

HBP and Black Men Raised by Single Parents - p. 8

FREE



100 Black Women Induction - p. 12

Friday
August 23, 2024
Vol. 10, No. 51
ValleyWeeklyllc.com

The Valley Weekly

10th Anniversary

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Mr. Rufus Gilmore

"Being a black man in America is like having another job." - Arthur Ashe



2024 Women in Jazz Festival Scheduled

The 2024 Women in Jazz Festival will be held Friday, September 6, at The Speakeasy at Straight to Ale Brewing at 2610 Clinton Avenue, Huntsville, Ala., from 6-10:30 p.m.

The event is an appreciation for women in music, focused on jazz, organized by founder Patrice Bivins. Tickets are \$25.

For additional information, contact valleyartsandentertainment.org or call (256) 262-7911.



Jazz in the Park Concerts lineup includes: Gail Johnson and Roland Gresham (September 2); Adam Hawley and the KAYO Band (September 9); Kim Scott and T.A.D. of Jazz (September 16); Brian Simpson and Norris Jones (September 23); and Carmen Lundy and Theo Croker (September 30). The opening act will perform from 6-7 p.m., followed by a 30-minute intermission before the headliner performs from 7:30-9:00 p.m.

Huntsville Approves Third Road Resurfacing Contract of FY24

The City of Huntsville will move forward on resurfacing all or parts of 54 streets in Huntsville with the approval of a \$4,962,525 contract with Rogers Group Inc.

It's the third resurfacing contract City Council has approved in the 2024 fiscal year.

The three contracts altogether include all or parts of almost 200 City streets for resurfacing.



Among the projects in Phase 3 are the resurfacing of road sections that include Adventist Boulevard, Andrew Jackson Way, California Street, Drake

Avenue, Gallatin Street, Greene Street, Holmes Avenue, Mastin Lake, Max Luther, Ninth Avenue SW, Old Monrovia Road, and sections of Pulaski Pike.

Tickets on Sale for Art Tour of Homes

Arts Huntsville announces the Art Tour of Homes, a unique and inspiring event showcasing the artistic talents and creative

spaces within the community.

The August Art Tour is Arts Huntsville's bi-annual art adventure and features homes in

west Huntsville and Madison.

Area homeowners and art enthusiasts will open their homes to inspire visitors to start or

grow their own collection of art.

The Art Tour will be Saturday, August 24, 10 a.m.- 3 p.m. Tickets (\$20) via

of, at each home, with exact cash or through TicketSpice. For more info, call (256) 519-2787.

USN&WR: Huntsville Among 'Cheapest Places to Live'

According to a recent ranking by U.S. News & World Report, Huntsville,

Alabama, is one of the 'Cheapest Places to Live.'

The new listing

places the Rocket City between Fort Wayne, Indiana, which is ranked

No. 1, and Wichita, Kansas, at No. 3.

Montgomery, Alabama's state capital,

came in at No. 7.

The rankings considered rent and mortgage costs.

The Valley Weekly

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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 Assistant

Linda Burruss

Advertising Associate

Phyllis Chunn

- Contributing Editors -

tim allston

Minister Preston Brown

Gloria B. Caldwell

Ron Hamm

Gary T. Whitley, Jr.

Photographers

Anthony "Gip" Gibson

Jerome Saintjones

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

Ad Rates Single Issue

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Full Page	10x10 inches	\$1,200
3/4 Page	7.5x10 inches	\$900
Half Page	Horizontal	\$600
	Vertical	
Fourth Page	10x5 inches	\$600
	5x5 inches	
Eighth Page	2.5x5 inches	\$150
Sixteenth Page	2.5x2.5	\$75
Classified	1 col. x 1 inch	\$100/Flat Fee

Huntsville Transit Providing Free Rides Prior to New Transit Center

Huntsville Transit is offering complimentary rides of all Orbit routes from 2-4 p.m. on Sunday, August 25.

The public is invited to join transit operators as they practice all service routes from the new Transit Center at 521 Pratt Ave. NW before its opening on Tuesday, Sept. 3.

"This is an excellent opportunity for passengers to familiarize themselves with the new facility, the significant changes planned for routes 2, 5, and 6 and new route 56 to Bailey Cove, serving

locations in South Huntsville," Director of Parking and Public Transit Quisha Bryant said.

Huntsville Transit recommends that riders come to

the new Transit Center, take a round trip to familiarize themselves with the routes

and return to the Transit Center by 4 p.m.

In addition to the prac-

tice sessions in August, all rides with Huntsville Transit will be free in September to celebrate the Transit Center opening.

"We encourage everyone to experience the convenience of the new routing and state-of-the-art transit center," Mayor Tommy Battle said.

For more information on service routes, visit HuntsvilleAL.gov/orbit or contact Huntsville Transit at 256-427-6811.



