

What We've Learned from Working at Home, p. 5

FREE

Friday

August 28, 2020

Vol. 6, No. 51

ValleyWeeklyllc.com

Releasing the Soul's Anguish, p. 4

Elder Josephine, p. 4

"I have never let my schooling interfere with my education."

- Mark Twain

The Valley Weekly



UP FOR THE BATTLE: A jubilant Huntsville Mayor Tommy Battle captures 78 percent of the vote in the August 25 municipal elections. He is joined above by Joanna White and Steve Roby. Photo by Jeff White

Huntsville Area Municipal Election Results

August 25 Election Results

Huntsville Mayor:

Tommy Battle (78%)
Jackie Reed
Maurice Shingleton, Jr.
Andy Wolozyn

Huntsville City Council District 1:

Devyn Keith (64%)
Chris Baker
Joseph Wayman

Huntsville City Council District 5:

Will Culver (50%) *Runoff*
Tom Hopf
John Meredith

School Board, District 1:

Michelle Watkins (88%)
Diedra Willis Gopher

Madison Mayor:

Paul Finley (59%)
Marc Highsmith

Madison City Council, District 1:

Maura Wroblewski (65%)
James Ross

Huntsville Honors Women's Suffrage in 19th Amendment Mural

The dedication of a mural in honor of the 100th anniversary of the day women received the right to vote was live streamed on Tuesday, August 18, according to Lucy Berry DeButy of the City of Huntsville.

The "This Girl Can" mural, located on the parking deck at 112 Washington Street SE, was completed Kim Radford, a former art educator based in Nashville, Tenn.

The League of Women Voters of the Tennessee Valley approached Arts Huntsville about the



mural project in August

2018. The following summer, the WEDC began working with community partners to explore ways Huntsville could celebrate the 19th Amendment centennial.

After gaining enough support to make the mural a reality, WEDC's Women's Suffrage Centennial Committee began fundraising for the project.

The year 2020 marks 100 years since the passage of the 19th Amendment giving women the legal right to vote.

Many black women, however, were unable to exercise that right freely until President Lyndon B. Johnson signed the 1965 Voting Rights Act.

Inspired by the wall's narrow dimensions and a tree growing alongside it, Radford's design features a young girl in colorful clothing with a watering can sprinkling "Votes for Women" on the nearby tree.

The Valley Weekly INSIDE THIS ISSUE!

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Governor Ivey Appoints Drake President to Port Authority Board

Alabama Governor Kay Ivey has appointed Drake State Community & Technical College President Dr. Patricia Sims to the Alabama State Port Authority Board of Directors.

Sims will serve as the representative of the Northern District in a position previously held by Algernon "Al" Stanley, whose term expired July 31, 2020.

"I've appointed individuals that have consistently demonstrated the necessary knowledge and leadership skills critical to economic expansion in Alabama," said Ivey. "The success of our port is fundamental to Alabama businesses and jobs, and I'm confident these folks will contribute to great work being done under John Driscoll and the board."

Established by legislative act in 2000, the nine-member Port Authority board holds fiscal and policy oversight for the public seaport.

The Port Authority owns and operates the State of Alabama's deep-water port

facilities at the Port of Mobile, one of the nation's largest seaports.

The Authority's container, general cargo and bulk facilities handle more than 26 million tons of cargo annually and have imme-



mediate access to two interstate systems, five Class 1 railroads, and nearly 15,000 miles of inland waterways. The cargo and vessel activity associated with the Port Authority's assets employ over 150,400 Alabamians and generates over \$25.4 billion in economic value for the state.

"Of course it's an honor

to have received this appointment, and I intend to execute my role with commitment and integrity," said Sims. "The Port Authority is an anchor to Alabama's economy, and I look forward to being able

to contribute to its continued success."

Drake State Community & Technical College was founded in 1961 and is a member of the Alabama Community College System. The College is accredited by Southern Association of Colleges and Schools Commission on Colleges (SACSCOC).

MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.



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Washington in One Minute



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

1. The Senate is in recess. Last Saturday, members of the House came back to Washington for the day to approve a bill to prohibit the U.S. Postal Service from implementing any changes to operations or level of service it had in place on Jan. 1, 2020, and to provide \$25 bil-

lion to the agency by a vote of 257-150, with 26 Republicans joining the Democrats on final passage (the bill received a veto threat from the White House on Friday and is unlikely to see action in the Senate). On Monday at 10 a.m., Postmaster General Louis DeJoy and Postal Service Board of Governors Chair Robert Duncan testified before the House

Oversight and Reform Committee regarding operational and organizational changes at the Postal Service that have resulted in delivery delays across the country. The committee released internal Postal Service briefing documents on Saturday showing that there has been a significant drop in service standards across the board since the beginning of July 2020, including in First-Class, Marketing, Periodicals, and Priority Mail.

2. President Trump traveled to South Carolina and North Carolina Monday for events that included a stop in Charlotte, N.C. Monday to visit with the 360 GOP delegates attending the Republican National Convention that began earlier that day and ran through Thursday night when the

President gave his acceptance speech from the White House South Lawn. Prime time events were scheduled from 8:30 – 11 p.m. each night: On Monday was the roll call of states to re-nominate the President; on Tuesday First Lady Melania Trump spoke from the recently renovated White House Rose Garden; and on Wednesday Vice President Pence spoke from Fort McHenry in Baltimore, Md.

3. On Friday, thousands of people were expected to attend the “Get Your Knee Off Our Necks Commitment March on Washington,” which occurred on the 57th anniversary of the original March on Washington for Jobs and Freedom on August 28, 1963. The March is being organized by Reverend Al Sharpton and Martin Luther King III and will feature speeches at the Lincoln Memorial and a march to the Dr. Martin Luther King Jr. Memorial.

4. According to data from the Federal Emergency Management Agency (FEMA), as of last Friday, fourteen states (Arizona, Colorado, Idaho, Iowa, Kentucky, Louisiana, Maryland, Michigan, Missouri, Montana, New Mexico, Oklahoma and Utah) have been approved to give out the \$300 in federal unemployment checks (down from the \$600 provided in the March 2020 CARES

Act) as directed by President Trump in his Aug. 8 executive order. Seven others — Alabama, Alaska, Arkansas, California, Indiana, Texas and West Virginia — have applied for the benefit.

According to Saturday’s Washington Post, only Arizona has started sending out the extra \$300 checks and the checks may only last 3 weeks per the guidance of FEMA, which manages the funds being tapped for the payments.

5. Republican doctors in Congress are playing a larger role in their party’s health-care agenda and plan to use their backgrounds to promote a coronavirus vaccine while opposing efforts to expand public insurance programs. Multiple failed Republican attempts to repeal the Affordable Care Act after Trump took office helped Democrats win back the House in 2018. The group faces a difficult challenge in the coming months.

The GOP Doctors Caucus, in the face of shuttered businesses and millions of job losses, want to make promoting a vaccine a priority.

6. Last Friday, the National Zoo’s 22-year-old giant panda Mei Xiang gave birth to a 4-ounce panda cub, being the oldest giant panda in the U.S. to give birth. According to the zoo’s website, Mei Xiang will keep

a close hold of her new cub for about a week until she feels comfortable to leave it to get up and eat. Mei Xiang’s mate, Tian Tian, will turn 23 on Aug. 27.

Hamm Consulting Group
400 North Capitol Street,
NW Suite 585
Washington D.C. 20001
T: 202-596-8384
rhamm@hammconsulting.com
www.hammconsulting.com



KAMALA! Kamala Harris, center, the Democratic vice presidential running mate for presidential candidate Joe Biden, is shown with (l-r) prominent local political activist Eddie Sherrod and his wife M. Lynn Sherrod, retired Madison County District Judge.

