

# Is an OCED Pandemic Looming? - p. 5

**FREE**



## Louis Crews Classic Events - p. 7

Friday  
August 30, 2024  
Vol. 10, No. 52  
ValleyWeeklyllc.com

**SALUTE!**  
Rosetta James Foundation  
ELDER OF THE WEEK



Mr. Greg Miley



*"It's not the load that breaks you down. It's the way you carry it." - Lena Horne*

### 'Glow in the Park 5K' Fundraiser Set

The second annual Glow in the Park 5K is scheduled for September 14 at 7 p.m. at John Hunt Cross Country Park, 2151 Airport Road SW.

This is a fundraiser for the

14-straight-year Army Ten-Miler Championship team (the Redstone Rockets) to help defray the cost of their trip to the annual Army Ten-Miler in Washington, D.C. in October.

The \$35 entry fee increases after August 24.

For additional information, visit [runsignup.com](http://runsignup.com) or contact Dr. Harry Hobbs at (256) 783-1793.



### Mags List HHHS Among State's Top

Forbes recently released its list of the best in-state employers around the U.S. Although ranked 24th state-wide in a pool of nearly 50 entries of businesses, Huntsville Hospital Health

System (HHHS) was a top 10 employer in terms of organizations whose headquarters were actually in Alabama.

U.S. News and World Report listed HHHS as the No. 2 hospital in Alabama

and top acute-care facility in North Alabama.

Founded in 1895, HHHS employs 17,000 and was the Rocket City's sole entry on the annual list. Jeff Samz is CEO.

### 805 After Five Concerts Announced

Downtown Huntsville, Inc. and the Huntsville Music Office have announced the headliners for the upcoming September and October installments of 805 After Five.

Headlining the 5 p.m. September 19 concert is The Vegabonds and opening act Shane Davis Group. The Vegabonds are a Nashville-based alternative southern rock band with energetic performances and hook-heavy songs. The Shane Davis Group is a popular rock band from Huntsville. Taking the stage at the 5 p.m. October 17 concert is indie rock singer-songwriter S.G. Goodman and jazz/R&B opening act Kaleah.

For more, visit [www.805AfterFive.com](http://www.805AfterFive.com).



### DLC Begins 18th Cohort

The Tennessee Valley Diversity Leadership Colloquium started its 18th cohort Tuesday, August 20, with an orientation session at HudsonAlpha. The 12-week program will culminate with a graduation ceremony on Thursday, November 7.

Pictured above (l-r) are: Jasmine Stewart, Huntsville Utilities; Timothy Richards, HPD; Melody Blankenship, Huntsville Utilities; Christian Williams,

Bastion Technologies; Cheryl Hickman, U.S. Dept. of Justice; and Brandon Pitts, NASA. Not Shown: Liza Miller, T&V Cleaning Service, and Fernandez Lockett, Navistar. Dr. Edwan L. O'Neal is executive director.



**MAJOR HEALTH EXPO:** Rev. Dr. Oscar L. Montgomery (r) and Ernest Starks prepare for the Aug. 24 "Mastering Your Health & Wellness Expo" at Union Hill P.B. Church. The event offered info on maintaining mental, spiritual, financial and physical health. More images on p.12. (Above photo by Jerome Saintjones)

## The Valley Weekly

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**The Valley Weekly**

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	2.5x2.5	\$75
Classified	1 col.x1 inch	\$100/Flat Fee

# The Power of the Black Vote: A Legacy of Shaping Presidential History

Greetings, Dear Readers!

There's something electric in the air today, something familiar. The nation is buzzing with anticipation and high hopes for Kamala Harris, the first woman of color to potentially sit in the Oval Office. But as much as this moment feels groundbreaking, it's far from unprecedented. In fact, it's a powerful reminder of a historical truth: Black Americans, with their courage and conviction, have long been the kingmakers—or should I say, queenmakers—of the White House.

Let's take a moment to honor the Black flamethrowers of history, those who, with a spark of truth and justice, ignited or extinguished political dynasties. Their influence on the Democratic Party's journey to 1600 Pennsylvania Avenue is not just a footnote; it's the secret sauce, the vital ingredient to victory—and occasionally, to defeat.

We don't have to look far to see this truth in action. Remember President Lyndon B. Johnson, who seemed destined for reelection in 1968? His landslide victory was all but assured—until two Black southern freedom fighters, Rev. Dr. Martin Luther King Jr.

and Muhammad Ali, stood firm against his Vietnam War. Their moral opposition was a seismic shift that shook the foundation of Johnson's campaign. He chose not to seek reelection, and in the aftermath, the Democratic stronghold crumbled, paving the way for Richard Nixon's rise.

Then, in 1976, when the Democrats were trailing behind incumbent President Gerald Ford, it wasn't just strategy that turned the tide. It was the soulful, Baptist prayer of Rev. Martin Luther "Daddy" King Sr. at the Democratic National Convention that lit a fire in the hearts of the American people. As the crowd spontaneously joined in singing "We Shall Overcome," a movement was reignited, and with it, the unlikely candidacy of Jimmy Carter soared to victory.

Fast forward to 2020, when Joe Biden's campaign was floundering. It was the unwavering support of Congressman Jim Clyburn, a true son of the South, that reignited Biden's path to the presidency. His endorsement was more than just words; it was a clarion call that galvanized the Black community and redefined the race, propelling Biden past the incumbent Donald Trump.

