

The Valley Weekly

Volume 1, No. 2

Friday, September 12, 2014

Holy Cross-St. Christopher's ...

The Little Church That Could

**The IRS and
PHONE
SCAMS**



**Local Pastor
Concludes
Leadership
of Powerful
Convention**

Rev. Dr. Julius Scruggs
Pastor, First Missionary Baptist Church;
President, National Baptist Convention

From the Editor

Church is something we should be doing, rather than a place we go.

When I was growing up, my family attended Carrie Mt. Missionary Baptist Church. It was just down the hill from our home. Attending Sunday school was a weekly event, and we had 'preaching' on first and third Sundays. We enjoyed that time with our family and neighbors because outside of church, we were basically working people. My dad was a farmer and there were crops and animals to tend, regardless of the season. On Sundays, neighbors mingled and shared Sunday dishes, including some of my favorite sweets—homemade banana pudding and pound cake.

We are each born with families, small and large. Many of us join families through marriage, adoption and other communal relationships. Still others of us set out to actually choose who we want to identify with as family. Church was and is an important part of our family. As a college student at Alabama A&M University back in the 1970s, I had two older sisters here when I arrived as a freshman. My sister Mary was actually on the faculty when I enrolled. My late sister Vanessa was one year my senior. Even with a large family and having survived the feat of being the youngest of thirteen children, I did not fully understand the full meaning of what it meant to be "churched."

I heard someone say that "church is something we should be doing, rather than a place we go." In our community, this simple concept was manifested in many, many ways from borrowing a cup of something on Saturday to prepare Sunday's dinner, to having the local Pastor and his family for dinner with different families in the community. Everyone eventually had the opportunity because every family in the community was involved in the church in some way—even if it were one of the parents. Those were the days when you would hear people say with conviction that "you shouldn't say that, or do this, or even think about it" for the simplistic reason that it would not be an act demonstrating the church in you.

Congratulations, Pastor Julius Richard Scruggs! You have taught the community, the state, the region, our nation and even the world, that love and compassion are required by all who profess to be "churched." We must stop going to church each Sunday and start practicing and executing the requirements of the church by not only going, but making disciples in all nations!

When we are successful at operating from a foundation from which we are the church, then we will be able to understand two of the basic teachings of Pastor Scruggs, which are: 1) God is Faithful, and 2) He can be trusted! We look forward to ongoing conversations with Dr. Scruggs as he encourages community conversations about the education of all children and the contributions we can make moving forward.

Finally, school is in session and the children are being challenged to excel. Let's commit to give an hour or two each week helping a child, an adult student or an elder. Our children can succeed and our families are and can be healthy! Until next week ...



Dorothy

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The Valley Weekly

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The Little Church That Could



Holy Cross-St. Christopher's Episcopal Church

In January 1955, the Department of College Work of the Diocese of Alabama initiated the organization of an Episcopal College Center near Alabama A&M University following the expressed interest from University faculty and staff about establishing a congregation. The Diocese was uncertain at the time of the permanence of the group. However, the first services were held in the home of Mr. & Mrs. Frank Lewis.

There were eight confirmed members, and another eight were confirmed on May 22, 1955. Among the charter members were Ida G. Buchanan, Eunice Collins, Odell Collins, Frank Lewis, Winona Lewis, Dr. C. W. Orr, Hester Orr, David Ryan, Doris Ryan, Harriet Terry, Audrey Vinson, James Vinson, James M. Ward, Sara Ward, Elizabeth Williams and William Williams.

The church not only survived but it became a thriving part of the campus and surrounding communities. Moreover, it is among one of the area's oldest integrated churches. It was the first home of the former Madison-Jackson Child Development Center; housed on occasion Anglican students from Nigeria; and, to this very day, its small membership carry on impressive outreach efforts through a Sandwich Sunday ministry for the homeless, meal packs for elementary school children, and contributions to local food banks.

