, keep this in the forefront of your mind as you read this.

As we navigate our lives, it is only natural that we aspire to ascend to new heights. While I'm not a gambling man, I'd say it is a safe bet that stagnation and complacency typically don't make the top of your Christmas wish list.

For many of us, we are constantly seeking new ways to evolve. We find ourselves searching high and low for ways to pierce that newer and more ac-

claimed echelon. So, what happens when we pour all our passion into this endeavor and still seem to fall flat? We analyze our A.I.M.

First, we must address

... Does this desire to ascend stem from a negative or positive source? ...

our *attitude*. Are you approaching this new opportunity with a spirit of arrogance and entitlement or awareness and humility? While vital that you are fully aware of what you bring to the table, always honor the space for growth and learning. In our efforts to evolve, the way in which we engage and our willingness to expand our way of thinking become integral

components.

Next, monitor your *intentions*. Does this desire to ascend stem from a negative or positive source? Is this pursuit about your genuine growth or is this an opportunity to "show others what they missed out on"? Are you seeking this platform to advance others or solely yourself? Analyze the sincerity of your desires. The energy you exude is the energy you will attract.

Finally, assess your *methods*. Just because a routine has worked before doesn't mean that it is the most efficient. Find ways to become innovative in your pursuit. Get creative. Take calculated risks. And always bear in mind that "no" is not the end. It is simply a redirection.

Native to the Valley area, Josh Alex Baker is a senior social work major at Alabama A&M University.

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**FALL TERM
BEGINS
SEPTEMBER
10TH**

Valley Weekly Calendar of Events

August 10

10th Annual Taste of Kappa
Huntsville Museum of Art
\$40/person
HuntsvilleNupes.com

August 11

4th Annual Nella White
STEM Scholarship Banquet
David's Temple M.B. Church
Tickets: \$30 - (256) 651-8553
Tanner, Ala., 6 p.m.

August 23-25

Saved in the City Conference
www.thewomensexpo.org

Von Braun Center - Huntsville, Ala., 10 a.m.-4 p.m.

September 2

Annual Caribbean Day at the
Park Family Fun Day
www.CANAonline.com
(256) 606-6878-11 a.m.-7 p.m.

September 9

Grandparents Day
RiahRose Home for Children
EarlyWorks Museum
(256) 489-4348
1:30 p.m.

Jazz in the Park
Featuring Adam Hawl
Big Spring Part, 6-9 p.m.
(Free)

September 16

Jazz in the Park
Featuring Kim Scott and
T.A.D. of Jazz (Free)
Big Spring Part, 6-9 p.m.

September 23

Jazz in the Park
Featuring Brian Simpson and
Norris Jones
Big Spring Part, 6-9 p.m.



BIRTHDAY - August 3 - EDWARD W. BLYDEN - During the late nineteenth century, Blyden was the best known and most highly respected African intellectual in the Western world. He has been called the "Father of Pan-Africanism." -*BlackinTime.info*

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Huntsville Bible College

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Lucky's Supermarket

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N. Ala. Center for Educational Excellence

Oakwood University Post Office

Regency Retirement Village

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

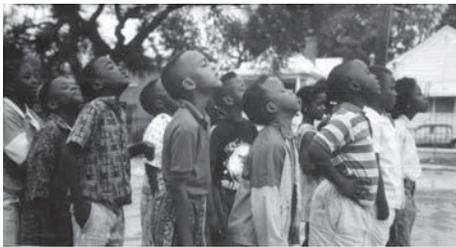
Sneed's Cleaners

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

If Ever You Make It to CHARLESTON



There was always something about the city that lured me, like a moth to an open flame.

Perhaps I wanted very much to see how such old beauty could so elegantly perch itself atop so seedy a past.

It took years to get there, but I made it. And, it was just as I had imagined it. A peninsula of burgeoning new growth intertwined with unburied lies daring to expose themselves in the scorching sun.

Charleston's beauty is indeed in its contradictions. Rain then sunshine, then sunshine followed by storms. High society and squalor. Hell surrounded by water and churches. Millionaires along the East Bay Street seaside, and minimum wage workers only a few blocks away, but both with healthy palms in their yards.