The Alabama Colloquium series:
Honoring our 2024 Alabama Humanities Fellows

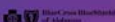
Brittany Howard and Jason Isbell:

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ROADS

- ★ Increased DI road paving budget from \$300K in 2017 to \$3 Million in 2024

NEW DEVELOPMENTS

- ★ Over \$50 Million in Quality of life investments
- ★ New Food City Grocery Store
- ★ \$12M Stoner Field Redevelopment
- ★ \$20M Dr. Richard Showers Center Redevelopment
- ★ North Huntsville Greenway Master Plan

QUALITY OF LIFE IMPROVEMENTS

- ★ Lowest crime rates in District 1 history
- ★ Property values up over 15%

LET'S KEEP GROWING!

Re-Elect Devyn Keith for District 1 City Council

Tuesday
AUGUST
27th

Paid for by The Committee to Elect Devyn Keith | P.O. Box 3577 Huntsville, AL 35810

Spiritual Game Plan

Valley Weekly
PRESTON BROWNS



"Gifts and Talents and Loving Yourself"

Matthew 25:15 says, "To one he gave five talents of money, to another two talents, and to another one talent, each according to his ability."

Do you appreciate the gifts that God has given you, or do you always see the wrong things in your life? I believe that God wants us to be thankful for the gifts and talents that he has already given us. That's why we can't afford to sit around and compare what we have to what others have. This behavior will only make us miserable. So it's important that we like ourselves as well as the gifts that God has blessed us with. When we do this, we can begin to like and appreciate other people, as well. That's why the Bible tells us to love our neighbors as we love ourselves. (Matthew 22:39). However, if you don't love yourself how can you ever be satisfied with anyone else?

Matthew 25:29 goes on to say, "For everyone who has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him."

When we look at this scripture, we see that God simply wants us to be thankful and grateful for what we already have. Because when we do, more will be given. So let us also learn to enjoy and love the people who are in our lives—our friends, our families, our coworkers, people with whom we interact daily. Because friends and family members are gifts from God as well. But the only way that we can do this is to stop

focusing on everything that is wrong with them. It's time to make a change and be part of the solution instead of part of the problem. Prayer: Loving Father, help us to appreciate the gifts and talents that you have blessed us with and help us to stop comparing what we have to what others have.

Question: Are you satisfied with the gifts and talents that God has blessed you with?


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.

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THE VALLEY WEEKLY VALLEY DEATHS



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Funeral service for **MR. TOMMY BLACKBURN** (b. 1947), **MS. KAREN WHATLEY** (b. 1951), **BABYGIRL KHYZA HAMMOND** (b. 2024) and **MR. ROMEO BROWN** (b. 1942) will be announced at a later date.

Funeral service for **MR. WILLIE GRIFFIN** (b. 1957) was held Saturday, August 17, at New Jerusalem Missionary Baptist Church, 2562 Bob Wade Lane, Harvest, Ala.

Funeral service for **MR. JAMES "SAM SAM" WATKINS, JR.** (b. 1969) was held Saturday, August 10, at Hope Community Church, 1111 Pulaski Pike, Huntsville, Ala.

NELMS MEMORIAL FUNERAL HOME

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

Funeral service for **MRS. MARGIE V. WOODS** (b. 1945) was Sunday, August 11, from New Life Seventh-day Adventist Church, 3912 Pulaski Pike NW, Huntsville, Ala.

Funeral service for **MR. HENRY BRADLEY** (b. 1949) was Friday, August 9, at First Seventh-day Adventist Church.

Memorial service for **MRS. CHRISTIAN MORIN-BRADLEY** (b. 1937) was Friday, August 9, at First Seventh-day Adventist Church.

ROYAL FUNERAL HOME

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

Funeral service for **MS. MOLLIE LEE CAMPBELL** (b. 1943), **MRS. CHRISTINE ANDERSON** (b. 1936), **MRS. PAULINE E. BODIFORD** (b. 1946) and **MR. THOMAS LASTER** (b. 1959) will be announced at a later date.

Graveside service for **MRS. IRENE HARRIS HORTON** (b. 1942) was Friday, August 16, at the Valhalla Memory Gardens, 698 Winchester Road, Huntsville, Ala.

Funeral service for **REV. DR. CHARLES MACEO HOLSEY, JR.** (b. 1964) was Friday, August 9, at the Saint John African Methodist Episcopal Church, 229 Church Street, Huntsville, Ala., with Elder Dwight Dillard as officiant and Reverend Dr. Kenneth Love as eulogist.

Funeral service for **MRS. CLARALYN ANN THORNTON** (b. 1939) was Thursday, August 8, at the Lakeside United Methodist Church, 3738 Meridian Street N, Huntsville, Ala., with Reverend Dr. Randy B. Kelly as officiant and Reverend Percy L. Nolan, Jr. as eulogist.

The Valley Weekly
VALLEY
EVENTS

HAPPENINGS, ACTIVITIES & MORE!

