

A&M Agribition Center Hosting Regional Expo - p. 7 **FREE**



John Riche Classic - p. 2

Friday
August 9, 2024
 Vol. 10, No. 49
ValleyWeeklyllc.com

SALUTE!
 Rosetta James Foundation
 ELDER OF THE WEEK



Mr. LaVern Spearman

"It takes a lot of courage to leave other people alone." - Anne Wortham

Shop Black Fest 2024 Set

Shop Black Fest Huntsville 2024 has been scheduled for Saturday, September 21, from 2-7 p.m., at 2620 Clinton Avenue.

The event is dubbed a "Homecoming for Black Entrepreneurs."

Free RSVP at <https://www.eventy.com/events/ticket/?id=9795> Get \$50 VIP Tickets. This ticket offers front row access to main stage and a VIP Shop Black Box with sponsored gifts from black-owned

businesses! Other Shop Black Fest cities have included Memphis, Nashville and St. Louis.

For more ticket and vendor information, contact info@shopblackfest.com.



KEITH: Richard Showers Center in Line for Possible Upgrades

The Dr. Richard Showers, Sr. Recreation Center, a longtime community hub in north Huntsville, will undergo a comprehensive assessment to determine needed upgrades.

The City hired Nola Van Peursem

Architects on a \$35,000, 270-day design services contract to review the architectural, structural, mechanical, electrical and plumbing systems of the 58,000-square foot facility at 4600 Blue Spring Road. The assessment

will also include 10,000-square feet of ancillary buildings on the campus.

"The architects will work with Parks & Recreation and other City staff to review the current and future programming needs of the overall campus and

facilities," General Services Director Ricky Wilkinson said.

"The Showers Center is a place where we can get together for meetings, activities and community celebrations," Keith said. "I'm excited

to support this evaluation that will start us on the path toward making this special place even better and one worthy of honoring the late Dr. Richard Showers, Sr. and his legacy of service."

- huntsvilleal.gov

Downtown Vintage Market Sept. 7

Huntsville's one and only free downtown vintage market, presented by the local vintage shop, One Man's Vintage, is scheduled for Saturday, September 7, 11 a.m.-4 p.m.,

at the Greene Street Parking Garage! Shop thousands of vintage gems from over 40 vendors, offering unique pieces from clothing to decor to collectibles spanning

from the 50s to the 2000s. Enjoy an amazing set from our DJ and local food trucks.

Visit: <https://www.onemansvintage.com/huntsvilledowntown>.

Pastor Mike Jr., Le'Andria Headlining A&M Gospel Explosion



The 2024 Alabama A&M University Homecoming Gospel Explosion will feature Pastor Mike, Jr. (PMJ). Joining the concert lineup with Le'Andria Johnson, PMJ will help kick-off a star-studded week on The Hill.

Dubbed "the New King of Urban Inspiration," Pastor Mike, Jr. is blazing a new trail. In addition to winning a Grammy, Le'Andria is a two-time Stellar Gospel Music Award winner and was Billboard magazine's #1 Fe-

male Gospel Artist of 2012. They will perform Sunday, October 6, at 7 p.m. at the AAMU Event to help kickoff Homecoming festivities. Follow AAMU social media or visit www.aamu.edu/homecoming for more info.



INSIDE THIS ISSUE!

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100 Black Men of Greater Huntsville 23rd Annual John Riche Memorial Golf Classic

Colonial Golf Course - Meridianville, Ala.

Saturday, August 3, 2024 - Photos by Anthony Gibson

The 100 Black Men of Greater Huntsville (100BMOGH), Inc., hosted its Annual John Riche Memorial Golf Classic on Saturday, August 3, at the picturesque Colonial Golf Course in Meridianville, Ala. The John Riche Memorial Golf Classic raises funding to support the organization's Men of Tomorrow (MOT) Mentoring Program, as well as annual educational scholarships to area youth.



Spiritual Game Plan

PRESTON BROWNS



“Costs and Rewards?”