Champion Game Plan for Life

“AFTER THE STORM”

by Preston Brown

In Mark 4:39, it says: “Jesus got up, rebuked the wind and said to the waves, Quiet! Be still! Then the wind died down and was completely calm.”

No one really “crosses over” to the promise that God has for your life

without going through some kind of storm. No one really grows spiritually or matures spiritually without some kind of conflict. It seems that the closest you get to your breakthrough, the more the devil tries to throw your way.

It may come in the form of a tragedy. It may come in the form of discouragement, especially

if you feel like you have done everything that you can do.

In Mark 4:35, Jesus said to his disciples, “Let us go to the other side.” So, if Jesus says for us to go, it doesn’t matter what storm you are going through, we

should have the blessed assurance that we are going to make it. So for the believer, it’s not *when* we make it, but *why* we made it. You see it’s the “why” we made it that makes us important. It’s the size of our storm that makes us important. Because the size of your storm can be directly related to the size of your assignment that God has

planned for your life.

You see, we are important because of what lies ahead of us on the other side of the storm. But my question is, “What assignment has God given you after your storm?” Because after your storm, you have a testimony that can change lives as well as save lives and provide the spiritual healing that a person may need. So, there is no need to be afraid when you are in a storm, we just need to remember the one who can calm the storms of life ... Stay encouraged, my brothers and sisters.

Make sure you purchase your copy of my book, “A Champion Game Plan For Life,” at amazon.com.



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Spotlight on Our Elders ... Featuring

Mrs. Josephine Robinson

Josephine Lightford Robinson was born in Madison County, Alabama. She is the daughter of the late Alma Ragland Crutcher and Ennis Lightford. Josephine is a graduate of William Hooper Councill High School in Huntsville, Ala., and attended Alabama A&M University in Normal, Ala., where she majored in mathematics and chemistry.

Josephine would later marry her high school sweetheart, Dinsimore G. Robinson, Sr. They have three children: Sylvia Seldon, Joyce Ward, and Dinsimore G. Robinson, Jr.; six grandchildren and nine great-grandchildren. In 1977, Josephine became the Executive

Vice President of the D.G. Robinson Corporation, Inc. Through prayer and hard work, she and her husband grew their dream business into a respected corporation operating in the Southeastern parts of the United States.

Their business provided multiple services to government and industry for over a 25-year period, employing people in the states of Alabama, Tennessee, Louisiana, Georgia and Mississippi. Her leadership roles included Chapter President, Regional Historian, and National Nominating Chair. Over the years, Josephine has received numerous plaques, citations, and resolutions from



organizations at the local, state and national levels for her professional, community, and philanthropic contributions.

Some of the awards included: Distinguish Service Award from Oakwood University, and the Community Service Award from the Epsilon Gamma Omega Chapter of Alpha Kappa Alpha, Inc.

AUGUST 28 - WENDELL SCOTT - Born in Danville, Va., in 1921, Scott broke the color barrier in Southern stock car racing. He became the first African American to obtain a NASCAR racing license and to win a race in the Grand National Series, NASCAR's highest level.

- BlackinTime.info



Called 2 Preach

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

"Surcease of the Soul's Anguish"

Psalm 46:10-11

This impactful imperative found here in verse 10 was not meant as a rebuke but rather as a restoration of hope in the midst of life's swift transitions.

The Psalmist, in a moment of reflection, engaged in a series of Selah moments; that is, he paused to cast upon the screen of

his soul, memories of the providential and powerful activities of God in his life.

Upon that screen, he saw God's presence, God's provisions, His Mighty Acts, and spoke to his soul in order to bring about a *surcease of the soul's anguish*.

In many ways this was a proactive proclama-



tion to his own soul as a reminder of what God *had done* that would inform that same soul when life would present another set of circumstances that had

the potential of sending him into a state of anguish meant to disturb and/or destroy his peace.

This *surcease or cessation* of the soul's anguish is made possible by what the Psalmist referred to as *being still*.

