

The Valley Weekly

"Never take anything for granted."

- Disraeli

FREE

Volume 1, No. 52

Friday, September 4, 2015

AHA Holding Volunteer Rally



NATURAL REMEDY: Alabama State Representative Laura Hall (left) joined a group of small farmers and persons interested in learning the virtues of ethnic vegetable crops (Chinese, Indian, Caribbean and Hispanic) on the Winfred Thomas Agricultural Research Station in Hazel Green, Ala. The workshop was conducted by Dr. Rao Mentreddy (right) and colleagues.

Lakeside UM Holding Banquet

Lakeside United Methodist Church at 3738 Meridian Street, Huntsville, will hold its Second Harvest Banquet on October 24 in Alabama A&M University's Ernest Knight Center at 6 p.m. Rev. Donald F. Smith, senior pastor, Center Grove UM Church, will be the speaker. Tickets are \$40; contact (256) 536-9400. Transportation provided from the church.

AWIJ Announces 2015 Festival

The Alabama Women in Jazz (AWIJ) Festival will be held September 19 at Big Spring Park-East in downtown Huntsville.

AWIJ is a program established to highlight some of Alabama's best female jazz musicians and to honor jazz females of yesterday for their contributions to the positive roles of women in music.

AWIJ was established by Patrice Vivins, CEO of non-profit Valley Arts and Entertainment, Inc., an organization whose mission supports the engagement of young people through music and scholarship.

For more information, visit www.alabamawomeninjazz.org.

The American Heart Association is the world's largest volunteer-led organization. It has a goal of improving the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent by the year 2020. That is a lofty goal, and that is why volunteers are so important.

Have you ever wanted to save lives in your community or



educate your loved ones about quality of life? Do you want to give back to your community and have fun while doing it? Then join AHA!

The AHA needs volunteers to help it reach the community with its mission, plan logistics and auction for events, as well as to help recruit leadership and participants for the Heart Walk and Heart Ball.

The American Heart Association in Huntsville is having

a Volunteer Rally on Monday, September 14 at Yellowhammer Brewing, starting at 5:30 p.m. Please inform friends and coworkers who are also passionate about the AHA mission, "building healthier lives free from cardiovascular diseases and stroke."

Also, check out the event on Facebook for updates and details: AHA Huntsville Volunteer Rally on Facebook. Contact Jessica Tollison with questions or RSVP Jessica.Tollison@heart.org or call (205) 510-1508.



HONORED: Dr. Terrance Vickerstaff, Alabama A&M University and Diversity Leadership Colloquium graduate, was the keynote speaker for the Honors Program induction ceremony at Alabama A&M University. During his fiery presentation, the Tuskegee native inspired the nearly 60 inductees to reach toward their greatness rather than to settle or rest on their past laurels.

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Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

St. Bartley PB Church

St. Luke Christian Church

Starbucks (Governors Drive, N. Parkway at

Maxtin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Special Presentations Made to Colonial Dames

Special awards were presented to Alabama Colonial Dames of XVII Century at the Annual Board of Management Meeting as Davie Williams begins serving Alabama Dames in the office of new State President. The celebrations and business meeting took place at Huntsville's Ledges.

Mary Anne Bates Gibbons was presented with a certificate for her design and creation of a quilt square to represent Alabama in the Colonial Dames XVII Century 100th anniversary celebration which took place in Washington this summer. Constance Grund, representative of the Alabama celebration committee, presented the certificate to Anne.

Awards were also presented to the hostesses of the 100th Anniversary Tea of the National Society of Colonial Dames XVII Century held in Washington, D.C., by Ms. Grund, vice chair of



Seated: Shelby Dean Ward, Honorary State President 1991-1993; Mary Stagg Johnston, Honorary President General 2003-2005; Martha Hammon Stanley, Honorary State President 2003-2005; (Back row, from left: Phyllis Cummings O'Connell, Honorary State President 2005-2007; Laura Clark Howell, Honorary State President 2009-2011; Twyla Froman Brammell, Honorary State President 2011-2013; Annette Edgeworth Smith, Honorary State President 2013-2015. These ladies were the honored at the Annual Board meeting in Huntsville, Ala.

the Continental Tea.