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

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

Now, being a disciple of Jesus Christ is more than just being forgiven or just coming to church. Being a disciple is the process of moving toward spiritual adulthood. It's conducting yourself in such a way that others can see the good works



that God is doing in your life. But it all comes with a price. So we have to watch what we say and watch what we do and watch how we live. You see we may have to pay

a price, but God offers a reward. And that reward comes from growing in the knowledge of God. So what must we do to be a follower of Jesus Christ? We need to

continue to grow spiritually every day and believe in the one that God sent.

Prayer: Loving Father, help us to understand that the rewards outweigh the cost for following you.

Question: What are you willing to

give up to have a better relationship with God?


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:

“From Hate to Hope”



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THE VALLEY WEEKLY

VALLEY DEATHS



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Funeral service for **MS. KATHRYN HARVEY** (b. 1939), **MR. JOHNNY LACOUR** (b. 1954), **MR. TOBIAS NANCE** (b. 2006), **BABYGIRL ASHIRA TORRESS** (b. 2024) and **MS. MARIAN MOSBY** (b. 1958) will be announced at a later date.

Funeral service for **MS. ALEXIS SILCOTT** (b. 1988) was held Wednesday, July 31, at New Life SDA Church, 3912 Pulaski Pike NW, Huntsville, Ala.

Funeral service for **MR. DARRELL “TINKER” LaGRAND JR.** (b. 1978) was held Saturday, July 20.

NELMS MEMORIAL FUNERAL HOME

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www.nelmsmemorial.net

Funeral service for **MR. THOMAS LAMONT BURTON** (b. 1974), **MR. TERENCE L. NANCE** (b. 1989) and **MR. TRAVIS TAVARUS DOUGLAS** (b. 1977) will be announced at a later date.

Funeral service for **BISHOP CONNIE L. MITCHELL** (b. 1951) was Thursday, August 1, in the Nelms Memorial Funeral Home Chapel with Pastor Gilbert Mitchell officiating.

Funeral service for **MS. WINDER JEAN TAYLOR** (b. 1954) was Saturday, July 27, at the Indian Creek Primitive Baptist Association Tabernacle with Pastor Joe Kelly officiating.

Funeral service for **MRS. CLARA EVON FLINT-HUMES** (b. 1960) was Friday, July 26, at Blackburn Chapel Cumberland Presbyterian Church in America (CPCA).

ROYAL FUNERAL HOME

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

Funeral service for **MRS. DORARETHA WILSON KIRBY** (b. 1953) was Saturday, August 3, at the Morris Mill Kingdom Hall of Jehovah's Witnesses, 2820 Winchester Road, Huntsville, Ala., with Brother Robert L. Carter officiating.

Memorial service for **RETIRED U.S. ARMY SERGEANT FIRST CLASS ELLIS CASEY PAYTON** (b. 1939) was Friday, August 2, at the Royal Chapel of Memories with Reverend Chanda Crutcher officiating.

Funeral service for **MS. DELOIS HOLLEY FULLER** (b. 1954) was Wednesday, July 31, at the New Hope Cumberland Presbyterian Church in America, 28520 Wall Street, Madison, Ala., with Pastor Burgess Ewing as officiant and Pastor Ernest Bailey as eulogist.

The Valley Weekly
VALLEY
EVENTS
 HAPPENINGS, ACTIVITIES & MORE!

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.

Tickets on Sale for Art Tour of Homes

Arts Huntsville is thrilled to announce the Art Tour of Homes, a unique and inspiring event showcasing the artistic talents and creative spaces within our vibrant community.

The August Art Tour, sponsored by Pei Ling Charitable Trust, is Arts Huntsville’s bi-annual art adventure and features homes in west Huntsville and Madison.

Once again, area homeowners and art enthusiasts will open their homes to the public to inspire visitors to start or grow their own collection of art.

Tour Details

The Art Tour of Homes

Western Edition will be held Saturday, August 24, from 10 a.m. - 3 p.m. Tickets are \$20, available in advance online and



the day of, at each home, with exact cash or through TicketSpice.