This literally means to *take one's hands off or drop the hands*. It is a literal letting go; not only taking a hands-off approach but relieving the soul of the anguish that doubt produces when faith is not present to counter it.

Faith comes by hearing

and hearing by the word of God, which says, *Be still and know that I am God...*

The LORD of hosts is with us; the God of Jacob is our refuge.



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- Wendell Scott

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What We Have Learned from Working at Home

(BPT) - The recent transition to widespread working from home has shown that the experience has been both educational and eye-opening for many. Working at home means learning to cope with distractions, space constraints, managing time with family and learning new skills. And, according to new consumer research, it has also meant reassessing what is most important.

A nationwide survey conducted by Wakefield Research on behalf of LG Electronics reveals the many ways working from home has challenged and surprised Americans.*

Connecting with loved ones

The most striking survey results show the importance of close relationships. Social distancing has caused many to reassess who is most important to them, and how much they may have taken friends and family for granted.

The global health crisis has turned socializing into a more deliberate act. More than half (53%) of homebound people said they felt closer to loved ones than before the outbreak, and 27% even said that they felt much more connected than before.

When asked what they want to do first when the crisis is over, the top answer was to visit loved ones, followed by going out to a meal.

Managing work-life balance

For many people, juggling priorities and obliga-



tions was difficult even before the switch to remote working. But having to work at home has shined a brighter spotlight on how we cope and find a healthy work-life balance.

Here are some of the tricks people have discovered:

* Half said they take frequent short breaks to balance work and home responsibilities.

* 37% are starting work earlier, while 17% are starting work later to manage schedules better.

* 35% are learning to keep their whole household to a schedule.

* 23% use visual cues (like signs) to let others know when they're working.

Mastering technological challenges

Most people affected by the crisis say they have had to master (or learn from

scratch) how to complete their work entirely from home, including the new norm of conducting video conferences from somewhere in their home.

Technology has been crucial to this adaptation. Almost half (47%) have discovered a new app or service they say they now can't live without - especially video chat apps that have helped them learn how to communicate better with colleagues and loved ones.

As one might expect, a majority of respondents admitted to making conference calls from a common area in their house. However, some said they were stuck calling from a makeshift workspace in a lesser-used part of home. One-fifth of respondents admitted to calling from a basement or attic, while others said they took work on the go. The research shows 18% have called from their cars, and perhaps most surprisingly,

12% admit taking work calls in the bathroom.

For many, the time they've spent working at home has helped them appreciate how successfully technology has kept them connected on all fronts, including their work and personal lives.

Reevaluating life's priorities

Overall, the experience of working from home has had everyone reassessing what - and who - is most important to them. Among those who said they've discovered new apps, digital services or technology, many said that they were spending significant time using it for family or relationship management.

An overwhelming number of survey respondents said that they plan to continue at least one of their new practices even after returning to a "normal" work situation, including:

* 39% plan to do more

cooking.

* 43% said they're likely to arrange more family dinners.

* 39% also said they would do more video chatting.

As a result of spending some more time at home, many have been rethinking their priorities, with nearly half considering buying or using fewer things. Some (16%) have thought about beginning a new career, and others are considering starting their own business (14%).

No matter what your work-from-home experience has been, chances are it's changed your attitudes about work and family life - and how to balance the two - in ways that will stay with you long into the future.

*The LG WFH Survey was conducted by Wakefield Research among 1,000 U.S. adults, working from home due to COVID-19, between April 10 and April 15, 2020, using an email invitation and an online survey.

Financial Tips During COVID-19

The current COVID-19 financial landscape is unpredictable, causing anxiety for people of all ages. With layoffs, unexpected medical expenses, and an ever-changing and uncertain economy, it's easy to worry.

"Now more than ever is the time to take an active approach with your finances to position yourself for success," says Danielle Seurkamp, CFP.

Andy Mardock, CFP, agrees. "Emotions are running high with coronavirus concerns. Being informed helps you resist gut reactions driven by emotion so you don't make a move you later regret."