August 23

Mustache the Band
 Mars Music Hall
 Von Braun Center
 Huntsville, Ala.
 8 p.m.

August 24

3rd Annual Autism Awareness Fundraiser & Car Show
 Rogersville Recreational Park
 Rogersville, Ala.
 9 a.m.-6 p.m.

Art Tour of Homes (Western Edition)
 Arts Huntsville
 www.artshuntsville.org
 10 a.m.-3 p.m.

3rd Annual Celebration of Success Red Carpet Affair Black and White Day Party Edition
 Omega Center
 181 Import Circle NW
 Huntsville, Ala.
 4-9 p.m.

Quantaphonics
 Mars Music Hall
 Von Braun Center
 8 p.m.

M-80s Rockshow at The Furniture Factory
 Furniture Factory Bar and Grill
 619 Meridian Street N
 Huntsville, Ala.
 8:30 p.m.

August 25

The Market at MidCity

MidCity District
 Huntsville, Ala. - 12-4 p.m.

Death of a Mobster Mystery Dinner
 Straight to Ale Brewing
 2620 Clinton Avenue W
 Huntsville, Ala.
 5:30-8:30 p.m.

Nate Jackson: Super Funny World Tour
 Mars Music Hall
 Von Braun Center
 7 p.m.

August 26
 Brittany Howard and Jason Isbell: In Conversation
 Alabama Humanities Foundation Benefit
 Tickets: \$75-\$100
 Von Braun Center
 6:30 p.m.

August 30
 Death of a Mobster Mystery Dinner
 Straight to Ale Brewing
 2620 Clinton Avenue W
 Huntsville, Ala.
 7:30-10:30 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.

AAMU vs. AU Tailgate
 Hosted by the AAMU Lee County Alumni Chapter
 Auburn University RV Field - \$15/person
 910 South Donahue Drive
 Auburn, Ala.
 Contact: Jeff Webb, (334) 444-7682 or e-mail jefwebb1990@msn.com or Melvin Frazier at (334) 740-2153
 12-4:30 p.m.

September 6

Women in Jazz Festival
 The Speakeasy at Straight to Ale
 Tickets: \$25
 2610 Clinton Avenue @
 Huntsville, Ala.
 6-10:30 p.m.

September 7

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

September 8

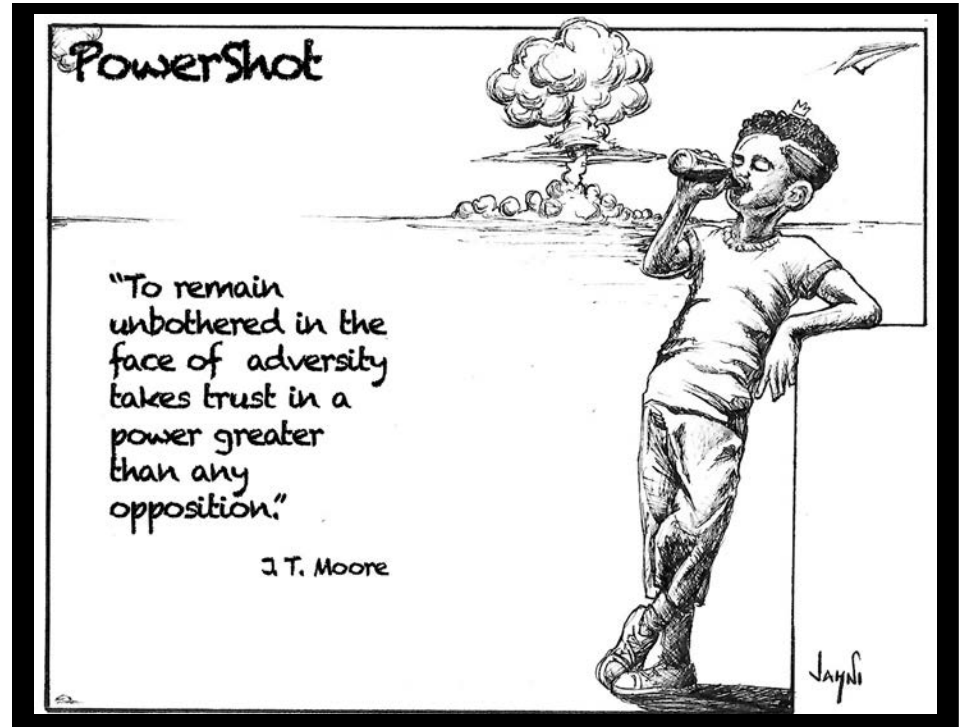
Graze Huntsville: Farm to Fork Picnic Benefit
 The Orion Amphitheater
 Research Boulevard W
 Huntsville, Ala.
 5 p.m.

September 13

Vegan Brews N BBQ
 Mad Malts Brewing
 109 Maple Avenue NW
 Huntsville, Ala.
 6-9 p.m.