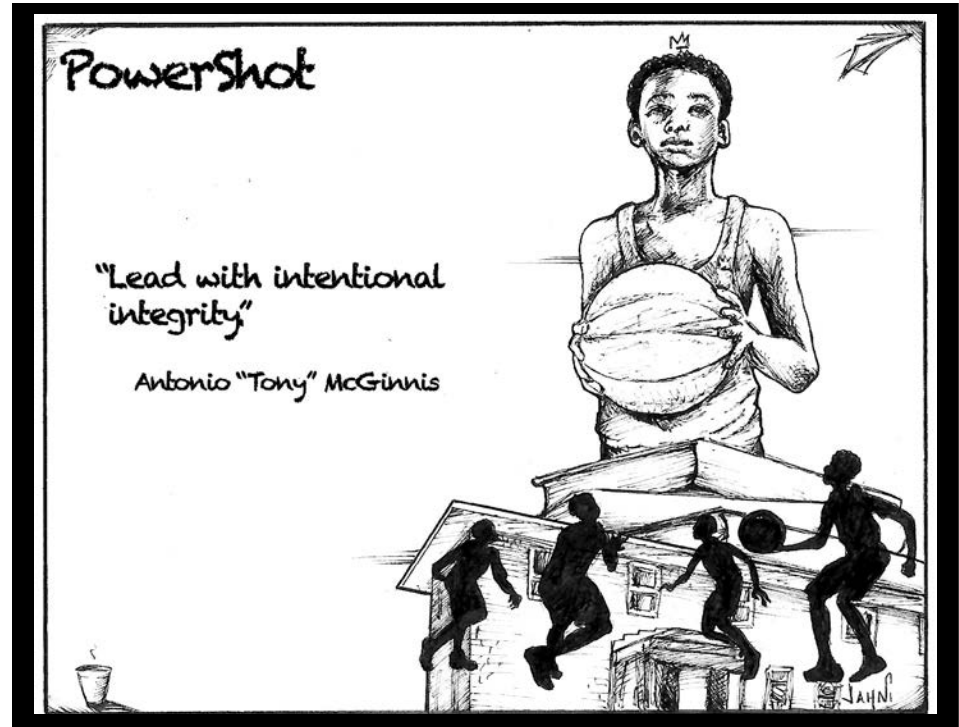
Arts Huntsville’s Art Tour of Homes offers a glimpse into the private residences of passionate art collectors and provides insight into how art seamlessly integrates into the fabric of their everyday

lives — giving tour-goers greater understanding of how anyone on any budget can use art to enhance their environment.

This event serves as an opportunity to learn about the region’s growing and thriving arts community. Tour attendees will be provided with a guide to local galleries and visual art venues.

More information about Art Tour of Homes may be found at <https://www.artshuntsville.org/event/art-tour-of-homes/> or by calling (256) 519-2787.

Arts Huntsville can be found on Facebook and Instagram at @ArtsHuntsville.



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11-22

“Billions of dollars are appropriated at the twinkling of an eye.
 Nothing little counts.” - A. Philip Randolph



Part 2 of 3: Joe Biden and Jesus: Meet Kamala Harris and the Samaritan Woman at Jacob's Well

"You may be the first to do many things, but make sure you're not the last." - VP Kamala Harris

In my 2021 book *US Politics The Rise of Silver Mettle Leaders*, I compare Biden's 2020 Kamala Harris choice as running mate with Jesus' choice of the Samaritan woman at Jacob's Well. The Bible's John chapter 4 presents her as the first Gentile and female to evangelize the non-Jewish world.



In 2024, Biden's endorsing her as the Democrats' presidential nominee again mirrors his 2020 Jesus-like selection process.

Let's "contemporize" this biblical account:

The Gospel According to John, Jesus, and Joe

In John 4:1-4, Jesus' Pharisee antagonists sought to discredit his ministry with such tactics as unfavorably comparing Jesus' baptism numbers vs. his cousin-forerunner John the Baptist's.