And now, in 2024, we witness a similar spark. As Biden steps aside and endorses Kamala Harris, we see history repeating itself. Harris's campaign is fueled by the legacy of those who came before her, their courage and conviction echoing through the halls of power. She stands on the shoulders of giants, those Black leaders who have always been at the forefront, lighting the way.

This moment, this "KamalaJoyFest," is not just about electing a woman or a person of color. It's about recognizing the enduring power of Black Americans in shaping the destiny of this nation. Their votes, their voices, have been the tipping point in election after election, igniting change and making the unimaginable possible.

So today, as we look to the future, let us remember that the power to elevate someone to the highest office in the land has always been within our grasp. We have done it before, and we will do it again. Let's continue to light the path forward, because when we ignite, we elevate. And when we elevate, we change the world. Until next time ...



Image: DALL-E/Saintjones

# Spiritual Game Plan

PRESTON BROWNS



## "Undivided"

Hebrews 12:1 says, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

When I was in high school, I was fortunate enough to run on the 4 by 100-yard relay team that won the state title. In order for us to accomplish this as a team, we had to be undivided. In other words, we had to remove the things that hindered us. Things like pride and selfishness we had to get rid of. In order to run the race that was set before us, we all had to be encouraging to one another. We also had to prepare for passing the baton to the next runner. If we were divided as a team, a bad exchange was almost certain. Because it was such a fast race, many races were lost due to bad exchanges.

Just recently we watched as our Men's relay team dropped the baton during an exchange that cost them a chance to medal in the Olympic Games. This will always happen if you are not focused on the real task at hand, which is passing the baton.

Today, we are running in a different kind of race because we are running the race for our lives and we don't need a bad exchange. Because just like passing a baton in a fast paced race

life comes at you fast. So, we have to stay focused on the task at hand and what's important right now.

The writer of Hebrews talks about being "surrounded by such a great cloud of witnesses." Great people of faith have set good examples for all of us to live by. People like Martin Luther King Jr, John Lewis, Rosa Parks, just to name a few, were trying to pass the baton to a new generation of people. However, we have to be ready to accept the baton, but we can't have a good exchange if we are divided. But how

can we come together as a nation, and is it even possible? Well, In the words of Barack Obama, "Yes we can."

I believe that we start by echoing the words of this scripture: "let us throw off everything that hinders and the sin that so easily entangles." One of the sins that "easily entangles us" is our unwillingness to see the truth. Now is the time that we can believe our eyes, even if we don't agree with what it looks like. Now is the time to come together as one nation, under God, indivisible, with liberty and justice for all. That's why I believe God wants us to run the race He has marked out for us with perseverance. This includes accepting the baton from those who have gone on before us and challenging the things that we know are wrong.

And we do this by making sure that we make our voices heard by voting.

May God grant you spiritual success in situations that call for us to be together.

*Question:* Obviously we can't agree on everything, but what are some things that we do need to be undivided on?

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:

"A Heart That Please God"




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THE VALLEY WEEKLY

# VALLEY DEATHS



## SERENITY FUNERAL HOME

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Funeral service for **MS. GWENDOLYN NEAL** (b. 1955), **MR. RICK GREENE** (b. 1972) and **MR. JAMES WELCH** (b. 1965) will be announced at a later date.

Funeral service for **MR. IRA "Top Cat" NANCE** (b. 1958) was held Sunday, August 25, at Serenity Funeral Home Chapel.

Funeral service for **MR. ARCHIE REDMOND** (b. 1943) was held Saturday, August 24, at Serenity Funeral Home Chapel.

## NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW  
Huntsville, AL 35816 - (256) 539-8189  
[www.nelmsmemorial.net](http://www.nelmsmemorial.net)

Funeral service for **MS. NADINE FARRIS** (b. 1946) will be announced at a later date.

Funeral service for **MR. HERBERT CARTER** (b. 1945) was held on Saturday, August 24, at Progressive Union Missionary Baptist Church with Pastor Dion Watkins officiating.

Funeral service for **MRS. SHIRLEY J. MOORE** (b. 1947) was Saturday, August 24, at Phillips Christian Methodist Episcopal Church Reverend Dr. Gregory Scott, Pastor with Reverend Henry Brown, pastor of Gurley CME Church officiating.

Funeral service for **MR. HENRY BRADLEY** (b. 1949) was Friday, August 9, 2024 at 10:00 a.m. at First Seventh-day Adventist Church.

## ROYAL FUNERAL HOME

4315 Oakwood Avenue NW  
Huntsville, AL 35810 - (256) 534-8481  
[www.royalfh.com](http://www.royalfh.com)

Funeral service for **MRS. ALISA HOUSTON BURRUSS** (b. 1966) was Saturday, August 24, at Eagles' Nest Ministries, 6831 Hollow Road, Huntsville, Ala., at the with Minister Reggie Lewis officiating.

Funeral service for **MR. FIDELISS ANTJUAN FLETCHER** (b. 1979) was Saturday, August 24, at the Royal Chapel of Memories with Reverend Deborah McGlathery-Holden as officiant and Pastor-Elect E LeBaron Tibbs as eulogist.