September 13-14

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



"An educator in a system of oppression is either a revolutionary or an oppressor." - Lerone Bennett, Jr.

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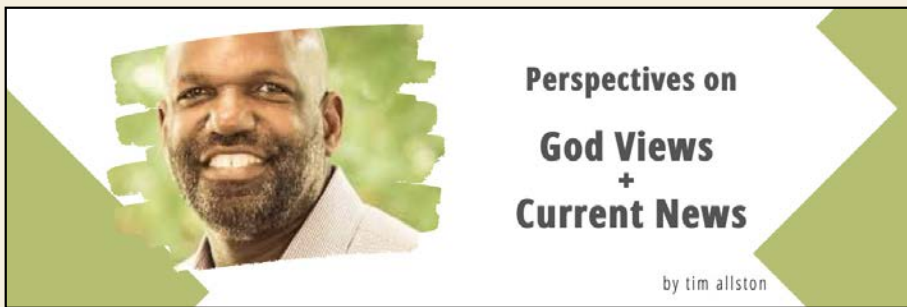
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Dauids can always beat Goliaths, Trump and Putin!

"Behold, I am coming like a thief! Blessed is the one who stays awake, . . .!" - Revelation 16:15

Ukrainian troops caught Russia by surprise. They captured 1,000 square kilometers (386 square miles) inside its Kursk territory, 74 of its settlements, and hundreds of Russian soldiers surrendered. And all this occurred in six days, to Putin's embarrassment.

Similarly, Kamala Harris attacked Trump's presumed electability, following Biden's July 21st surprise announcement of her now leading the ticket. And in just six days, Harris raked in millions of new donors, and thousands of volunteers. Top Republicans began enlisting into the Kamala camp. And all this to Trump's head-scratching surprise and embarrassment.

In each case, the presumed underdog Ukrainians and Democrats seized the battle's initiative. But according to Malcolm Gladwell, Dauids can beat Goliaths.

In his 2013 best-seller *David and Goliath: Underdogs, Misfits, and the Art of Battling Giants*, Gladwell states that people often incorrectly overestimate giants and underestimate underdogs.

"Giants are not what we think they are. The same qualities that appear to give them strength are often the source of great weakness," he explained.

Being perceived as the underdog often allows them to surprise-attack their favored opponents, he continued, and "can open doors and create opportunities and educate and enlighten and make possible what might otherwise have seemed unthinkable."

Gladwell's book title and overall theme refers to the Bible's 1 Samuel chapter 17 account of 5-foot, 8-inch shepherd boy David killing the 9-foot, 6-inch Goliath, catching the enemy giant and his Philistine army off guard.

Ukraine's Russian invasion caught Putin and the Kremlin off guard, much like Harris' replacing Biden to head the Democratic presidential ticket upended Trump and his GOP's presumed cake walk return to the presidency. To date, Trump remains as flustered by the Democrats' surprise invasion into the 2024 electoral battle as his friend Putin remains equally flummoxed by the upstart Ukrainian army seizing the war's initiative. Gladwell insists that determined and prepared Dauids can win!

Like the Ukrainian troops, resuscitated Democrats, and other successful underdog Dauids, be prepared to now topple now your Goliaths. Since you are perceived as the underdog, you already possess an under-the-radar edge of being unassuming. With your strategy and their arrogance, victory might be easier than you think!



Tim Allston
Leadership Player-Coach & Four-time
Amazon Best-Selling Author
"Leading from the Middle"
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Millennial Moment

by Gloria B. Caldwell

Excited to Readiness ...

What ignites your passion? What motivates you to strive for greatness? Understanding the sources of your drive is essential for cultivating a self-motivated, self-driven mindset. Ask yourself: What are my goals? What excites me to readiness? Reflecting on these questions lays the foundation for your journey toward personal fulfillment.

Being your own motivator means taking charge of your outcomes. While external factors may be beyond your control, your attitude and actions are firmly in your hands. To maintain momentum, surround

yourself with positivity, set clear, achievable goals, and celebrate small victories along the way.



Daily routines are crucial in sustaining energy and commitment. So, it's best to incorporate practices that enhance your mental and physical health, such as regular exercise,

mindfulness, and engaging activities that bring you joy. Investing in self-development through reading and experiences broadens your horizons and sparks your enthusiasm.

Challenges are sure to arise, but resilience is built through perseverance. Embrace the journey, remain adaptable, and stay focused on your vision. By fueling your self-drive, you not only enhance your own life but also inspire those

around you to embark on their paths to success.