Political pollsters had been similarly quantifying Biden's re-electability vs. Trump's. Jesus sent away his disciples and retired to Samaria - considered a red state to Jewish blue-staters. Similarly, Biden's COVID-19 diagnosis forced him to separate himself from his campaign handlers and self-isolate.

At Jacob's Well, the solitary Jesus met a Samaritan woman with a water bucket who appeared alone. Wearing from his journey, he asked her for a refreshing drink of water.

While COVID-isolated and wearing from his supporters begging him to exit the race, the 81-year-old Biden suggested that 59-year-old Vice President Kamala Harris, alone politically as U.S. history's highest-ranking female and person of color, step up into the presidential race.

Biden, whose campaign had been dogged by accusations that he was too old, asked her to refresh it. This would infuse it with the younger, non-white female voters she represented—and first-time donors, volunteers, and youthful enthusiasts, too!

"How can you ask me for a drink?" Ms. Samaritan inquired (verse 6). Jesus replied that what he could offer would allow her never to be thirsty again.

In offering Harris his secured party nomination, Biden was offering her what she could not have secured by herself:

- The historic Obama-to-Biden-to-Harris legacy relay;
- A three-year track record of nationally lowered unemployment, COVID-19 management, and aggressive jobs creation; and
- The opportunity to employ her tenured prosecutorial chops against her GOP opponent, the twice-impeached and now 34-count convicted felon Donald Trump.

Although last week's news reports carried her and, subsequently, the nation's responses from political viewpoints, our next installment will now view those responses from a biblical perspective.



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

Hurt, Not Hopeless ...



*Hey! ... Lean in.
I know, I know. They
hurt you! It hurt you! I
get it, and I'm not making
light of it in any way. I'm*

*simply saying, this too shall
pass.*

*Life isn't over, this isn't
the catch all, this is a disap-
pointment. You wanted it,*

whether it was a relationship, a job, an opportunity, or business.

I get it; I've had the same feelings before. I am just letting you know *This is hurtful*, but let's not choose to be hopeless.

Hopeless is throwing in the towel. It's a feeling of despair or lack of optimism about the future. It can manifest as a sense of helplessness, where you believe that your situation will not improve and that your efforts are futile.

This is simply not true.

Staying in or accepting this emotional state can negatively impact mental health and your overall well-being.

It can even lead to feelings of depression and anxiety.

But, here's the good news.

You can accept the outcome, without liking it, and understand that if you don't stay in this mental space, things will get better.

You've got more in you than helplessness and hopelessness. You've got purpose inside you!

Shift your perspective.

Accept what you can't control and let's press forward.

*Lace Up!
Let's Go!*

This Sunday's Lectionary

Sunday, August 11, 2024

Twelfth Sunday

After

Pentecost



(Track 2, Year B)

First Lesson:

1 Kings 19:4-8

Psalm 34:1-8

Second Lesson:

Ephesians 4:25-5:2

GOSPEL:

John 6:35, 41-51



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

Mr. LaVern Spearman

Minister LaVern Spearman has served the scouting community in various capacities for more than 30 years. For three decades, he has served as Scoutmaster (SM) of Troop 102, sponsored by First Missionary Baptist Church, Blue Springs Road, Huntsville, Ala.

Over 75 Scouts have earned Boy Scouts of America's highest achievement award, the rank of Eagle Scout, under his tenure. Over the years and along with other scout leaders, SM Spearman has seen over 6,000 scouts across Madison County and the surrounding Huntsville area become physically strong, morally straight and mentally awake.

He has served in various roles in the church as Deacon, Minister of Church School Education, and as teacher of various Church school classes. He is the president and founder of Body of Christ Ministries, which is a ministry designed to encourage men and women to take their rightful and God-given places in the church, family and workplace. This ministry orchestrates trips to various Christian retreats, conferences and spiritual outreaches.