Memorial service for **MR. GARY WAYNE SALLINGS** (b. 1954) was Tuesday, August 27, at the Madkins Chapel Cumberland Presbyterian Church in America, 2403 Oakwood Road, Huntsville, Ala., with Reverend Deborah McGlathery-Holden as officiant and Pastor-Elect E. LeBaron Tibbs as eulogist.

The Valley Weekly  
**VALLEY**  
**EVENTS**  
 HAPPENINGS, ACTIVITIES & MORE!

**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 jef-  
 fwebb1990@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 Ken-  
 tucky 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)  
 Huntsville, Ala.  
 (256) 261-3374  
 huntsville.standuplive.com

**September 13-15**

27th Annual Oktoberfest  
 Redstone Arsenal Activity  
 Field

**September 14**

Rocket City Junk Fest  
 3405 Triana Boulevard SW  
 Huntsville, Ala.  
 9 a.m.-5 p.m.

Mabon Market 2024

Campus No. 805  
 2610 Clinton Avenue W  
 Huntsville, Ala.  
 1-9 p.m.

Black Jacket Symphony  
 Presents Elton John's 'Mad-  
 man Across the Water'  
 Von Braun Center  
 Huntsville, Ala.  
 9 p.m.

**September 15**

Journaling Party  
 The Heal  
 Ardmore, Ala.  
 (256) 631-6091  
 12 noon

**September 19**

Campus 805 After 5  
 Butler Green

**September 20**

NEACA 2024 Fall Craft  
 Show  
 Von Braun Center  
 Huntsville, Ala.  
 9 a.m.

Food Truck Rally  
 Big Spring Park  
 Downtown Hsv. Inc.

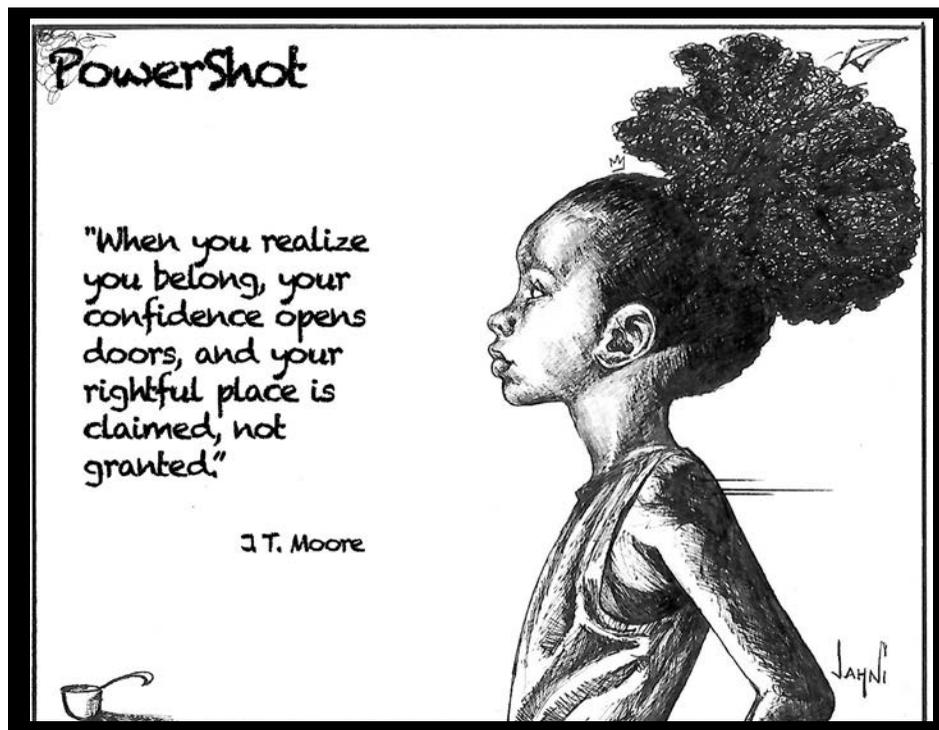
Jim Breuer  
 "Survival with Laughter  
 Tour"  
 Von Braun Center  
 Huntsville, Ala.  
 7:30 p.m.

**September 21**

Earlyworks' Tinkerfest  
 2024  
 Earlyworks  
 404 Madison Street SE  
 Huntsville, Ala.  
 9 a.m.

Soulful Food Truck Festival  
 Soulfulfoodtruckfestival.  
 com/huntsville  
 Joe Davis Municipal Sta-  
 dium  
 11 a.m.-6 p.m.

Downtown Art Walks  
 (Downtown Huntsville,  
 Inc.)



*"I just want to take common sense  
 to high places."* - Jesse Jackson

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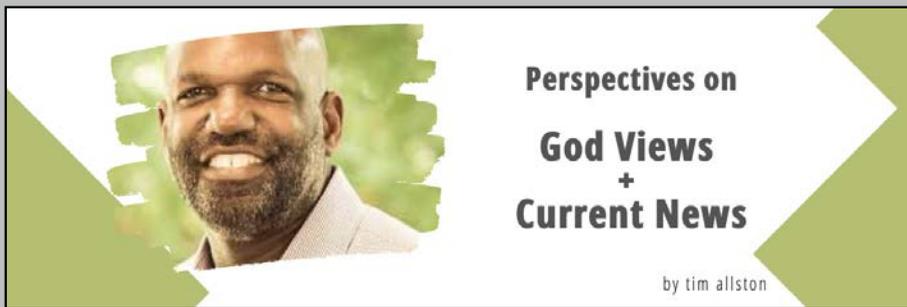


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**WARNING: An OCED Pandemic can Sweep the Nation. Again.**

*"Thou shall have no other gods before me." - Exodus 20:3*

The first of the Bible's 10 Commandments warns us against worshipping or making gods out of anything or anyone other than God himself.