So much to sell and too much to buy. A town much like fleeting, yet unending, stream-of-consciousness. Selling of things, veggies from Johns Island, berries, nostalgia, longings for how things were and wishing for how they should remain.

Selling of sad memories and hard-won culture and dark people in a temple city built around the portal of entry for almost half the slaves who entered the experiment called America.

Sale! Selling bodies, y'all. Keep them dumb, and they'll work for free. Dumb and free. Free .. dumb.

The College of Charleston, situated in the center of the lower peninsula, floods King Street with such stuff as gentrification is made of. They pour into its many wanton bars, galleries, quaint restaurants and tucked-away alleys.

Their youthful blue eyes rush pass you, probably uncertain as to whether or not you are simply 'the help.' But then you see some African Americans, proudly walking down the same street. You can't really determine if they are native to the area. Yet, they are uncommonly friendly, and they have no problem being the first to address you.

As you walk along, you even find a few stores, booths, more galleries and grains of rice that local blacks have reaped from this South Carolina low-country and are holding for themselves.

This is ours. No, they won't take it all. Are you one of us? Do you have a moment to hear me ... to see me? You are a book without a first chapter. We can fill the pages if you promise to listen well. Together, you and me, we can overturn the tables of the temple.

by Jerome Saintjones



Washington in One Minute



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

1. The Senate is in session this week. The House is in recess until September 4. The Senate will return to the package of 4 FY2019 appropriations bills: Transportation/HUD, Financial Services, Agriculture and Interior, which it did not finish last week, partly because of a disagreement over an amendment to provide \$250 million for election security grants to counter Russian disruption of the election.

2. President Trump met with Italian Prime Minister Giuseppe Conte at the White House Monday. On Tuesday, he signed the reauthorization of the Carl Perkins Career and Technical Education Act and then headed to Tampa, Fla., for a workforce roundtable and a campaign rally. On Thursday, he travelled to Wilkes-Barre, Pa., for another roundtable and campaign rally. Over the weekend, the President tweeted that he may refuse to sign appropriations bills and thereby shut down the federal government on October 1, if Congress does not provide him with the \$5 billion to begin construction of the wall on the Mexican border.

3. The Education Department began taking applications Monday for two new pilot programs in open textbooks and cybersecurity.

4. The U.S. Department of Education unveiled a regulatory overhaul proposal that included a wide-reaching rule-making session. The administration's goal is to reduce compliance requirements for accreditors to free them up to focus on the quality of education while more clearly defining the college oversight roles of those agencies, state governments and federal regulators. The proposals could have far-reaching effects on the educational models that colleges pursue, as well as for noncollege education providers.

5. According to Politico, Supreme Court nominee Brett Kavanaugh met Monday with moderate Democratic Senator Joe Manchin (D-WV), who may hold the crucial vote to approve the nomination. Senate Minority Leader Chuck Schumer (D-NY) has asked his caucus to keep their voting plans on Kavanaugh private for as long as possible.

6. On Tuesday, the Senate Judiciary Committee held a hearing on immigrant family reunification efforts, featuring officials from ICE, Customs and HHS.

7. On Tuesday, jury selection began in the trial of former Trump Campaign manager Paul Manafort in federal court in Alexandria, VA (which was postponed from last week). Manafort was indicted in October 2017 on bank and tax fraud charges.

8. Last Sunday, CNN reported that Supreme Court Justice Ruth Bader Ginsburg, speaking at a performance of "The Originalist," a play about the late Antonin Scalia, intends to serve for at least 5 more years, which would extend her career beyond her 90th birthday. She noted that former Justice John Paul Stevens stepped down when he was 90.

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Called 2 Preach

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

The Familiarity of Gethsemane

Gethsemane is the place where Jesus went to pray for the final time before going to Calvary.

It is mentioned by name by Matthew and Mark, but Luke and John refer to it as simply, the place. It was also Luke and John who mentioned that this place was a familiar place. It was this familiarity of Gethsemane that made it an easy find for Judas the betrayer. Jesus' frequent visitations with His disciples serves as a pedagogical portrait of the kind of consistency needed by believers on their journey of faith.

Walking with God cannot be sporadic or spurious. It must have an authenticity marked by measurable variables that can be seen or heard or handled. It was this familiarity that kept Jesus in a repetitious resolve result-

ing in Him being able to say to His sleeping disciples, "Sleep on; take your rest."