Spearman teaches an inner-city Monday Night Bible Study to men and women across social, racial and denominational lines. He works with the Neaves-Davis Youth Detention Center to deter all youth from becoming a statistic in the criminal justice system and to show

them that "you cannot walk with God and run with the Devil"

Before his retirement in 2012, he taught and shared in a weekly mid-day lunch Bible class with men and women at Redstone Arsenal for over 15 years. In addition, he works extensively with the Kairos Prison Ministry International in strengthening the spiritual lives of prisoners in Limestone and other surrounding counties.

He also serves with the Alabama Walk to Emmaus Community to inspire, challenge, and equip leaders for Christian action in their homes, places of work, and in their local churches and communities and has served as Lay Director of the Huntsville Emmaus Cluster.

Minister Spearman is a Board member of Marketplace Leadership Luncheon ministry with a primary mission of empowering the business community to recognize and fulfill their calling in the workplace, building God's Kingdom, impacting lives, and transforming communities through biblical principles in understanding the divine purpose for their



lives.

Mr. Spearman was employed with the United States Army Aviation and Missile Command at Redstone Arsenal, Ala., as a senior physicist in the US Army Test, Measurement and Diagnostic Equipment Activity, Engineering Division.

He is an honor graduate of Alabama A&M University in the physics field and has studied theology with the Liberty Bible Institute of Lynchburg, Va.

He and his wife, Lola, are members of Calvary Assembly in Tanner, Alabama, and have two adult children, son Xavier, and daughter Pastor Shannel Spearman-Burrows, who pastors West Pembroke Assembly Church in Hamilton, Bermuda, and four grandsons ages 12, 11, 11 and 7, as well as one 8-year-old granddaughter.

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.



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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

Agribition Center to Host Regional Ag Expo

Alabama A&M University and its partners will host the inaugural North Alabama Ag Expo on Saturday, November 2. The exciting, family-friendly event is free and will take place from 10:00 a.m. to 2:00 p.m. at AAMU's Agribition Center at 4925 Moores Mill Road in Huntsville.



The day will be filled with engaging and educational activities, including on-site demonstrations, a petting zoo, face painting, live music, and complimentary food. The event will also feature public figures, door prizes, and much more.

agricultural business owners, students of all ages, educators, and anyone with an interest in the agriculture industry in North Alabama.

Become a Sponsor, Exhibitor, or Vendor

To learn how you can participate as a sponsor, exhibitor, or vendor, visit www.aamu.edu/agexpo by Monday, September

16, 2024. While there are no exhibitor fees for educational and service organizations, we ask that all exhibitors bring a door prize valued at \$25 or more. Exhibitor and vendor spaces are allocated on a first-come, first-served basis, so be sure to secure your spot today!

For more information, visit www.aamu.edu/ag-expo.

Who Should Attend?

This event is perfect for farmers, food producers,

AUGUST 9 - WHITNEY HOUSTON - Whitney Elizabeth Houston was an American singer and actress. She was cited as the most awarded female artist of all time by Guinness World Records and remains one of the best-selling music artists of all time with 200 million records sold worldwide. Houston released seven studio albums and two soundtrack albums, all of which have been certified diamond, multi-platinum, platinum, or gold by the Recording Industry Association of America (RIAA).

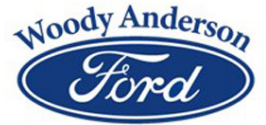


- BlackCelebrityBirthdays.org



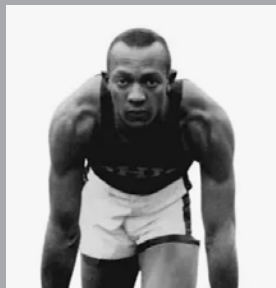
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ON THIS DAY

On August 9, 1936, Jesse Owens became the first African-American athlete to win four gold medals during the Berlin Summer Olympics. Owens' first win came on Aug. 3 when he won the 100m sprint event. His second win was in the long jump event on Aug. 4. On Aug. 5, Owens won the 200m sprint, and on Aug. 9, he won gold as part of the 4 x 100m relay team. - wikipedia.org



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No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.