Therefore, in the excitement of this 2024 election season, let's commit to not making gods out of our leaders or political candidates. Like us, they are humans with flaws and will disappoint and ultimately fail us. Therefore, you and I must avoid the quicksand of Obsessive Compulsive Election Disorder or OCED - an obsession over electoral politics.

For many of us, our first OCED attack occurred in 2008, labeled "the Barack Obama Effect."

During its initial outbreak, we self-proclaimed "Barack-a-fellas" were Krazy-glued to every media report, however repetitive. We clipped and thumbtacked every Obama magazine cover to our bulletin boards; DVR-ed every important Barack "notable quotable" utterance; and even mandated our underaged family members to watch them, because "we ain't never been here before, and may never again, . . ."

According to [The OCD world of politics | The Chicago Blog](#), in the month before Obama's November 2008 election, the *Washington Post* and *Los Angeles Times* websites received record-setting 320 and 137 million page views, respectively. Additionally, the *Daily Kos* tripled and the *Huffington Post* more than doubled its viewerships. And while MSNBC's website had 29 million video streams in the week of the 2008 Democratic convention, 16 million were just for its politics pages.



**OCED 2.0?**

And now for the second time in our lifetime a bigger, younger, more colorful, and even a bit more female OCED pandemic is spreading. Whether it's called "Kamalove" or "Kamalot," its first-week fundraising of over \$200 million and 170,000 volunteer signups have been record breaking. At the same time and even amidst this groundswell of support, however, Michelle Obama's cautionary words need to be heard.

At her Democratic National Convention speech on Tuesday, Michelle Obama warned, "But they (Kamala Harris and Tim Walz) are still only human. They are not perfect. And like all of us, they will make mistakes."

She then pointed out that we need to take more actions to bring about victory in November: "Do something."

To temper our justifiable enthusiasm, let's instead right-size all of our heroes and she-ros into bite-sized humans who are blessed with extraordinary gifts but more importantly, gifted with great opportunities. Those gifts and opportunities are also yours and mine to grasp and enjoy.

Let's now un-earth them and take better advantage of our opportunities.



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

Image: DALL-E/Saintjones

The Valley Weekly  
**M**illennial  
**l**oment  
by Gloria B. Caldwell

*Opps to "Opps"*

I sit listening to my children play as often as possible. Sometimes, I listen because I find joy in their laughter, and I love to hear the smiles through their voices. Other times, it's to monitor who they are talking to and what they are talking about.

I also listen to the language they use to translate their emotions and relay their responses, as well as the appropriateness of whether they are being kind or empathetic.

I hear my son going in on Fortnite. He usually talks about the "oppo." On a side note, I giggle to listen to him talking so assertively and determined to take down the opponents.

It made me think of oppositions to opportunities. To me, every moment of opposition holds the seed of opportunity.



When we are faced with challenges, there are ways in which we can maneuver through them effectively.

We can pause and look deeper—disguised within obstacles are lessons and growth awaiting discovery.

Embrace discomfort as a pathway to transformation.

Shift your perspective: view struggles as stepping

stones, propelling you toward your dreams.

Choose to see opportunity in every trial! Turn your apps into opportunities! Your life will flow so much smoother, and you will gain so much knowledge in the process.

God loves you, and so do I.

He has given you a gift; open it.

*This Sunday's Lectionary*

Sunday, September 1, 2025  
Fifteenth Sunday  
After  
Pentecost



(Track 2, Year B)  
First Lesson:  
Deuteronomy 4:1-2, 6-9  
Psalm 15  
Second Lesson:  
James 1:17-27  
GOSPEL:  
Mark 7:1-8, 14-15, 21-23



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

## Mr. Gregory Miley

Mr. Gregory Douglas Miley is a Dothan, Alabama, native, born as the only son among five sisters, to the late Harding Miley, a nearly 30-year-veteran of the Dothan Police Department, and the late Delories Miley, a Woolworth retiree.



Madison County), Feeding the Homeless, and various other community volunteer projects. In May 2004, he received the Distinguished Engineering Alumni Award from the UAH College of Engineering.

Miley joined the Progressive Union Missionary Baptist Church in August 1976. Ordained as a deacon on January 29, 1989, by Progressive Union Church, he has served and continues to serve in various ministries, including Deacon Board chair, Finance Committee chair, church treasurer, Sunday School teacher, Transportation Ministry, church newsletter, Music Ministry, Audio-Video Ministry, and various community projects through Progressive Union.

Since retiring, Miley continues to volunteer with Enable Madison County and, lately, Mobility Worldwide of North Alabama. The avid volunteer is an active member of Vietnam Veterans of America (VVA) Chapter 1067, Huntsville, where he loyally serves as chapter photographer.