President Williams introduced the special guests to the August

ASCDXVIIIC Board of Management Meeting and thanked them for all of their contributions to

CDXVIIIC. The special guests were Mrs. James E Johnston (Athens), Honorary President General 2003-2005; Shelby Dean Ward (Opelika), Honorary State President 1991-1993; Martha Hammon Stanley (Fort Payne), Honorary State President 2003-2005; Phyllis Cummings O'Connell (Huntsville), Honorary State President 2005-2007; Laura Clark Howell (Anniston), Honorary State President 2009-2011; Twyla Froman Brammell (Madison), Honorary State President 2011-2013; Annette Edgeworth Smith (Ranburne), Honorary State President 2013-2015. President Williams extolled these ladies for their dedication and helpfulness in continuing the wonderful work of CDXVIIIC.

The Colonial Dames XVII Century welcomes all ladies who can trace their lineage to qualified men and women of the 1600s. For more information and a picture of the 100th Anniversary Quilt, please go to www.colonialdames17c.org

TOWN HALL: DELTA Inc. Supports Teachers in Quest of Excellence

Diverse Educational Life Training Activities, Inc., (DELTA Inc.) is a staunch supporter of teachers across North Alabama and is dedicated to using its resources to assist them in providing the best education for children. DELTA, Inc., is partnering with the P.O.W.E.R. Mentoring Program to present the first annual community forum aimed at empowering teachers as they work with parents in producing high achieving, productive students. The free and public Teacher Efficacy Town Hall will be held Tuesday, September 15, at 6 p.m. at the Engineering Building at Alabama A&M University.

Discussions will be aimed at "bridging the gap in education through teacher efficacy," and

will include the topics of teacher confidence and motivating all students.

Teacher efficacy can be defined as teachers' beliefs in their abilities to organize and execute courses of action necessary to bring about desired results (Tschannen-Moran, Woolfolk-Hoy, & Hoy, 1998). A panel of local educators and community leaders will address efficacy through student engagement, instructional strategies, classroom management, and culturally responsive teaching.

Among the panelists are:

- Mr. Dick Fountain - S.S. Nesbitt & Company; Board Member, Boys & Girls Clubs of North Alabama
- Dr. Whitney Meade - Assistant

Professor, University of Alabama Huntsville

- Mrs. Courtney Winn Hamilton - Teacher, Harvest Elementary School; Superintendent's Advisory Council
- Major Rick Harris - President/CEO of OSAH Inc.
- Mrs. Latosha Baldwin - Academic Advisor, Calhoun Community College
- Mr. Anthony Graham - Teacher, Discovery Middle School; Founder, R.U.F.F. Mentoring Program
- Mrs. Lola Taylor - Center Director for Ombudsman an Alternate Route

"When the efficacy of well-trained teachers is supported by the whole community, the end result is improved student

achievement," says Phyllene Washington, chairperson of Delta Inc.

"Thanks to the Delta Research and Educational Foundation and the Bill and Melinda Gates Foundation, we are able to make this town hall possible for our community," commented Dr. Rachel Dunbar, founder of P.O.W.E.R. and assistant professor at Alabama A&M University. "We believe that Huntsville is the perfect location for a forum such as this, given its diversity, progressiveness and innovation. Our goal is to not only heighten awareness of teacher efficacy and current topics in education, but to also provide a safe place where community stakeholders can have a voice." - 256.489.4910

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The Valley Weekly

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From the Editor



Ah, Anniversaries!

One year ago on September 5, 2014, we launched the inaugural edition of The Valley Weekly. This effort is supported by a group of volunteers who are committed to sharing positive, inspirational and educational information with the community. We don't have enough space to thank every one who has made the paper a success.

We consider it a huge success, because when we gathered around the table to discuss the possibility of producing a weekly paper, our goal was 10,000 online readers or online requests weekly by the end of the first year. We exceeded that goal with our October 3, 2014, edition, with over 20,000 requests for our website. That edition featured breast cancer awareness, one of the most challenging diseases in our community. The following week, we had over 15,000 online requests. Of course, that was the AAMU Homecoming edition. Go back and take a look (www.valleyweekllyllc.com) when time permits; the stories will inspire and educate.