“The trials on the road to world harmony are no greater than the courage of those who accept the challenge.”

- Carl Lewis

MICHELLE L. WATKINS

FOR DISTRICT 1
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VOTE AUGUST 27, 2024
www.watkins2024.com

Paid for by the Michelle Watkins for District 1 Campaign Committee



AAMU Bulldogs Open Fall Camp at Crews Stadium

The Alabama A&M football program opened fall camp last Thursday morning inside Louis Crews Stadium. The Bulldogs returned 16 starters from last year's team and welcomed a plethora of impact players across all positions.

Under the direction of Connell Maynor, Alabama A&M will look to improve on last season's 5-6 overall record and 3-5 mark inside the Southwestern Athletic Conference (SWAC). All practices – minus the Fan Day scrimmage – will be closed to the public.

Media availability for coaches and players will occur immediately following practice.

Fan Day

Fans are invited to watch



Alabama A&M's Fan Day on Saturday, Aug. 17 at 6 p.m. inside Louis Crews Stadium. Gates open at 4 p.m. with plenty of festive

events scheduled.

Fall Schedule

The Bulldogs open the 2024 season on Saturday, Aug. 31 with a road trip to Auburn and begins SWAC play at Florida A&M on Saturday, Sept. 28. The first home game is scheduled for Saturday, Sept. 7 against Kentucky State.

Classic Games

Alabama A&M will play in three classic games, hosting Kentucky State in the 14th Annual **Louis Crews Classic** on Saturday, Sept. 7 in Louis Crews Stadium. The Bulldogs face Jackson State in the **Gulf Coast Challenge** on Saturday, Oct. 5 at Ladd-Peebles Stadium in Mobile, Ala. and conclude the trio of

classic games with the 83rd Annual **Magic City Classic** on Saturday, Oct. 26 at Legion Field in Birmingham, Ala.

Ticket Information

Season tickets and single-game tickets for the 2024 season are on sale now. Purchase your tickets today to guarantee your seat for the upcoming season.

To purchase tickets, visit aamusports.com or call the ticket office at: 256.372.7255 or 256.372.7254.

Alabama A&M Football Fall Camp Schedule

Dates & Times Subject to Change

Thursday, Aug. 1 – 9 a.m. – 11 a.m.
 Friday, Aug. 2 – 9 a.m. – 11 a.m.
 Saturday, Aug. 3 – 9 a.m. – 11 a.m.
 Sunday, Aug. 4 – OFF DAY
 Monday, Aug. 5 – 9 a.m. – 11 a.m.
 Tuesday, Aug. 6 – 9 a.m. – 11 a.m.
 Wednesday, Aug. 7 – 9 a.m. – 11 a.m.
 Thursday, Aug. 8 – 9 a.m. – 11 a.m.
 Friday, Aug. 9 – 9 a.m. – 11 a.m.
 Saturday, Aug. 10 – 9 a.m. – 11 a.m.
 Sunday, Aug. 11 – OFF DAY
 Monday, Aug. 12 – 9 a.m. – 11 a.m.
 Tuesday, Aug. 13 – 9 a.m. – 11 a.m.
 Wednesday, Aug. 14 – 9

a.m. – 11 a.m.
 Thursday, Aug. 15 – 5:30 a.m. – 7:30 a.m.
 Friday, Aug. 16 – 5:30 a.m. – 7:30 a.m.
 Saturday, Aug. 17 – 6 p.m. – 8 p.m. (Fan Day Scrimmage)
 Sunday, Aug. 18 – OFF DAY
 Monday, Aug. 19 – CLASS-ES START

For complete coverage of Alabama A&M Athletics – Huntsville's only Division I program - check out the official homepage at www.aamusports.com. Remember to follow us on social media: Instagram (@aamuathletics), Facebook (aamubulldogathletics), Twitter (@_aamuathletics) and TikTok (aamuathletics).