Lace Up! *Let's Go!*

God loves you and so do I! He has given you a gift; *open it!*

This Sunday's Lectionary

Sunday, August 25, 2024
Fourteenth Sunday
After
Pentecost



(Track 2, Year B)
First Lesson:
Joshua 24:1-2a
Psalm 34:15-22
Second Lesson:
Ephesians 6:1-20
GOSPEL:
John 6:56-69



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

Mr. Rufus Gilmore

Mr. Rufus Gilmore, III, is a product of the Birmingham Public School System and a 1968 graduate of Carver High School. Upon completing high school, he attended Miles College and earned the B.S. degree in business administration with a concentration in accounting. Upon graduating from Miles, he received an offer to work in Student Services in the Office of Financial Aid at his Alma Mater. After working for seven years, he enrolled in Atlanta University and received an MBA with a concentration in accounting in 1974.

In 1976, Gilmore was offered a position at Alabama A&M University as assistant professor of accounting. He advised the Accounting Club and accompanied students to various professional meetings, including the Black CPA Recruiting Conference, where many AAMU students received positions in accounting.

He was later offered a position by AAMU President John T. Gibson to direct the Alabama A&M University Foundation. As director of the Foundation, Gilmore was able to computerize the accounting system and provide reports to the various stakeholders. He also managed the Trust Fund for Educational Excellence with assets of over \$32 million. During his tenure as director, he received a clean audit of his financial records each

year by Ernst & Young. Gilmore is a founding member of the Huntsville/Madison County Miles College National Alumni Association and served for more than 20 years as its president. He currently serves as the Huntsville chapter's treasurer.

In 1977, the multi-talented accountant and musician was offered a position as organist and director of the Youth Choir at St. John AME Church, under the leadership of Rev. Dr. Homer L. McCall. During his thirty years as director of music, he served the Gospel Choir, Senior Choir and the Male Chorus.

During his tenure as director of music, Gilmore organized the Male Chorus, which became a vital part of the Music Department. Every other year, the Music Department would offer an Easter Cantata for the St. John Family and the Huntsville Community.

An integral part of his work in the Music Department was teaching piano to many of the youth of St. John, including: Brooke Rankin, Bobby Rice, Jr., Christina Sanders, Marissa Owens, Wallace Parham, Shannon & Erin Lott and Christopher Butler. Semi-annually, he would present a piano recital as part of the music program.

Even Pastor McCall honored Gilmore by offering him a position on the



Steward Board under the former's leadership. While serving as a steward, he was given the responsibility of preparing and presenting the annual financial budget for the church. He served on the Benevolent Committee for many years, looking out for the needs of the church and the Huntsville Community. While serving on this commission, he played a major role in writing the Benevolence Policy for the church.

He has served on the board of the Union Chapel School; treasurer of the Alabama New South Coalition; president of the Huntsville Miles College Alumni Association; treasurer and financial secretary of the Miles College National Alumni Association; and manager of Council Federal Credit Union. He is the current treasurer of St. John AME church, and he serves on the Steward Board under Pastor Rev. Maurice Wright, II.

Forbes: Huntsville South's Best-Kept Secret?

In the world of travels, Huntsville might not be your main lady, but she is definitely 'sidepiece' potential. That seems to sum up the flattering piece written by travel writer Jordi Lippe-McGraw for Forbes.com.

In "Why Huntsville, Alabama Could Be The South's Best-Kept Secret Destination," released on August 7, Lippe-McGraw noted that the fact that the Rocket City doesn't usually appear at the top of travel lists "makes it so fascinat-



ing."

For those willing to venture a bit away from the ordinary, she notes that the city has much to offer an unsuspecting traveler.

Topping her list for consideration is Space Camp and its home at the U.S. Space and Rocket Center.

The writer went on to call Huntsville's food scene

"another delightful surprise," giving a nod to a select few places, such as Kaf-feeklatsch, Sea Salt, Pizzelle's Confections and Baker & Able.

"Huntsville has something

for everyone, whether you're into outdoor adventures or exploring history," wrote Lippe-McGraw.

"Outdoor enthusiasts will find plenty to love at Monte Sano State Park, which offers excellent hiking and mountain biking opportunities with some truly stunning views."

"But if we have social justice, we won't need social service." - Julian Bond

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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.

AAMU Alum Named Executive Officer at NASA's MSFC



Denise Smithers was recently appointed as the Center Executive Officer for NASA's Marshall Space Flight Center. Smithers will oversee the office's management and operations within the Center Director's Office, coordinate center-wide actions, and serve as Marshall's Chief of Staff. This six-month detail is part of an ongoing effort to support the Office of the

Center Director.

Smithers, who joined Marshall as a summer intern at age 18, has over 30 years of experience at Marshall, where she has held various strategic, budgetary, and leadership roles. Since July 2020, she has served as a Supervisory Budget Analyst for the Mission Support Office, where she led a team responsible for managing

budgets across institutional support offices.

During her tenure with the Budget, Integration, and Analysis Team in the Office of the Chief Financial Officer (OCFO), Smithers was instrumental in developing strategic guidance, managing processes, and conducting in-depth analyses for the annual Planning, Programming, Budget, and Execu-

tion (PPBE) process.