Rev. Diane Hill is now serving Holy Cross-St. Christopher's Episcopal Church as Priest-in-Charge.

by Jerome Saintjones

The Rosetta James Foundation

Huntsville, Alabama

-Proudly Presents-

Wil Haygood

Washington Post

Journalist and Author of

"The Butler"

Learn about the world's most powerful from the perspective of the most invisible

Saturday, October 18, 2014

First Baptist Church

Family Life Center

600 Governors Drive

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Book Signing and Reception to Follow

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... Be INSPIRED
... Be ENTERTAINED

Behind the Head of the Influential National Baptist Convention

The Faithful Servant



Rev. Dr. Julius Scruggs concludes five-year term as President of the National Baptist Convention

Born in Elkton, Tenn., and raised in Toney, Ala., Rev. Dr. Julius Richard Scruggs is a graduate of Councill Training High School in Huntsville, Ala. After receiving the Bachelor of Arts degree at American Baptist College in Nashville, Tenn., he also fulfilled requirements for the Master of Divinity (M. Div.) and Doctor of Ministry (D. Min.) degrees at Vanderbilt University School of Divinity in Nashville. In December 2011, Dr. Scruggs was conferred the Doctor of Humane Letters degree from Alabama A&M University.

At age 18, he began service as pastor of Pine Grove Missionary Baptist Church in Harvest, Ala., and served from 1960-65. For the following seven years, Rev. Scruggs pastored the Mt. Ararat Baptist Church in Nashville. He continued to follow the Holy Spirit's call and pastored the Antioch Baptist Church in East Chicago, Ind., from 1972 to 1977. Since January 1977, Rev. Dr. Scruggs has been the shepherd of God's people at First Mission-

ary Baptist Church in Huntsville, Ala.

The author of four books on meditations, faith and biblical study, Scruggs has served on the Board of Trustees at American Baptist College; as a member of the National Board of Directors, NAACP; as a board member of Selma University; and as President of the Alabama State Missionary Baptist Convention (President Emeritus).

Locally, he is a member of the Mayor's North Huntsville Leadership Advisory Council; the Huntsville Human Relations Commission; member and former president of the Greater Huntsville Interdenominational Ministerial Fellowship (GHIMF); 100 Black Men of America, Inc. Greater Huntsville Chapter; Sigma Pi Phi Fraternity, Inc., Epsilon Kappa Boule'; and advisor to numerous community projects and activities.

His myriad accomplishments have been recognized in "Who's Who in Religion," "Outstanding Young Men in America," "Personalities in America Hall of Fame," "Named one of the "70 Most Influential Black History Makers," 2012. Additionally, he is the 1998 recipient of the Dr. Martin Luther King, Jr. Award presented by GHIME.

Dr. Scruggs is much sought after for his biblically-based, doctrinally sound, and life-centered preaching and teaching. His servant-leadership style and his personal integrity have molded and shaped the thrust of First Missionary Baptist Church's Christian Education emphasis,

outreach ministry, stewardship commitment, physical growth and spiritual maturity.

During his more than 37 years in the pastorate at First Baptist, the church has initiated witnessing/evangelism teams, jail ministry teams, scholarship funds, and health fitness and recreation ministries. Nearly 5,000 new members have united with the church during Dr. Scruggs' tenure.

On September 10, 2009, in Memphis, Tenn., Pastor Scruggs was overwhelmingly elected as the 17th President of the National Baptist Convention, USA, Inc.

After five years of spiritual, ethical and charismatic leadership of the nation's largest African-American religious organization in the United States, Scruggs passed the baton of leadership to Rev. Jerry Young of Jackson, Miss. He delivered his final address to the membership as its president on September 4, 2014, at the 134th Annual Session to an estimated audience of almost 20,000 in New Orleans, La.

However, more significant than Dr. Scruggs' many pastoral accomplishments and academic credentials, is his genuine love for the people of God. He is a "tender shepherd" who takes his calling seriously.

He is married to the former Josephine Stewart Tipton, and they are the proud parents of a daughter, Jennifer Juliette Scruggs, and a son, Morris Errol Tipton, II. They have three grandchildren: Morris E. Tipton, III, Morgan Taylor Tipton, and Elizabeth Francina Scruggs.