In addition to online requests, we publish 3,000 printed copies for local distribution weekly to our advertisers who make the printed copies possible, our elders and to individuals and organizations who pick them up on an availability basis. Below are our monthly stats:

Month	Number of requests	Percentage of the Requests
1. August 2015	93,689	9.70%
2. July 2015	78,782	8.16%
3. June 2015	95,852	9.91%
4. May 2015	96,960	10.3%
5. April 2015	101,541	10.50%
6. March 2015	76,342	7.90%
7. February 2015	107,373	11.10%
8. January 2015	115,598	11.97%
9. December 2014	63,573	6.58%
10. November 2014	56,887	5.89%
11. October 2014	70,086	7.26%
12. September 2014	9,803	1.1%

So, who said or thought it could not or would not survive? Thanks to Jerome Saintjones, Georgia Valrie, Linda Burruss, Gary Whitley, John Moore, Dave Herron, Ron Hamm and other contributors, we are beginning year two this week. Many of you send positive and encouraging e-mails to keep us focused and motivated. Thanks, Pastor O. Wendell Davis, for your ongoing words of support and encouragement. We value all of our readers and supporters, near and far.

Anniversaries are important. More of us need to pay attention to them. Typically, the more anniversaries we have, the better we get to know, tolerate and appreciate each other. Thanks for the anniversary! Thanks for the love. Thanks for "sticking" with us. *"The more we get together, the happier we'll be."* (Unknown)

When you can't find a printed copy of The Valley Weekly around town, follow us on-line at www.valleyweekllyllc.com.

Dorothy



Hair Care for the Fall

by Russell Banks
International Hair Designer

Leaves are beginning to fall with the beginning of the fall season. Hair care is very important due to damage from the summer's sun, chemicals from pools, highlights and color, and the lack of routine maintenance due to vacations and busy schedules.

Thus, the hair will fall with the leaves unless proper maintenance is done. Tips for restoring needed moisture for healthy, brilliant hair include hot oil treatments, steam treatments, and co-washing. Co-washing is an alternative to routine shampooing, which can further dry the hair.

When the fall sets in, and we turn our thermostats up, a wise investment will be a humidifier. This will restore moisture to the dry air, which can impact the condition of your hair.

City Council Will Meet Sept. 10

The Huntsville City Council will hold a regular meeting on September 10. The Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

Additionally, City Council work sessions are held in the City Council Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 5 p.m.

For more information, call (256) 427-5011.

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- Plutarch



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convenient options to schedule children from the same family in different lessons at the same time! Register for music lessons. Call (256) 534-3131 or visit the website at www.valleyconservatory.com.

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Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

ALUMNI STEPSHOW

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Building Gymnasium
Alabama A&M University

For more information, contact:
Valarie King 256-527-0162

UCCA Foundation Planning Fourth Educational Gala

The Union Chapel Christian Academy Foundation, Inc., will hold its Fourth Annual Educational Gala on Thursday, September 17, at 7 p.m. in the Ernest L. Knight Reception Center on the campus of Alabama A&M University.

The Foundation promotes, strengthens and expands projects sponsored by the Academy (UCCA). The Academy

is accredited by the Southern Association of Colleges and Schools Council on Accreditation and School Improvement, and it operates under the auspices of Union Chapel Missionary Baptist Church.. Moreover, its mission is to provide students an academically challenging and spiritual

education in a faith-based environment.

Last school year, the 282 students of UCCA achieved several



accomplishments. For instance, eight students in grades three through seven entered science projects and received "Superior" ratings in the Annual Association of Christian Schools International Science Fair. The eighth grade science class entered the eCYBERMISSION competition and won first place in the state competition on its third entry and an eighth grade student

received the prestigious Carson Scholarship Fund.

During the educational gala, corporations, civic/community organizations and individuals will be recognized for outstanding achievements in the STEM discipline, along with support of the Academy's program initiatives.

For additional information, contact Donna Robinson at (256) 489-4259 or e-mail her at drobinson@ucchristianacademy.org.

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Online Grocery Shopping

Wal-Mart Neighborhood Markets have been going up left and right in my community for the last year or so. Although the neighborhood markets itself is not a brand new concept, because many of us are familiar with the difference between the green Wal-Mart Neighborhood



Markets and the blue Wal-Mart Super Centers. However, I've noticed some rebranding and it looks like they have been focusing on the marketing since they have really revamped and modernized the smaller store concept. Wal-Mart has always been one of my favorite con-

glomerates to follow, after all it is one of the most profitable and notable companies in the world. Earlier this year I noticed a push in the Wal-Mart Neighborhood Markets where multiple locations were being built at once all across town ... The Super Center is obviously necessary and more of a one-stop-shop, but to have the Neighborhood Markets for those looking to grocery shop only, as well as take advantage of low prices is very beneficial. If I am grocery shopping, I shouldn't have to stand in line with people buying clothes, electronics, lawn care items, toys, and paint.