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November–March: Tuesday – Saturday: 10am – 4pm & Sunday: noon – 4pm

Local Author Kicks-off August, Cracking Amazon's Top 200 Best Sellers' Ranking

Where *Jump Shots Meet Jesus*, an unorthodox approach to overlapping winning NBA championship dynasties with the Bible's best practice, has cracked Amazon's Top 200 worldwide best sellers list August 1 at #190.

However, Toney, AL author Tim Allston is pleased but not totally surprised.

"My book is peeking at the right time—during the Summer Olympics, where the U.S. basketball teams dominate. Moreover, while the book's popularity has spread globally, it's heartening to see a significant portion of its sales coming from



our Huntsville–Madison County."

The American Library Association cites that the national average for library cardholders in a community is 40%, but the Huntsville-Madison County

community boasts an impressive 76% for library cardholders.

"We are not just a hub for literacy, but also a thriving ground for 'author-preneurship' (authorship and entrepreneurship)" stated the 4-time Amazon bestselling author.

Later this summer, Allston will host his online webinar, "Preserve Your Legacy - Before It's Too Late! Beginning to Tell Your Story into Your First Book in 40 Days."

For more information and free registration, visit www.timallston.com or call (256) 212-0949.



TARCOG Fraud and Scam Summit Scheduled for Aug. 8

This week, TARCOG will provide an opportunity for aging community members to learn about the most common scams happening across Alabama — and strategies to protect their finances and identity from fraudsters.

Elder fraud reports to the FBI's Internet Crime Complaint Center rose by 14 percent in 2023 and it appears to be a trend that continues. For example, just last week, Huntsville Utilities issued an alert

about a scam targeting some older customers in which a "senior citizens discount" is offered before they ask for financial information.

Fraudsters targeting our aging population is why TARCOG is holding a Senior Medicare Patrol Fraud & Scam Summit on Thursday, Aug. 8, from 10 a.m. to 1 p.m. at the Bob Harrison Wellness and Advocacy Center, 6156 Pulaski Pike, Huntsville. Registration begins at 9

a.m.

Call (256) 830-0818 to request a seat at the free TARCOG Fraud & Scam Summit 2024. Seating is limited to 150, so call now to reserve a seat.

The Senior Medicare Patrol (SMP) at TARCOG empowers and assists Medicare beneficiaries their families and caregivers to prevent, detect, and report health care fraud, errors and abuse. The Fraud & Scam Summit will provide an overview of

scams and fraud in Alabama and cover topics like:

- Cyber security
- Financial scams
- Consumer fraud
- Legal implications

Speakers include representatives from the Alabama Securities Commission, Better Business Bureau, Redstone Federal Credit Union, Huntsville Police Department, TARCOG's elder law attorney and resource coordinator for the Senior Medicare Patrol Program.

Exhibitors from state programs, community partners, nonprofit, community organizations and area businesses in the TARCOG region from DeKalb, Jackson, Limestone, Madison and Marshall counties will also be there to share educational information and valuable resources to attendees. For more information on the national trends, see the FBI's 2023 edition of its annual Elder Fraud Report, released on April 30, 2024.

Breathing Exercises to Flatten Your Stomach

Breathing is an involuntary process and we don't need any extra effort in order to breathe, but in reality, breathing simply is not enough in itself to sustain a healthy life; breathing correctly is vital to living longer, stay in

a happy mood and keep away illnesses.

Different types of breathing can have great effects on the body such as relieving tension, detoxifying the body, and even helping you lose weight.

Yes, you can actu-

ally lose weight and inches around your belly, just by breathing!

Here are a few breathing exercises that help flatten your tummy:

1. Stomach Vacuum Breathing

2. Open Mouth Breathing

3. Kneel Down Breathing

4. Flying Stomach Lock

5. Deep Breathing

6. Suck & Stuck Breathing

7. Shining the Skull Breathing

For details, visit this special BlackDoctor.org article on [Breathing](#).

- <https://blackdoctor.org>.

IMS Annual Dinner Scheduled

The 2024 Annual Celebration and Awards Dinner hosted by the Interfaith Mission Service will be held Tuesday, August 13.