A product of Dothan City Schools, Miley graduated from George Washington Carver High School in June 1969, with honors, and attended Wallace Junior College and Trade School for two years, receiving a certificate in electronics technology in September 1971. He entered the United States Air Force that same month, serving four years as a Missile Systems Maintenance Specialist on the Hound Dog missile and received an honorable discharge in June 1975.

would later work for various engineering firms within the Huntsville vicinity throughout his nearly 40-year career. His duties primarily included supporting different commands and project offices at Redstone Arsenal and Marshall Space Flight Center. More specifically, Miley travelled extensively on various TDY assignments in the U. S. and foreign countries, including Germany, the Netherlands, Israel, Egypt, and Kwajalein.

In September 1975, Miley decided to further his education and enrolled in the University of Alabama in Huntsville (UAH). In 1979, he after earned the B.S. degree in electrical engineering. Remaining in Huntsville, Miley began his engineering career in November 1979 at Teledyne Brown Engineering, and he

The Alabamian also volunteered with various groups. He tutored at the Boys and Girls Club (Mason Court) and provided much-needed support to the Emergency Home Repair Program through the city of Huntsville Community Development Agency, CASA of Madison County (now known as Enable



**THE EV CHARGE!** Huntsville is leading the charge with more EV vehicles registered than any other city in Alabama. This status placed Mayor Battle (first, seated) at the Alabama Motor Manufacturing Association's Generational Opportunities for Alabama panel discussion in Birmingham to talk about the future of EVs in the market. As a driver of an EV car and bicycle, Mayor Battle reported "the EV phase was real and he saw a bright future for hybrids." Key to their success is the availability of power and accessible charging stations.

*"To dreamers Truth is an unlovely thing,"*

*- Frank Yerby*

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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](http://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](mailto:info@valleyweeklyllc.com).

# AAMU Announces Louis Crews Classic Event Lineup

Alabama A&M University Athletics has announced an exciting weekend of events planned for the annual Louis Crews Classic.

Activities leading up to the first home game of the 2024 season September 6-8 include a Coach's Breakfast, Classic Concert and other events. The Louis Crews Classic has become a staple for Bulldog fans as the annual game begins the home football slate.

This year, AAMU will host Kentucky State on Saturday, September 7 at 6:00 p.m.

The game concludes a weekend-long celebration of the former AAMU head coach, who roamed the sidelines from 1959-1976 and amassed a remarkable 110-61-3 record during his time on The Hill. In 2010, Alabama A&M launched the event to honor the contributions made by Coach

Louis Crews and his family to the institution.

The celebration of AAMU Athletics and the legendary coach will also highlight former players. Events include:

*Louis Crews Coach's Breakfast* – Presented by Mercedes-Benz  
**Friday, September 6 | 8:00 a.m.**  
 Ernest Knight Center  
 Featuring AAMU Football Legend Brawnski Towns  
 Tickets: \$75 / Tables: \$2,500 (8 per round)  
 Purchase Tickets

*10th Annual Hill Project 2.0*  
 Lee High School [Class of 2027]  
 Approximately 200 sophomore students  
**Friday, September 6 | 9:30 a.m. – 2 p.m.**  
 The Elmore Health Science Building



*Alabama A&M Athletics Scholarship Gala*  
 Featuring Musical Artist - Kem  
**Friday, September 6 | Doors Open at 6 p.m.**  
 AAMU Event Center  
 Tickets: \$1,000 (Reserved – Table [8 per round]) | \$100 (Reserved Floor Seating) | \$50 (Reserved Arena Seating)

Purchase Tickets or at: 256.372.7255 or 256.372.7254

## Bulldog Walk

Alabama A&M will have

the first of five traditional Bulldog Walks this season, beginning at 4:30 p.m. The

## HMBCB 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. HMBCB meets monthly on the 3rd Tuesday at 12 noon. The meeting location varies. Call (256) 427-2650 or e-mail info@hsvblackchamber.org. [VISIT](#)

Bulldog Walk is generally one hour and thirty minutes prior to kickoff.

## Louis Crews Classic Game

The Bulldogs play host to Kentucky State. Kickoff against the Thorobreds is set for 6 p.m. This will be the sixth meeting in the series

and the first since the 2017 season when Alabama A&M won that matchup, 21-13.

Purchase Tickets

Read more at: <https://aamusports.com/news/2024/8/15/football-aamu-athletics-announces-louis-crews-classic-events.aspx>

**AUGUST 30 - ROBIN HARRIS** - Robin Hughes Harris was an American comedian and actor, known for his recurring comic sketch about “Bébé’s Kids”. He was posthumously nominated for the Independent Spirit Award for Best Supporting Male for his performance in film House Party. During the mid-1980s, Harris worked as the master of ceremonies at the Comedy Act Theater. His “old school” brand of humor began to gain him a mainstream following. Harris made his acting debut playing a bartender in I’m Gonna Git You Sucka (1988). Harris also had roles in 1989’s Do the Right Thing and Harlem Nights. Harris played the father of Kid in House Party (1990).



- [BlackCelebrityBirthdays.org](https://BlackCelebrityBirthdays.org)



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## ON THIS DAY

On August 30, 1967, Thurgood Marshall became the first African American to be confirmed as a Supreme Court justice. He remained on the Supreme Court for 24 years before retiring for health reasons, leaving a legacy of upholding the rights of the individual as guaranteed by the Constitution. - [history.com](https://history.com)



**“Black promoters oppressed me  
before white promoters ever got hold of me.  
Don’t talk skin to me.”**

- **Mahalia Jackson**

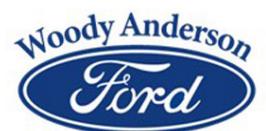


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# Huntsville, City Centre Give Nod to Hotel, Parking Garage

- [huntsvilleal.gov](http://huntsvilleal.gov)

A development agreement between the City of Huntsville and the City Centre developer will result in the construction of a new downtown hotel, more restaurant space and a parking garage.