One tactic that these neighborhood Wal-Marts offer is better online grocery shopping. As I was doing more research, I ran across an article from *Fortune* written a couple of months ago stating, "As of now, the grocery store pickup service is in test phase, available only in San Jose, Calif., Phoenix, Huntsville, Ala., and Denver, Colo., plus in the company's hometown of Bentonville, Ark., The City Wire reports. This isn't an online delivery system; instead, you order online then go pick up your order in the store." (www.fortune.com) That's

right, my hometown of Huntsville, Ala., is one of the few cities that are testing this order online and pickup at Neighborhood market locations! I've noticed most times that I pass by or pull up to shop at the Wal-Mart that people are taking advantage of this shopping style. Most people create shopping lists of specific items they need, so why not create a shopping list electronically that you can bag online as you go, and all you have to do is pick it up!

by Amoi Savage

[EDITOR'S NOTE: "A. Savvy Articles" is your ultimate source for information and inspiration for the freelancers, entrepreneurs, engineers, artists, entertainers, professionals, producers, and business executives. The articles offer current events and motivation for the business community. Insight on the economy increases the wealth and well being of the citizens. Instead of a column for the critics, this column is for the career-minded and business class. The articles are recommended for those who understand the lifestyle of an entrepreneur. In 2015, more and more people are following their dreams and going for their goals. Freelancers take opportunities and seek new information to stay ahead of the curve in order to supply a market. A. Savvy Articles supplies readers with credible business information, updates, articles, statistics, trends, interviews, news, etc. The articles will also include motivation, inspiration, encouragement, and advice for the business community. Leave comments and reviews on www.amoisavage.com.]



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Washington in 60 Seconds

1. Congress is in recess until September 8.
 2. President Obama travels to Anchorage, Alaska, to give a climate change speech at the Conference on Global Leadership in the Arctic and is expected to announce the renaming of Mt. McKinley in favor of its Native Alaskan name, Mt. Denali (meaning "the great one" in the Athabascan language). He will meet with Saudi King Salman bin Abdul Aziz at the White House on Friday.

3. On September 1, the Senate Environment and Public Works Committee held a fielding hearing in Columbus, Neb., on the "Impacts of EPA's Proposed Ozone Standard on Manufacturing and Utilities." The Administration's ozone rule would lower the allowable ground-level ozone pollution from the current 75 parts per billion to a range of 65 to 70 parts per billion, even though many states and counties have not been able to fully

achieve the current ozone standard, set in 2008.
 4. Transportation Secretary Anthony Foxx announced \$9.5 million in grants to 19 projects in 13 states to help train a new generation of skilled workers and support long-term careers in the public transportation industry under the FTA's Innovative Public Transportation Workforce Development program.
 5. Last Friday, Defense Secretary Ashton Carter announced a new Manufacturing Innovation Institute located in San Jose, Calif., to secure U.S. leadership in next-generation bendable and wearable electronic devices. This is the 7th of 9 manufacturing hubs to be created by the Obama Administration.

- The Hamm Consulting Group LLC

Calendar of Events

September 4

Concerts on the Dock
 Fall Series (Free)
 Lowe Mill, 6-9 p.m.

September 5-6

Teague VIP Express Bus to AAMU-Cincinnati Football Game
 (256) 694-2038

September 11

Concerts on the Dock
 Fall Series (Free)
 Lowe Mill, 6-9 p.m.

September 12

5K STEM Power Run Through "The Hill"
 Elmore Building
 Adults, \$20; Students, \$10
www.nsbe-northalabamae.com
 Registration: 7 a.m.

Alumni Stepshow

Sponsor: Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc.
 \$20, Adult; Under 21-Student ID, \$10)
 Alabama A&M University
 Elmore Building, 7 p.m.

September 13

TEDxHuntsville
 "Dream Makers & Risk Takers"
 Thurber Arts Center
 1 p.m.

2nd Annual Benefit Luncheon of the RiahRose Home for Children, Inc. (Grandparents Day Celebration)

Honoring: Mrs. Marilyn Lewis-Alim and Mr. & Mrs. Newell (Mary) Witherspoon
 Adults, \$30; Children 5-12, \$10; 4 and Under, Free
 Early Works Museum
 1:30 p.m.