In His humanity, His struggle with the will of God was real and proved to be redemptive when He relin-

quished His own will for that of His Father. The writer of Hebrews recorded that Jesus is our Great High Priest who sits upon the throne of grace with present help available to every believer because He identifies, with empathetic awareness, with the weaknesses of those who



call on Him.

It is Jesus' familiarity with Gethsemane that served Him in His hour of need. It is the believer's familiarity with Gethsemane that helps him/her develop the

same kind of trust that Jesus displayed.

Huntsville City Council Meetings

Huntsville City Council's regular meetings are held in the

City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m. Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

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For The View event details and tickets, visit burrittonthemountain.com!

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Champion Game Plan for Life

by Preston Brown



Therefore, when we criticize, we are saying that we don't agree with God's law, because *my* way is easier; because *I* get to be mad and *stay mad* so that I

can continue to criticize.

But this should not be our plan. A better "game plan" would be to say nothing and do nothing that offends your neighbor. Or, stick with the expression that says, "If you can't say anything good, don't say anything at all.

Stay encouraged, my brothers and sisters. And, remember: you can purchase my book, "A Champion Game Plan for Life," on amazon.com

istic of a negative person. To criticize is to be against people, because in most cases people are trying to defame or slander or backstab somebody.

Criticism and gossip can be very detrimental to people, for instead of ministering to people, we end up mutilating them--never knowing the damage that a comment can make or who it will hurt. And, in many cases, we never see the harm that it causes when we say the things that we say.

My brothers and sisters, this cannot be. When we criticize one another, we are breaking God's law, which is to love our neighbor as ourselves. How can we show love and criticize at the same time?

James 4:11 says, "Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them, speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgement on it."

You know, we all know the expression, "Sticks and stones may break my bones, but words will never harm me." Now, this expression has been around for a long time. But *why*? Because we all should know that words do harm people. That's why in this scripture the writer James makes his case for the fact that words and criticism do harm people.

You see, we all have to realize and understand that criticism is the character-

Eta Phi Beta Gathers in Memphis

The 33rd Biennial Grand Boule' of Eta Phi Beta Sorority, Inc., convened in Memphis, Tenn., July 22-28, 2018 at the Hilton Memphis. The theme of this year's convention was "Eta Phi Beta Sorority, Incorporated: Making a Difference in a Changing Society." Eta Phi Beta Sorority, Incorporated, is a business and professional women's organization founded in 1942 by 11 visionary women who attended Lewis Business College in Detroit, Mich.

It is a family-oriented sorority that has provided services to improve the quality of life of individuals in many communities throughout the United States and the Virgin Islands. The sorority's principal project is to provide services for intellectually and developmentally disabled citizens. The year 2017 marked its 75th Anniversary. The National Council of SHADS are the husbands of the sorority members, and the Youth Group consists of children ages 6-18 years of age. The SHADs and Youth Group held their conventions concurrently with the National Convention.



Eta Phi Beta Sorority, Inc., Alpha Omega Chapter members (l-r): Phyllis Caudle, Brenda Bennett, Lelia Reid-Davis, chapter president, Brenda Beale and Gladys Bracy.

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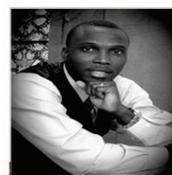
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Parents Prepare for Back-to-School, Too

(BPT) On that hectic first day of school, it's easy to overlook the most important meal of the day, especially if sleepy, grumpy kids wake up claiming they're not hungry.

Don't let kids opt out when you can opt for easy. Fuel them with a protein-packed breakfast, like a peanut butter and banana smoothie, which is delicious, nutritious and ready in minutes. Mooala's Original Bananamilk makes a great smoothie base, since it's made from real bananas, is dairy-free and has no added sugar.

Kids and teens who eat breakfast are more focused, perform better in school and make healthier food choices.

Additional tips to make a smooth transition back to school:

- * Start the bedtime schedule a week before school begins.

- * Involve the whole family in meal planning for the week.

- * Designate a quiet area as a homework station.

- * Use an app to create a family calendar.

- * Schedule annual medical exams.

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