The City of Huntsville entered into the agreement with City Centre IV, LLC and City Centre I LLC, the developers responsible for the AC Hotel by Marriott, the Eclipse and the Bartley Building (currently under construction) within the City Centre mixed-use development located im-



The original City Centre mixed-use project consisted of three total

the decision to add a new fourth phase to the overall project.

Moxy Hotel, which will also feature 8,000 square feet of ground-floor retail space. The City, citing the need for more downtown parking, will construct a six-level, 430-space park-

ing garage. The new public parking garage will support both the current parking needs of the adjacent growth as well as provide additional parking capacity for future VBC expansion.

“This project is crucial for our city center,” Mayor Tommy Battle said. “Not only does it address the need for more downtown parking, but it also offers an additional hotel option for visitors eager to experience everything Huntsville has to offer.”

The City will fund up to \$11 million of the cost of the new parking garage and the developers will also contribute \$3 million



toward the garage. The developers will also make lease payments to the City for 110 spaces to support both the Moxy Hotel and AC Marriott. The remaining spaces will be metered by the City.

The developers have until Dec. 31, 2025, to begin construction on the Moxy Hotel. Construction on the parking deck will begin within 60 days of work starting on the hotel.

***“This project is crucial for our city center. Not only does it address the need for more downtown parking, but it also offers an additional hotel option for visitors eager to experience everything Huntsville has to offer.”***

- Mayor Tommy Battle

mediately south of Big Spring Park.

phases. Phase I and II are complete with Phase III under construction. The development team made

Though previously announced, the agreement stipulates the developers will build the 120-room

***“To dreamers Truth is an unlovely thing.”***  
- Frank Yerby

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# Anchored

- by afroblastik (John 'Jahni' Moore)

"We can endure almost anything if we are centered, if we have some focus in our life. You can endure if you have an anchor."

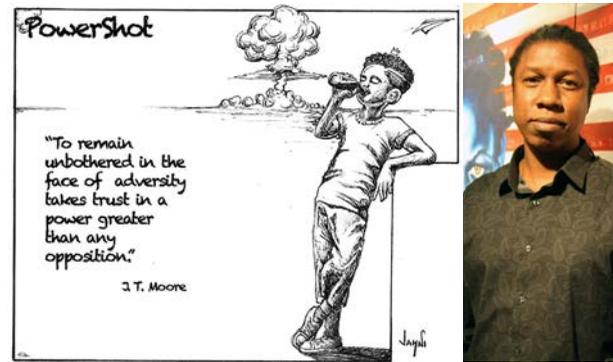
- Renita J. Weems

On last evening, I addressed a Diversity leadership group during their orientation ceremony. I shared with them how my childhood had so much in common to the friendships in the Stranger Things series in diversity and challenges. I spoke of today's charged political climate and present brooding events as comparable to the upside down (another Stranger Things reference). In the series, no matter what they came up against, they found a way through, collectively using their individual abilities.

On the eve of the launch

of my website relaunch (www.jahniheartist.com ... shameless plug), I'm looking back over the last few years of my life as an artist (as though I've had a life being anything else).

In 2020, the world flipped over and the art world sputtered. Funds and campaigns were started to support artists who lost work and faced financial upset. I was able to actually be a contributor. Later that year my web designer mysteriously passed away. So my website was out there in the cyberocean without a paddle or anchor. Then my Facebook account was hacked. I could post through instagram and it rolled right into the facebook page but I had no connection to message or to receive messages



through Facebook messenger. That had been a major connection for me as I communicated with patrons around the world with it. Do you wanna know what I did..?

I kept on keeping on. Producing work, networking with other creatives, utilizing other means of social media, and most of all deepening my connection with my practice and the mystery of life. I walked

a peaceful path in the midst of the full-on frenzy. Things fared even better for me. By the looks of things, I didn't miss a beat. In fact, the tempo picked up to an improvisational jazz rift that allowed me to walk closer to the rhythm of who I am. Through it all, I calmly stayed the course.

I often talk to artists and makers who for some reason or another, have ceased their work. Many

of them are pretty heavy reasons, all withstanding. I offer encouragement and usually whisper a prayer on their behalf. In some cases, I've invited them to show, something to jumpstart the action of making. It's healing to the individual and the collective. It appears that the enemy of healing, the enemy to wholeness and cosmic balance has the intent of preventing the making by any means necessary.

That's where we need an anchor, a stronghold, something bigger than us, to hold onto in these life storms. I've found that when I can pull my self together just long enough to connect in some form or fashion, through prayer, meditation, a walk in the

woods, etc., things get put into perspective. In that I realize that putting down my practice is counterproductive to doing what I need done anyway. It actually gives me the impetus to do the things in other areas of my life with more presence. It's the sense through which I experience the world.

May your entrusted practice/craft be the sail guide that the divine winds catch and take you along your journey. It's about every step along the way, not just the destination. People have always commented on my ability to be cool in the midst of chaos. My secret is no secret at all. I've simply gone beyond belief into the realm of knowing that it is what it is; I have a steadfast Anchor that does not fail.