Both Seurkamp and Mardock are members of the National Association of Personal Financial Advisors (NAPFA), an association of fee-only financial advisors who adhere to a fiduciary standard.

Budget and be proactive. Create a budget and identify which bills are locked-in and which are discretionary. "Many companies are waiving late fees, establishing payment plans or deferring payments," says Mardock. Foreclosures and evictions have been suspended in many cases. Contact your financial institution for relief on mortgages and other loans in the form of payment deferrals or forbearance to ease the pressure.

Manage medical costs. Medical costs including over-the-counter drugs and menstrual care items are now considered a deductible medical expense. Seurkamp says you should consider using money in your flexible spending account on these items to reduce the burden on your monthly income. COBRA insurance premiums can also be paid using money in an HSA.

Get your stimulus check. "If you haven't filed a tax return for 2018 or 2019, file one as soon as possible to qualify for a stimulus check provided by the federal government.

AAMU Dean Will Chair Housing Authority Board

The executive director for economic development and the dean of Alabama A&M University's AACSB-accredited College of Business and Public Affairs has been elected as chair of the Huntsville Housing Authority (HHA) Board of Commissioners.



Dean Delmonize "Del" Smith was first appointed by the mayor to serve as a commissioner on the HHA in January 2018 and has served as the board's vice chair for the past year. The Huntsville entity he will chair currently manages nearly 3,000 units of public and assisted housing and has more than \$46 million in assets.

"It is a privilege to serve as chair of the Huntsville Housing Authority Board of Commissioners," commented Dean Smith. "Like AAMU, HHA is an anchor in our community with significant resources, but its real value is in the services provided to change the trajectory of

people's lives."

Dr. Smith has served as the dean of the business college at AAMU since 2015, leading it to AACSB accreditation in 2019. His role was expanded to include that of AAMU's executive director for economic development.

Smith has extensive management and leadership experience in several industries, including healthcare, IT, education, and government.

Prior to joining AAMU, Dr. Smith served as the commissioner of neighborhood and business development for the City of Rochester in New York, overseeing approximately \$850 million in housing and economic development programs.

Dean Smith earned a Bachelor of Business Administration from Faulkner University, Master of Science in management from Troy University, and the Ph.D. degree in management from the University of Alabama.

Census 2020 Takes It to the Streets

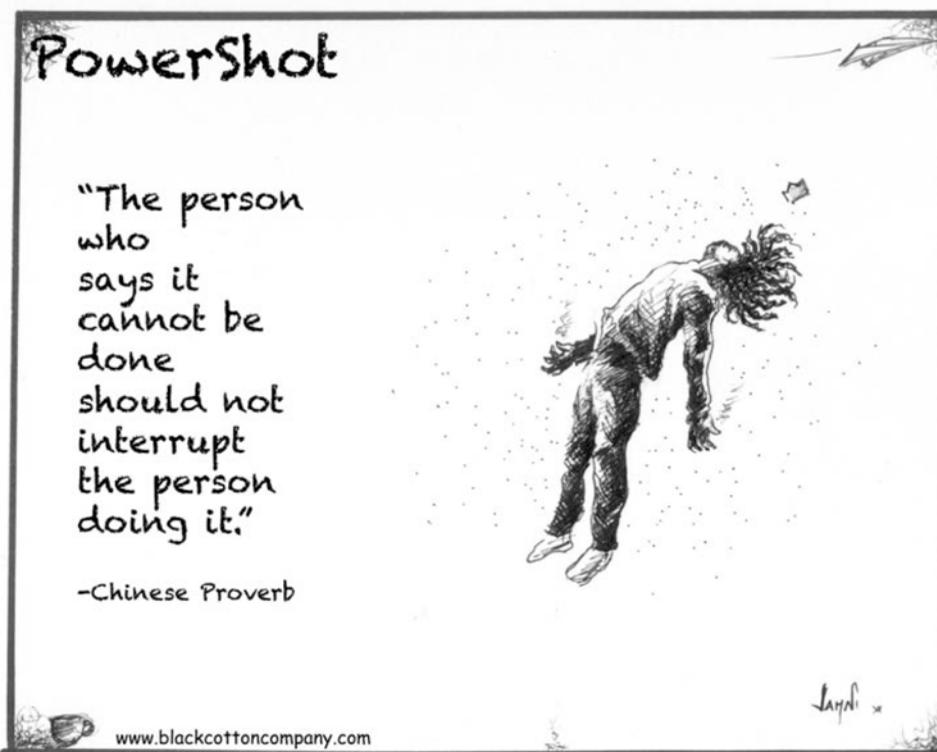
Huntsville-area Census-takers are working hard to ensure every resident in the community is counted in the once in a decade Census.