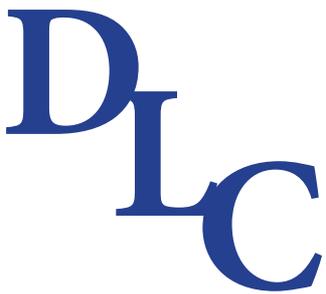
About the National Baptist Convention, USA, Inc.

This more than 7 million-member organization was founded in 1880 in Montgomery, Ala., and is the resulting merger of three similarly founded conventions.

The National Baptist Convention has more than 30,000 congregations and is headquartered at Baptist World Center in Nashville, Tenn. Its 100-year-old Sunday School Publishing Board provides books, textbooks, curricular and other resources to more than 36,000 churches.

Nine institutions of higher education are affiliated with the NBC. These include American Baptist College, Benedict College, Florida Memorial University, Morehouse College, Morehouse School of Religion, Selma University, Shaw University, Virginia Union University and Virginia University of Lynchburg.





Tennessee Valley

Diversity Leadership Colloquium

Vision:

The Diversity Leadership Colloquium (DLC) advances leadership excellence by advocating and progressing the affirmation and inclusion of diversity in strategic markets and communities of interest for competitive intelligence.

Mission:

DLC's mission is to a premier provider of diversity training for inspiring and experienced leaders throughout the lifecycle.

Values:

Our values are: Collaboration for Excellence; Appreciation with Insight; Respect for Understanding; and Empathy for all - **C.A.R.E.**

DLC offers inspiring and experienced leaders with opportunities to benefit from qualified and seasoned trainers, scholars, and business professionals who share and discuss research and best practices regarding obtaining excellence through diversity.

DLC is designed for individuals interested in gaining access to networks, mentors, and sponsors that have traditionally not been available to diverse members of the broader community. Enrollees will be exposed to topics such as: Understanding and Embracing Diversity, Organizational Culture and Structural Reform, Racial and Gender Intelligence, Social Justice and Equality, Networking and Mentoring, Politics, Heroes and Holidays, Critical Thinking and Self-Affirmation and Living the CARE Values.

Individuals and companies are making sincere efforts in verbalizing a commitment to diversity excellence. However, we must be trained to build the next generation of leaders who have the skill sets, tools and commitment to execute.

Training Schedule

DLC will run four quarterly, eight week colloquia. The sessions will be held on Tuesday evenings from 6 to 9 p.m. Participant cannot miss more than 2 sessions.

Location: 415-A Church Street - Downtown Huntsville
 Enrollment limited to: 16 - **Tuition:** \$795

2015 Schedule

- Winter Jan 13 – Mar 3 - Deadline to register (Dec 13, 2014)
- Spring April 7 – May 26 - Deadline to register (March 7, 2015)
- Summer July 7 – August 25 - Deadline to register (June 7, 2015)
- Fall Oct 6 – Nov 24 - Deadline to register (Sep 6, 2015)



To Apply

- Application Form
- 3 References
- Resume
- Photo
- Tuition Payable upon Acceptance

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High School Completion? Yes No

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Mail application info to: 415A Church Street-Ste. 100, Huntsville, AL 35801 - (256) 651-9028; visit us at www.diversityleadershipcolloquium.com; or e-mail info@diversityleadershipcolloquium.com.

Northwest Huntsville Attracts Special Events Center

The Palladium Special Events Center opened for business in spring 2014. It specializes in weddings, receptions, birthday parties, family reunions, business retreats, pastor appreciation program and other special events.

The Center's capacity is 250 persons, including tables and chairs. The attractive facility also features a dance floor. Moreover, outside catering is permissible.

Although the Center has been serving patrons since March 2014, a Grand Opening is being planned for the public within the next six months.

The Palladium Special Events Center is a sorely-needed place to host events. It is located at 2025 Sparkman Drive, NW, Ste. A. Interested persons can contact Don Miguel at (256) 658-5676 for additional information.



The Sunshine Vitamin

by Gbedia H. Dodo, Ph.D.
Food Biotechnologist, Molecular Biologist and Fulbright Scholar

Did you know that over a million people die every year from lack of sun exposure? The sun has been a source of light, energy and nutrients for plants, animals and humans since the beginning of life on planet earth.