A native of Athens, Alabama, Smithers has deep ties to the academic community, having earned a Bachelor of Science degree from the University of Alabama in Huntsville and a Master of Business Administration from Alabama A&M University in 1999. Her exemplary service has been recognized with numerous awards.

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](#)



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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.

ON THIS DAY

On August 23, 1861, James Stone of Ohio became the first black man to fight for the Union Army during the Civil War. A very light complexioned man, he had married a white woman, and his racial identity was revealed after his death.

- wikipedia.org/ohiocivilwar.com

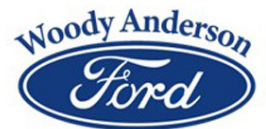


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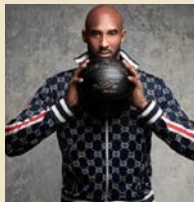
2500 Jordan Lane, Huntsville, AL



"At the bottom of education, at the bottom of politics, even at the bottom of religion, there must be for our people economic independence."

- Booker T. Washington

AUGUST 23 - KOBE BRYANT - Kobe Bean Bryant, often known mononymously as Kobe, was an American former professional basketball player. He played his entire 20-year career with the Los Angeles Lakers of the National Basketball Association (NBA). He entered the NBA directly from high school and won five NBA championships. Bryant was an 18-time All-Star, 15-time member of the All-NBA Team, and 12-time member of the All-Defensive team. He is widely regarded as one of the greatest basketball players of all time. - [BlackCelebrityBirthdays.org](#)



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Paid for by the Michelle Watkins for District 1 Campaign Committee



The Surprising Health Risks for Black Men Raised by Single Parents

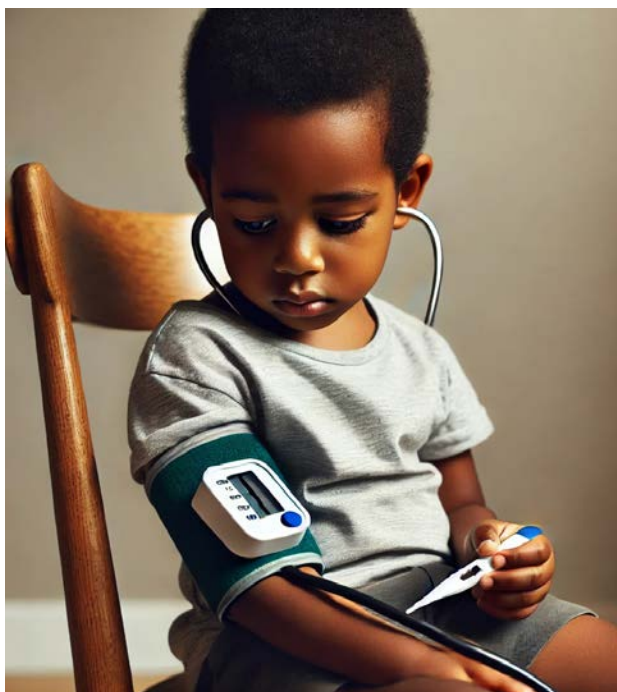
- from BlackDoctor.org

Research from a long-term Howard University Family Study reveals that Black men raised in single-parent households could have higher blood pressure as adults than those who grew up in two-parent homes.

The study, which examined data from 515 men participating in the HUPS and the first of its kind to link the living arrangements of children to adult pressure in Black men, found:

- Men who lived with both parents during one or more years of their childhoods had 4.4 mm Hg lower systolic (top number) blood pressure than those raised entirely in single-parent homes.
- Black children who live with their mothers alone are three times more likely to be poor, and those who live with fathers or a non-parent are twice as likely to be poor.
- A critical period during childhood (ages 1 to 12) and a potential mechanism through which the early life socio-familial factor operates may influence adult blood pressure.

This is the first study



to link childhood family living arrangements with blood pressure in Black men in the United States, who tend to have higher rates of high blood pressure than American men of other races. The findings suggest that programs to promote family stability during childhood might have a long-lasting effect on the risk of high blood pressure in these men.

Although the study found an association between a single-parent up-

bringing and a higher risk for high blood pressure, it did not prove a cause-and-effect link.

Tips for Maintaining Physical and Mental Well-Being in the Context of Family Dynamics

1. *Seek Supportive Relationships:* Whether or not you grew up in a two-parent household, cultivating supportive and healthy relationships is essential.
2. *Prioritize Mental Health:* The psychological impact

of growing up in a single-parent household can be significant. Engage in regular mental health check-ins, whether through therapy, counseling, or support groups.

3. *Manage Stress:* Chronic stress, especially from unresolved childhood issues, can lead to high blood pressure and other health problems. Practice stress-reducing activities like meditation, exercise, and mindfulness to keep your physical and mental health in check.