Response rates in Madison County stand at 76.3%, so there's more work to do,

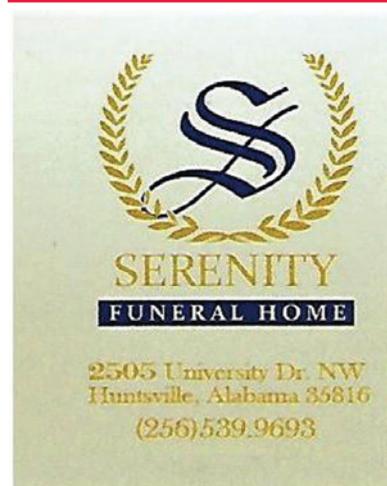
organizers say. Census representatives are now going door-to-door and setting up mobile units to assist with final data collections.

Stand up and be counted!

-HuntsvilleAL.gov



"The two most important days in your life are the day you are born and the day you find out why." - Mark Twain



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Centers for Disease Control and Prevention
cdc.gov

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Valley Deaths

NELMS MEMORIAL FUNERAL HOME -
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Graveside service for MR. MICHAEL ALLEN WOODS (b. 1964) was held Sunday, August 23, at the Gurley Cemetery.

Graveside service for MRS. EVELYN BONE (b. 1938) was held Sunday, August 23, at Valhalla Memory Gardens with with Pastor Hernandez Ford officiating.

Graveside service for MR. CLEAVON D. EASON (b. 1970) was held Saturday, August 22, at Valhalla Memory Gardens.

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

Funeral service for MS. TARAYSA EVETTE JONES (b. 1951) was held Monday, August 24, at the Royal Chapel of Memories with Pastor Tramaine Snodgrass officiating.

Graveside service for MR. LARRY WAYNE GORDON (b. 1962) was held Monday, August 24, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.) with Pastor Ricky L. Sykes officiating.

Graveside service for MRS. EVELYN ROWENA THOMAS (b. 1925) was held Sunday, August 23, at the Oakwood Memorial Gardens (2900 Wynn Drive Huntsville, Ala.) with Pastor Troy Brand officiating.

Graveside service for MS. JESSICA RENEE HOBBS (b. 1983) was held Saturday, August 22, at the Faith Memorial Park (8100 Madison Blvd Madison, Ala.) with Pastor Buford Moore III officiating.

Graveside service for DEACON THOMAS LEE HOLDEN, SR., was held Friday, August 21, at the Madison Memory Gardens (100 Hughes Road Madison, Ala.) with Pastor Jeff Jefferson officiating.

Graveside service for MRS. JOYCE DEVORALYN DONALDSON (b. 1957) was held Thursday, August 20, at the Faith Memorial Park (8100 Madison Blvd. Madison, Ala.) with Reverend Billy Jones officiating.

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

Funeral service for MS. BARBARA "BABS" GORDON (b. 1944), retiree of Drake State Community and Technical College, was held Wednesday, August 19, at Valhalla Memory Gardens with Rev. Dr. Julius R. Scruggs officiating.