## Six Uncommon Ways to Trim that Stubborn Midsection

- from BlackDoctor.org

How do you lose belly fat? Why is it so important to take control of your midsection?

Aside from aesthetics, belly fat is the most dangerous type of fat. Large waistlines are indicators of multiple conditions and diseases.

But how do you lose it? Unfortunately, it does take more than just crunches. But to get rid of it, it may help you to understand a little more about where it comes from in the first place:

- *One source of belly fat is obvious: lifestyle. A poor diet and/or lack of exercise can influence the accumulation of fat cells.*
- *Another source of belly fat are genes - look at your parents/relatives. If they tend to have more belly fat, you probably will, too.*

- *Yet another source of midsection weight gain is a fat-inducing hormone called cortisol. Stress is one of the primary culprits for high levels of cortisol secretion. When you're stressed, cortisol breaks down lean muscle (the type of tissue that burns calories most efficiently) and also holds on to fat storage in the abdominal region. Things can even get even worse with poor lifestyle choices mixed in.*

So how can you fight back?

1. **Sleep:** If you want to work late at night, think again. When your biorhythms are off, you end up eating more. When you're tired you



produce more ghrelin, which triggers cravings for sugar and other fat-building foods ... Getting about 7 hours of sleep a night is one of the best things you can do for your body shaping goals.

2. **Perform short bursts of exercises:** Stop thinking you have to workout for 45 minutes to an hour all the time! 1000 crunches a night may get you strong abdominal muscles, but with a full layer of fat on top, you will not get the results you really want. Instead of all those crunches,

do exercises that engage multiple muscle groups and work your cardiovascular system.

Try planking, where you hold yourself in a push-up position, resting your forearms on the ground. Try 3 or 4 sets of holding for 30 seconds each.

3. **Reduce your sugar intake:** Fighting belly fat is 80% healthy diet. Reduce calories by filling yourself up with protein, vegetables, whole grains, and replacing bad habit snacks with good ones. For example, if you have a sugar craving, replace your calorie laden latte with a Muscle Milk lite, which has zero sugar and is a great source of craving-busting protein.

Another great trick is a sprinkle of cinnamon in your morning coffee or oatmeal.

This spice has been shown to help stabilize blood sugar.

4. **Loading Up on Your Vitamin C:** When you're under extreme stress, you secrete more cortisol. Vitamin C helps to balance cortisol spikes - and is also a great way to support your immune system, limiting colds. In addition, Vitamin C is essential to your body's carnitine production. Carnitine is a compound used by the body to turn fat into fuel.

5. **Eat Fat (Yes, Seriously):** Though it sounds counterproductive, it takes fat to burn fat. Like I said above, it's sugar that gets you fat, not fat. Good fats include foods rich in Omega 3s, like salmon, avocados & walnuts. These foods

are full of nutrients that help keep you satiated throughout the day.

6. **Slow Down your Breathing:** This is a very simple method that you can use even when you're in the midst of doing something else. Whenever you notice you're feeling tense and uptight check and see how you're breathing. Most people under stress either alternate holding their breath with short breaths, or take rapid shallow breaths. After you become aware of your own breathing, consciously relax your belly and slow down the breathing. This works best if you focus on slowing down the exhalation rather than your inhalation. With each exhalation you can say to yourself, "slow down".

# The Valley Weekly Washington One Minute



by Ron Hamm

Here are the top issues and events in Washington for this week:

**1. CONGRESS.** The House and Senate are in recess until September 9. On Monday, five (5) GOP Congressmen: Reps. Biggs (R-AZ), Crane (R-AZ), Gaetz (R-FL), Mills (R-FL), and Roy (R-TX) held a forum in DC at the Heritage Foundation examining the attempted assassination of Donald Trump in Butler, PA, which is separate from the official investigation by the House Task Force that was created by the GOP Leadership to probe the assassination attempt (Note: the Task Force members toured the site of the shooting in Pennsylvania Monday).

**2. SUPREME COURT.** The Supreme Court is adjourned and will reconvene

on Monday, October 7. Last Thursday, a divided Supreme Court voted 5-4 to grant a request from the Republican National Committee and the GOP leaders of Arizona's legislature to reinstate a state law that requires residents to provide proof of citizenship to register to vote using a form provided by the state.

The Court turned down a request, however, to reinstate the portion of the same law that would bar voters who register using a standard federal form from voting for president or by mail unless they provide proof of citizenship.

Justice Amy Coney Barrett joined the Court's 3 liberal justices voting against the proof of citizenship requirement.

**3. FEDERAL RESERVE.** Last Friday at its annual symposium in

Jackson Hole, WY, Federal Reserve Chair Jerome Powell announced that "the time has come" to bring down interest rates. From March 2022 to July 2023, the Fed raised its key rate from near zero to a 23-year high of 5.25% to 5.5%.

The Fed is widely expected to lower interest rates starting at its next Federal Open Market Committee meeting on September 17-18, and, by year's end, futures markets expect the Fed to cut its key short-term rate three times by a total of as much as a percentage point. Markets reacted positively to the news with the Dow surging 462 points, or 1.1%, to a near record of 41,175 on last Friday.

**4. POLITICAL CONVENTION RATINGS.** Per the Nielsen Company as reported by Axios, the

Democrats won the ratings race with an average of 21.8 million TV viewers across all 4 nights of the Democratic National Convention, compared to 19.1 million for the GOP Convention.