4. *Break the Cycle:* If you experienced an absent or inconsistent father figure, be mindful of repeating this cycle in your relationships.

5. *Healthy Communication:* Open and honest communication within families is key to building trust and resolving conflicts. Encourage discussions about feelings, experiences, and challenges to strengthen family bonds and foster a sense of security.

6. *Educate Yourself on Parenting:* If you are a parent or planning to be, educate yourself on effective parenting strategies that promote stability and well-being for your children.

7. *Promote Financial Stability:* Work towards financial stability by setting realistic goals, budgeting, and seeking financial advice if needed.

8. *Regular Health Screen-*

ings: Given the link between childhood experiences and adult health, especially high blood pressure, ensure that you have regular check-ups.

9. *Foster Community Connections:* Engage in community activities that offer support, resources, and a sense of belonging.

10. *Reflect and Heal:* Take time to reflect on your childhood experiences and how they've shaped your current life.

Implementing these tips can help mitigate the long-term effects of growing up in a single-parent household and promote a healthier, more fulfilling life.

Image: Saintjones/DALL-E

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Notes of a Native Son: The Art of You

- by afroblastik (John 'Jahni' Moore)

Most conversations about art often focus on techniques, mediums, concepts, and business. Let's take that one artist you read about, who has found a unique style, subject matter, or twist and is creating works that are shaking up the art world.

Is it really the work or the one working the work. Allow me to set this as a wake up call: your concept isn't the masterpiece/technique; you are.

"It is not what the artist does that counts, but what he is."

- Pablo Picasso

It's the art of you that makes the work *work*.

Do you think if you had painted Van Gogh's "Starry Night"; you would have created the same iconic work? Or, if the famous melting time piece, "The Persistence of Memory" by Salvador Dalí, were your idea, you would have painted it with the same impact? The probable answer is *no*.

Few understand that a concept is only as powerful as the artist who brings it to life and shares it with the world. Again, you are the masterpiece.

When you cease your search and exploration for the perfect concept and start focusing on becoming a person in tune with themselves, a more authentic maker, something



remarkable happens.

Some of your seemingly

ordinary ideas will resonate as genius to others. Think

of it this way: a technically skilled craftsman without

passion or vision won't necessarily create that iconic work. But a committed artist who pours their authenticity, dripping with heart and soul into the process, even with a simple idea, can create something unforgettable. Your concept is the canvas; you are the brush.

Refine your eye for connection, your ability to express soul through your work, and your skill in telling stories through imagery.

Approach your craft with the passion of a lover on fire. Cultivate a practice that reflects your true self, and watch how your art starts to resonate more deeply with others.

2024 NATR Fest Celebrates Area's Outdoor Recreation

North Alabama Trails and Recreation (NATR) has announced the 2024 NATR Fest (pronounced "Nature Fest"), a premier outdoor recreation festival for all ages set to take place on Saturday, September 28, 2024, at Point Mallard Park in Decatur, Alabama.

NATR Fest is dedicated to celebrating the rich outdoor culture of North Alabama, with a wide range of activities that showcase the region's natural beauty and recreational opportunities.

From exhibits and showcases to kayaking and rock climbing, the festival is designed to encourage everyone to get outside



and explore the scenic landscapes that make North Alabama a haven for outdoor enthusiasts.

Some of the event's highlights include:

- **Outdoor Recreation Expo:** Explore the best of North Alabama's outdoor adventures with exhibitors showcasing top destinations, organizations, outfitters, and more!
- **Recreation Activities:** Dive into hands-on experiences like kayaking, biking, rock climbing,

and archery, all available on-site!

- **Outdoor Gear Swap:** Refresh your adventure gear by trading your equipment for new-to-you items at the Outdoor Gear Swap.
- **Overland Showcase:** Discover local overlanders and adventure vehicles at the Overland Showcase, and cast your vote for your favorite to win the Armadillo Award!
- **Educational Classes:** Enhance your outdoor skills

with expert-led classes, including Backpacking 101, Knot-Tying, Fire Starting Techniques, Tree Identification, and more!

- **Food Truck Picnics and Yard Games:** Savor delicious bites from food trucks while enjoying family-friendly yard games in the great outdoors!

"We are excited to get people involved in North Alabama's outdoors," said Jared Carter, Executive Director of NATR. "This

festival is not just about having fun outdoors, but also about helping people discover the remarkable outdoor recreation opportunities in their own backyard."

Entry to NATR Fest is \$5 per person, and free for ages twelve and under. Whether you are an experienced outdoor adventurer or new to the world of recreation, there is something for everyone at the 2024 NATR Fest.