Tennessee Valley Calendar of Events

August 28
Virtual Studio Visit with Gary Chapman (Free) via Zoom
Huntsville Museum of Art
1 p.m.

Friday Night Art Walks
Downtown Huntsville
Courthouse Square and Adjacent Streets
Free
5-8 p.m.

August 28-29
Family Campout in the Garden
Individual: \$30
Family of Two: \$60
Family of Four: \$110
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
Huntsville, Ala.

August 29
Drive-in on The Dock
Films and TV
Lowe Mill Arts & Entertainment
8-9 p.m.

September 2
2020 SBDC: Government Contracting 101 Webinar
Huntsville Madison County Chamber of Commerce
Contact: Michelle Kloske, (256) 824-6880
9-11 a.m.

September 4
Concerts in the Car
Lowe Mill Arts & Entertainment
Huntsville, Ala.
6 p.m.

September 4-October 2
Alabama Autumn Skies
U.S. Space and Rocket Center
One Tranquility Base
Huntsville, Ala.
7 p.m.

September 7-October 31
Festifall
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
Huntsville, Ala.

September 8
Basic Excel for Small Business
Huntsville Madison County Chamber of Commerce
Contact: Pammie Jimmar, (256) 535-2043
10 a.m.-12 noon

September 15
Free Game Night
Straight to Ale Brands
Campus 805
5p.m.

September 18-19
Comedian Eddie Griffin
Stand Up Live Huntsville
huntsville.standuplive.com

September 19
Car Boot Sale
Lowe Mill Art & Entertainment
10 a.m.-2 p.m.

Escape To Margaritaville
Von Braun Center
Mark C. Smith Concert Hall
Huntsville, Ala.
8-10 p.m.

September 25
Friday Night Art Walks
Downtown Huntsville
Courthouse Square and Adjacent Streets
5-8 p.m.

September 26
Black Jacket Symphony Presents Pink Floyd's The Wall
Von Braun Center Mark C. Smith Concert Hall
700 Monroe Street
Huntsville, Ala.
5 & 9 p.m.

September 27
Docent-Led Tour: Art Deco Glass from the Huchthausen Collection - Closing Day
Huntsville Museum of Art
2 p.m.

Thru September 30
Purdy Butterfly House
Adults, \$14; Students and Military Personnel, \$12; Children 3-18, \$9

Huntsville Botanical Garden

October 2-4
Sinbad
Stand Up Live Huntsville
huntsville.standuplive.com

October 7
2020 SBDC: DCAA Incurred Cost Submissions
Huntsville Madison County Chamber of Commerce
Contact: Michelle Kloske, (256) 824-6880
9-11 a.m.

October 8
HodgeTwins Live
YouTube Stars
Stand Up Live Huntsville
huntsville.standuplive.com

October 22
Master Artist Workshop
Lian Quan Zhen
"East Meets West: Chinese & Watercolor Painting"
Huntsville Museum of Art
\$525 Non-members
9 a.m.04 p.m.

October 26-30
City-Wide Revival
First Missionary Baptist Church
3509 Blue Spring Road, NW
Huntsville, Ala.
TBD

November 15
Sunday Jazz Lunch Brunch at Stovehouse featuring Josh Coutts & Friends
Stovehouse
12p.m.

November 22
Pre-Thanksgiving Service
Rev. Tramaine Snodgrass
Blackburn Chapel CPCA
507 Plummer Road, NW
Huntsville, Ala.

December 18-20
Arnez J
Stand Up Live Huntsville
huntsville.standuplive.com

The Valley Weekly

Publisher
The Valley Weekly, LLC

Editor-in-Chief
Dorothy W. Huston, Ph.D.

**Editorial Consultant/
Senior Editor**
Jerome Saintjones, Ed.S.

Editorial Assistants
Linda Burruss
Phyllis Chunn
William Huston, Sr.
Gary T. Whitley, Jr.