However, the media and sunscreen industries have promoted the idea that the sun is a harmful enemy to be avoided. Yet, sensible sun exposure is beneficial to human health. The sun rays are captured by pigments called chlorophyll in plants and melanin in human and are converted into several nutrients and chemicals among which vitamin D.

What is Vitamin D?

Vitamin D is a fat soluble vitamin and a steroid hormone. Vitamin D is called the master hormone because it is an important key player in overall health. It is sometime referred to as vitamin D2 calciferol and vitamin D3 cholecalciferol.

Function of Vitamin D

It has been known since the late 19th and early 20th centuries in the medical and scientific communities that Vitamin D also known as the Sunshine vitamin was essential for strong and

healthy bones and teeth. Vitamin D has proven to be a powerful tool in the treatment of osteoporosis and rickets, a condition in which young children have soft weak bones, which can become bowed or curved, are painful and results in poor growth and development.

In recent times, research has revealed the critical importance of Vitamin D for many metabolic functions of the human body. Vitamin D is now known to be an important factor in proper functioning of muscles, heart, lungs and brain and to help the body fight infections.

Vitamin D is also essential for enhancing intestinal absorption of many minerals such as calcium, iron, magnesium, phosphate and zinc. Vitamin D is said to normalize cholesterol levels, prevent depression, high blood pressure, type-I and type-II diabetes, heart disease, rheumatoid arthritis, pain, asthma, autism, Alzheimer's and autoimmune diseases like multiple sclerosis and Crohn's disease. It was found that optimal vitamin D levels can help reduce the risk of cancer by up to 60 percent and can help

prevent at least 16 different types of cancer, including pancreatic, lung, ovarian, prostate, colon, breast, skin cancers and more.

Sources of Vitamin D

Regular, gradual and sensible sun exposure is the best source of Vitamin D. Your body can make its own vitamin D when bare skin is exposed (face, hands, legs and more) to sunlight for at least 30 min daily. Sunlight does have a holistic effect on health. Additional sources of vitamin D include supplementation with Vitamin D3 and certain foods such as cod liver oil and salmon. What are the dangers of Vitamin D deficiency?

Vitamin D deficiency occurs when the body doesn't get enough vitamin D to keep it healthy. Severe vitamin D deficiency can weaken your immune system, resulting in many diseases.

Sunscreen - Yes or No?

The American Medical Association (AMA) encourage the use of sunscreen for all outdoor activities. However, increasingly, research reveals that sensible sun exposure of bare skin is critical for overall health. Human have

lived in the outdoors since the beginning of life on planet earth and sunlight exposure has provided beneficial UVB radiation needed to optimize vitamin D levels and overall health.

In addition, many sunscreens have been found to contain cancer causing chemicals. Melanin in the skin of Melanin Dominant individuals or "Blacks" has a high natural sun protection factor (SPF) of at least 13.5. The darker the skin, the more protection Melanin provides.

Melanin and Vitamin D

Controversial research insinuate that a melanin dominant individual (Black) will need to be exposed to sunlight 3 to 4 times longer than a melanin recessive (White) individual to make the same amount of vitamin D. Yet, Melanin in the skin is a pigment and a sister molecule to chlorophyll in plants. It is known that chlorophyll absorbs the UV radiations and convert them into nutrients and food during the process of photosynthesis. Thus, some scientists including this author have concluded that melanin protects the skin and the nervous system resulting in sig-

nificantly less cases of skin cancer or melanoma (lack of melanin) in darker skin individuals. Melanin is activated by the sun radiations to produce energy and nutrients including vitamin D.

Regardless, the sun should be your friend and you should keep in mind that indoor lifestyle is hazardous to your health. So get out of the house or office, away from the TV and computers and expose yourself regularly and sensibly to the wonders of SUNLIGHT. "The sun does your body good."