For more information about NATR Fest, includ-

ing the full schedule of events and how to get involved, please visit <https://natrails.org/natrfest> or on Facebook at <https://www.facebook.com/events/1644257916319367>

About North Alabama Trails and Recreation (NATR):

North Alabama Trails and Recreation (NATR) is a nonprofit organization committed to enhancing outdoor recreation across North Alabama. By focusing on project development, education, technical assistance, and community engagement, NATR aims to boost outdoor activity and create more opportunities for people to enjoy North Alabama's natural landscapes.

AAMU Holds Engagement Event for TVW, Local Media



ABOVE: Jamal Ali, VP, Marketing, Communication & Advancement

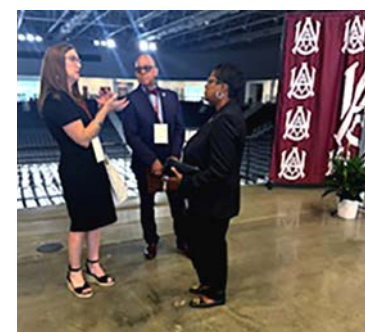
Dr. Dorothy W. Huston, editor, *The Valley Weekly*; William Smothers, *Speakin' Out News*; and Toni Terrell, WHRP 94.1 FM.



Local media support AAMU's media engagement activity at The Event Center.



Alabama A&M University President Daniel Wims addresses local media from the Tennessee Valley.



Four Valley Area Students Named to White House 2024 HBCU Scholars

The White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity through Historically Black Colleges and Universities (HBCUs) has announced the 2024 cohort of HBCU Scholars, marking the 10th anniversary of this transformative program. This year, 110 outstanding students from 77 HBCUs across the nation have been selected for their exceptional academic achievements, leadership potential, and dedication to their communities. Four students from the Tennessee Valley area (Alabama A&M, Drake and Oakwood) made the list.

The four include: **Taron**

Randolph from Drake State Community and Technical College; **Jasmine Bryant** from J.F. Drake State Community and Technical College; **Matthew Dormus** from Oakwood University; and **Cassidy McClellan** from Alabama A&M University.

"For 10 years, the HBCU Scholars program has celebrated the exceptional academic talent and achievements of students at our Historically Black Colleges and Universities – a recognition that reflects the Biden-Harris Administration's determination to fight for our nation's HBCUs and their immense contributions to excellence and diversity



in higher education," said U.S. Secretary of Education Miguel Cardona. "This year's 110 outstanding students exemplify Black excellence – and fill us with hope for the promise of tomorrow. We couldn't be prouder to support them on their journey."

Since its inception in 2014, the HBCU Scholars program has been committed to recognizing and supporting the brightest

and service-oriented minds from HBCUs. Over the past decade, the program has empowered over 500 students, providing them with invaluable opportunities for personal and professional growth, mentorship, and networking.


Throughout the year, the HBCU Scholars will engage in a series of workshops, leadership development programs, and networking events designed to enhance their skills and expand their horizons. Additionally, they will have the opportunity to connect with industry leaders, policymakers, and alumni of the program, further enriching their educational experience.

HBCU Scholars will also be invited to the 2024 HBCU Week National Annual Conference, held on September 15-19, 2024, in Philadelphia, Pa. This year's conference themes are, "Raising the Bar: Where Excellence and Opportunity Meet." During the conference, HBCU Scholars will participate in conference sessions designed to engage a spirit of innovation, leadership, and personal and professional development. Most importantly, HBCU Scholars will have opportunities to engage with one another, initiative staff, and partners to further showcase their individual and collective talent.


Following the conference HBCU Scholars will be invited to participate in programs, event and monthly master classes designed to enhance HBCU Scholars professional development and create greater access to post-graduation opportunities within non-profit, business, and federal agency partners to help ensure that as a nation we remain globally competitive.

More information about the 110 HBCU Scholars' activities will be provided in the coming months as they serve as ambassadors of the White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity through HBCUs.

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Induction Ceremony of The National Coalition of 100 Black Women, Inc. Greater Huntsville Area Chapter

- Photography by Anthony Gibson (photosbygip@gmail.com)

National Coalition of 100 Black Women, Inc. Greater Huntsville Area Chapter held a special ceremony on Thursday, August 15, 2024.

The Chapter proudly welcomed its newest members at an inspiring Induction Ceremony held at the Westin Hotel.

Many heartfelt congratulations to the 33 exceptional women who have joined the ranks as the 2024 inductees.

The evening was a celebration of leadership, sisterhood, and community empowerment.

Among the captivating images of stellar photographer Anthony Gibson are the 2024 inductees, alongside the Chapter President, current officers, and immediate past president, all standing together as symbols of unity and progress.

Robin Drake serves as president, and Michelle Bass is chapter vice president.

The Coalition of 100 Black Women was founded in 1971 by a group of dedicated African American women in New York City. In 1981, the group created a national organization and renamed it The National Coalition of 100 Black Women (NCBW). Today, NCBW consists of more than 3,000+ members representing 62 chapters in 27 states.

Here's to the bright future these phenomenal women will help shape!