September 14 - November 6

Osher Lifelong Learning Institute at UAH Fall Term
OLLI is a learning community designed for adults 50+. Daytime and evening classes.
 Details: Osher.uah.edu/
 Catalog or (256) 824-6183

September 18

Concerts on the Dock
 Fall Series (Free)
 Lowe Mill, 6-9 p.m.

September 18-19

Alabama Women in Jazz Festival
 Visit <http://valleyartsandentertainment.org> for more

September 25

Concerts on the Dock

Fall Series (Free)
 Lowe Mill, 6-9 p.m.

September 26

Alabama A&M Homecoming and Louis Crews Football Classic vs. University of Arkansas at Pine Bluff
 Louis Crews Stadium

October 1

Community Forum "Let's Continue the Conversation: Race Relations and the Faith Community"
 UAH Office of Multicultural Affairs
 Charger Union Theater
 6:30 p.m.

October 2

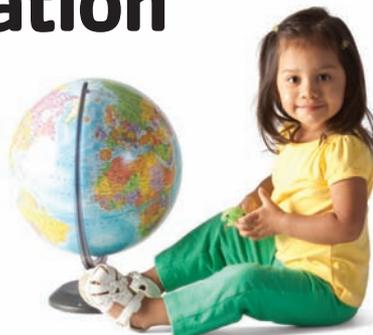
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OLLI Gearing Up for Fall 2015



“Finish strong!” Jeremiah Castille used this phrase at a regional conference for lifelong learners. Castille, a motivational speaker and former University of Alabama football star, was quoting his 101-year old mother. This phrase resonated with conference participants from Osher Lifelong Learning Institute (known as OLLI) at UAH.

The goal of the UAH lifelong learning program is to provide opportunities for older adults to “finish strong.” OLLI offers courses throughout the year and adults 50+ learn for the sheer joy of it – without tests, grades or mandatory homework.

Fall Term registration is ongoing and the eight-week term begins September 14. More than 60 courses are offered in disciplines such as foreign languages, literature, history, science, and health. Most courses meet once a week on the UAH campus.

Though course offerings are the primary focus, OLLI membership allows one to register for term courses and enjoy cultural and social events as well as travel. Weekly bonuses (lectures and travelogues), as well as Member Interest Groups such as hiking and international dining, are also of interest to members.

As Dr. Ed Bernstein, a retired Alabama A&M University professor, said, “OLLI provides an opportunity to be a part of a community; a chance to satisfy and stimulate our quest to understand our world; a chance to use skills acquired during our careers and a chance to develop new ones.”

Join OLLI now and become involved with a vibrant community of senior adults who want to rediscover the joy of learning and FINISH STRONG! Call (256) 824-6183 or visit Osher.uah.edu to register.

A&M Alumni Chapter Schedules PPK Event



The Huntsville /Madison County Chapter of the Alabama A&M University Alumni Association is hosting the 5th Annual NFL Pepsi Punt, Pass and Kick (PPK) competition.

The event is sponsored by the Tennessee TITANS and will be held September 12 at 9 a.m.

This competition will be held at Louis Crews Stadium on the campus of AAMU and is open to all male and female youth of ages 6-15 from the Huntsville/Madison/Monrovia and Tennessee Valley area.

Registration is free and will start at 9 a.m., with the competition beginning at 10 a.m. on the visitor's entrance of the stadium.

A parent or guardian signature is required on the Entry and Release of Liability Form, along with the child's birth certificate. Only sneakers can be worn by participants. Cleats will not be allowed.

Additional information can be obtained by calling C. Lamar Sterns at (256) 679-8961.



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* The introductory rate of 2.99% APR (annual percentage rate) is fixed for 6 months. At the end of 6 months, the interest rate and APR is variable based on Wall Street Journal (WSJ) Prime Rate plus a margin up to 1%. WSJ Prime is a variable rate; as it changes the APR on your account will also change. WSJ Prime as of 03.01.15 is 3.25%. APR based on 3.25% interest rate is 3.30%. APR maximum is 18.00%. Closing cost may range from \$300 to \$1,500. Bank pays closing costs for new HELOCs up to \$250,000, subject to initial draw of \$10,000 and maintaining outstanding balance of not less than \$10,000 for first 180 days. Primary or secondary personal residences only. Monthly automatic payment debit to a Progress account is required. Offer subject to credit approval. Consult a tax advisor regarding deductibility of interest. Offer expires 09.30.15.

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