The 6 p.m. IMS affair will be held at Trinity United Methodist Church's Wesley Hall, located at 607 Airport Road SW, in Huntsville, Ala.

The keynote speaker will be Scott Douglas, III, executive director of Greater Birmingham Ministries.

Douglas, a native of Nashville, Tenn., attended the University of Tennessee in Knoxville, where he co-founded the University's Black Student Union in 1967.

Residing in Birmingham since 1976, he served under the leadership of Rev. Fred Shuttlesworth and Anne Braden as Executive Director of the Southern Organizing Committee for Economic and Social Justice from 1984-1989. He was Southern Regional Program Officer for the Partnership for Democracy Foundation from 1989-1992. After serving as the first Environmental Justice Grassroots Organizer for the Sierra Club, he was hired as Executive Director of Greater Birmingham Ministries in 1993.

The vision of IMS is to be recognized as a leader in creating a beloved community.

Individual tickets are \$50 each. Tickets are available at interfaithmissionservice.org/2024-acad.

HFR Opens New Fire Station in West Huntsville

Huntsville leaders officially opened Fire Station No. 20, a new facility designed to improve public safety response in one of the city's fastest-growing areas and help homeowners save on insurance premiums.

"This station is something we've needed for a long time to serve one of the fastest-growing parts of Huntsville," Chief Howard McFarlen said. "It will ensure a faster response time to everything from fires and medical emergencies to crashes and storm response. The new station will also expand the City's ISO Class 1 rating to the northwestern portion of the City, reducing insurance rates in the area."

Located at 13175 Burgreen Road, Madison, Ala., Fire Station 20 is a two-bay, 6,858-square-foot facility. It includes the captain's of-

rice, two captain bedrooms, seven private bedrooms, kitchen, dayroom, dining room, exercise room, turn-out gear room and laundry

protect lives and property," Mayor Tommy Battle said. "We are excited to open the new fire station and create a more efficient

Station 18 is located on Greenbrier Road and District 5 Council Member John Meredith thanked the Administration and fellow

those living in the western-most portions of our city," Meredith said.

Visit HFR's page on the City website or follow on Facebook for more information.



City Council members for expanding HFR's presence in the area.

"Constituents asked for better fire protection in this part of the city and now they have a facility that will significantly enhance fire safety and emergency services for



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.

The Valley Weekly

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	Vertical 10x5 inches	\$600
Fourth Page	5x5 inches	\$300
Eighth Page	2.5x5 inches	\$150
Sixteenth Page	2.5x2.5	\$75
Classified	1 col.x1 inch	\$100/Flat Fee

room.

Nola | VanPeursem Architects designed the station, which was built by Pearce Construction Company.

"The men and women of Huntsville Fire & Rescue (HFR) are heroes who

department that can better serve residents and businesses in northwest Huntsville."

Fire Station 20 is the City's second in Limestone County;

TENNESSEE VALLEY
DIVERSITY LEADERSHIP COLLOQUIUM

APPLICATIONS ARE OPEN COHORT XVIII

August 30 - November 7, 2024

LIMITED SPOTS AVAILABLE

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

JOIN THE MOVEMENT

- Learn and explore many aspects of our local community, state, and region
- 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

HUNTSVILLE CITY SCHOOL BOARD DISTRICT 1

TUESDAY, AUGUST 27TH

VOTE PAT KING

AS THE NEXT SCHOOL BOARD OFFICIAL

Learn what Pat wants to do for our city.

Elevate Education: Support Pat King for District 1 - Let's Drive Progress and Excellence in Our Schools!

Your Voice Counts: Stand with Pat King for District 1 - Together, We Can Transform Our Schools!

Be a Change-Maker: Back Pat King for District 1 - Champion Innovation and Success in Education!

Empower Our Schools: Choose Pat King for District 1 - Join Us in Shaping a Future of Achievement and Growth!

WWW.KINGCAMPAIGN2024.COM