Advertising Associate
Phyllis Chunn

- Contributing Editors -
tim allston
Lamar A. Braxton, Jr.
Minister Preston Brown
Ron Hamm
Pastor Michael D. Rice

Website Administrator
Calvin Farier

Mailing Address:
The Valley Weekly
415A Church Street - Suite 100
Huntsville, AL 35801
(256) 651-9028
www.valleyweeklyllc.com
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Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@valleyweeklyllc.com. Items do not necessarily reflect the views of The Valley Weekly, LLC.

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Back Cover	10x10-inches	\$1,000
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Types of Breathing Exercises to Flatten

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 actually lose weight and inches around your belly, just by breathing! Here are a few abbreviated breathing exercises from Black-Doctor.org that help flatten your tummy:

1. Stomach Vacuum breathing. This breathing exercise makes you exhale all the air out of your lungs. It also helps you suck in your tummy to the maximum. This will help you to bring out your abs hidden under the layers of fat.

2. Open Mouth breathing. You can sit or stand or even lie down for this exercise. Open your mouth and breathe evenly and slowly through your mouth. Inhale as you count silently up to 10. Your exhalation should take a longer time.

3. Kneel Down breathing. Sit back on your legs as you kneel on a pillow. Relax your mind and close your eyes. Count to 10 and then begin to breathe. Exhale and count to 5, your stomach will feel empty. Hold this position for 2 seconds and then inhale.

4. Flying Stomach Lock. The flying stomach lock also called uddiyana bandha, is an advanced technique and one of the most functional ways to lose belly fat fast. But it can be practiced by experienced students of pranayama. Start off in a seated position; pull stomach in completely. Continue to exhale in the same position and move your chin toward your chest. Hold this position for 15 seconds and relax with normal breathing for a few minutes.

5. Deep breathing. Place your hands on your belly while you inhale through your nose. Notice your belly lifting and filling with air, much like inflating a balloon. Continue to pull the air in until you can't inhale anymore. Pause briefly, then slowly exhale through your mouth. Instead of forcing the air out, allow it to slowly release while pulling your belly button toward your spine to expel all of the air.

6. Shining the Skull breathing. You need to sit in a comfortable position and inhale completely. Hold your stomach muscles in completely, while you exhale. Repeat the same for 30 seconds and come back to normal breathing for 3 seconds. Repeat the same breathing exercise three times.

Latest Notice of USDA-FDA Recalls

August 10-21, 2020

Prima® Wawona Recalls Bagged Peaches Due to Possible Salmonella Risk

Allergy Alert for Undeclared Soy (Soy Milk) in Vegan Vanilla Cake Issued by **Whole Foods Market Stores** in Seven States

Superior Nut Company Issues Allergy Alert on Undeclared Brazil Nuts in Product

Urgent Onion Recall Notification - **Hellofresh**

Aldi Voluntarily Recalls Assorted Peaches from Wawona Packing Company LLC Due to Possible Salmonella Enteritidis

Contamination

Faribault Foods Inc. Recalls Canned Soup Product Due to Misbranding and Undeclared Allergens

Serafin Fishery Issues Allergy Alert on Undeclared Anchovies, Eggs, Milk and Soy in Salmon Dip and Whitefish Dip

Smith's Recalls Cheese Dips Because of Possible Health Risk

Fred Meyer Recalls Cheese Dips Because of Possible Health Risk

Kroger Mid-Atlantic Recalls Cheese Dips Because of Possible Health Risk

Abdallah Candies Issues Allergy Alert on Undeclared Almond in Lund's and Byerly's 16 Oz. Sea Salt Caramels

Kader Exports Recalls Frozen Cooked Shrimp Because of Possible Health Risk

Mr. Wok Foods, Inc. Recalls Multiple Meat and Poultry Products due to Misbranding and Undeclared Allergens

FRESHOUSE II, LLC Voluntarily Recalls Select Mesh Bags and Bulk Shipments of Potatoes, Limes, Valencia Oranges and Lemons Because of Possible Health Risk

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