The highest rated moment of the DNC was Vice President Harris' speech on Thursday, which drew 28.9 million viewers, with the convention speech in July by former President Trump coming in lower at 28.4 million viewers.

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## Huntsville Happenings

by Gary T. Whitley, Jr.

### Daughter of Zion Ministries Plans 2nd Women's Conference

Daughter of Zion Ministries will hold its 2nd Annual "Women of Worship" (WOW) Conference on Saturday, September 21, at the AC Hotel in Huntsville, Ala., from 10 a.m. to 3 p.m.

The free session will include prayer, praise, worship, and a life-changing Word! The conference



theme is "Sistas in the Spirit."

For additional information, contact Min. Toni Savage, founder and president, at info@dzministries.com or call (256) 797-3017.

To register, visit <https://bit.ly/WOWSiS2024>

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# Dietitian Offers More Tips to Fuel the Valley's Back-to-School Season

(BPT) - As summer winds down and the busy back-to-school season approaches, maintaining healthy habits is essential for a smooth transition into the classroom. To help parents feel more prepared to take on the school year ahead, Registered Dietitian and Nutritionist Dawn Jackson Blatner shares a few valuable tips.

## 1. Take study breaks

Getting the kids to spend time on homework can be tough to enforce, but you can make it easier by planning short breaks to recharge. Encourage the kids to step away from homework for a quick brain rest or an exercise break to get the body moving for 10-15 minutes. Integrating breaks into homework time can also prevent burnout and keep the atmosphere positive and productive, ensuring they come back refreshed and ready to crush that next assignment.

## 2. Pack in the protein

Ensure lunchboxes and after-school snacks are packed with healthy protein options such as cheese or meat sticks, yogurt, milk, hard-boiled eggs or nuts. These nutritional powerhouses will keep kids feeling satisfied throughout the



day, supporting their energy levels and concentration. Incorporating a variety of protein-rich foods also helps promote overall growth and development.

## 3. Walk for better focus

Whether in the morning before school or right after dinner, a quick walk around the block with the kids can help boost energy levels and improve focus. Simple yet effective, a quick walk allows them to release any pent-up energy and clears their minds, ultimately benefiting both their physical and mental health.

## 4. Enjoy after-school activities

Enrolling kids in after-school sports, music lessons or arts clubs can help kids stay active and burn off energy, while also providing fantastic opportunities for fun and socializing. These activities not only promote physical, mental and emotional wellness, but also teach important life skills that can transfer into

the classroom including teamwork, discipline and time management.

## 5. Get back into hygiene habits

The return to school and after-school activities raises the potential exposure to viruses, so it's important to maintain regular hygiene habits. Encourage thorough handwashing when getting home from school, before and after meals and post-outdoor activities. Additionally, reminding kids to cover their mouths when coughing or sneezing can further reduce the spread of germs.

## 6. Explore new recipes as a family

After a long day of school, homework and other activities, getting together as a family to test out new recipes can be a great way to unwind. This is also the perfect way to incorporate nutritious foods into everyone's diets, like Egghand's Best eggs, which contain more than double the Vitamin B12 and 6 times more Vitamin D

compared to ordinary eggs, to keep you energized and satisfied throughout the day and boost your body's immunity to fight off harmful bacteria.

Try these delicious Anytime Trail Mix Cookies from Egghand's Best. They are packed with nutritious ingredients like Egghand's Best eggs, rolled oats, nuts and seeds, making them a wholesome snack throughout the day!

### Egghand's Best Anytime Trail Mix Cookies

Prep time: 10 minutes  
Cook time: 12 minutes  
Yield: 24 cookies

#### Ingredients:

2 Egghand's Best Eggs, large  
1 cup rolled oats  
1 ripe banana  
2 tablespoons honey  
1 cup mixed nuts/seeds, coarsely chopped  
2 tablespoons mini chocolate chips  
Cooking spray

#### Preparation:

1. Preheat oven to 350 degrees F.  
2. Pulse oats in blender a few times, until mostly a flour texture. Set aside.  
3. In a bowl, mash banana with a fork or potato masher (it'll be about 1/2 cup).

4. Stir in Egghand's Best Eggs and honey, until smooth.  
5. Stir in oat flour, nuts and chocolate chips.  
6. Mist baking pan with cooking spray. With a cookie scoop or spoon, place batter into 24 cookies (about 1 tablespoon each). With clean fingers, lightly pat down each one to look like a cookie shape, because the batter won't spread when baked.  
7. Bake approximately 12 minutes, until bottoms are golden.

#### Additional Notes:

1. Store covered at room temperature for up to 5 days, or up to 10 days in the fridge.  
2. Can be made dairy and gluten free with dairy-free chocolate chips and gluten-free oats.

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# Mastering Your Health & Wellness Expo

Oscar L. Montgomery Personal Growth Center/Union Hill P. B. Church | Saturday, August 24, 2024

Photos by Jerome Saintjones



Rev. Dr. Oscar L. Montgomery



# TEAMWORK: Another Monthly Community Food Giveaway

Morris Chapel P. B. Church | Saturday, August 24, 2024 | Pastor: Elder Derrick Langford

Photos by Jerome Saintjones



Elder Derrick Langford, Pastor