References

1. Vitamin D, Third Edition by Feldman D, Pike JW, Adams JS. Elsevier Academic Press, 2011.
 2. Vitamins and Minerals from A-Z with Ethno-Consciousness. Jewel Pookrum. 1993. The JEWEL publications.
 3. The vitamin D council <https://www.vitaminDcouncil.org/about-vitamin-d/what-is-vitamin-d/#>
 4. How important is Vitamin D for Your Health? Let Us Count the Ways. Dr Joseph Mercola. <http://www.mercola.com/article/vitamin-d-references.htm>
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Managing Your Time Clock

Every day, billions of people are faced with several personal and professional tasks to do. Calendars are filled with meetings, appointments and assignments. Sometimes we have a problem finding the time to complete them all. To manage your time clock and stay ahead, I offer the following time management tips.

1. Take Time to Meditate

Before you indulge in a task or assignment, take the time to meditate and think about what you are to do and the best way to start the task or assignment. Meditation allows us to relax, reflect and restore calmness and inner peace. Sometimes reading a passage from your favorite meditation book will give you the boost to move forward.



2. Make a To-Do List

Each week, make a list of all the tasks (e.g., assignments, appointments and meetings) that you have. Identify the most important things first. Complete them and check them off your list as done. Move on to the next tasks and checked them off as you go. When all the tasks are completed, you will feel great!

3. Say “No”

When you know that you do not have the time to take on other commitments, just politely say “no.” Only accept commitments and tasks that you know that you can fulfill and enjoy doing.

4. Start Early

All of us tend to procrastinate sometimes. Meet your deadlines early on assignments and tasks. The act of doing things early gives us a sense of relief, and it relieves stress and allows us to complete the next item on the to-do list.

5. Take Your Time

Do not try to complete everything on your to-do list in one day. Take your time and focus on things that need to be done. Do a few things that create more value, rather than more things that make no value.

6. Take the “You” Time

Many people do not find the time to be still. We are constantly on the go and never take the “You” time. Each week, add “you” time on your to-do list and find the time in your life for relaxation, such as seeing a movie, walking in the park, getting a massage, etc. It will clear your mind and make your work more enjoyable.

by Georgia S. Valrie



IRS Updates Phone Scams Warning

The IRS is again warning the public about phone scams that continue to claim victims all across the country. In these scams, thieves make unsolicited phone calls to their intended victims. Callers fraudulently claim to be from the IRS and demand immediate payment of taxes by a prepaid debit card or wire transfer. The callers are often hostile and abusive. The Treasury Inspector General for Tax Administration has received 90,000 complaints about these scams. TIGTA estimates that thieves have stolen an estimated \$5 million from about 1,100 victims. To avoid becoming a victim of these scams, you should know:

- The IRS will first contact you by mail if you owe taxes, not by phone.
- The IRS never asks for credit, debit or prepaid card information over the phone.
- The IRS never insists that you use a specific payment method to pay your tax.
- The IRS never requests immediate payment over the telephone.
- The IRS will always treat you professionally and courteously.

Scammers may tell would-be victims that they owe money and that they must pay what they owe immediately. They may also tell them that they are entitled to a large refund. Other characteristics of these scams include:

- Scammers use fake names and IRS badge numbers to identify themselves.
- Scammers may know the last four digits of your Social Security number.
- Scammers spoof caller ID to make the phone number appear as if the IRS is calling.
- Scammers may send bogus IRS emails to victims to support their bogus calls.
- Victims hear background noise of other calls to mimic a call site.
- After threatening victims with jail time or driver’s license revocation, scammers hang up. Others soon call back pretending to be from the local police or DMV, and caller ID again supports their claim.

If you get a phone call from someone claiming to be from the IRS, here’s what you should do:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 800-829-1040. IRS employees can help you with a payment issue if you owe taxes.
- If you know you don’t owe taxes or don’t think that you owe any taxes, then call and report the incident to TIGTA at 800-366-4484.
- If scammers have tried this scam on you, you should also contact the Federal Trade Commission and use their “FTC Complaint Assistant” at FTC.gov. Please add “IRS Telephone Scam” to the comments of your complaint.

The IRS encourages you to be vigilant against phone and email scams that use the IRS as a lure. Visit the genuine IRS website, IRS.gov, to learn how to report tax fraud and for more information on what you can do to avoid becoming a victim.

- Submitted by David Herron

Aging Conversations

As our parents age, they find themselves battling their adult children for authority in decision-making. Adults with elderly parents need to educate themselves, not only with written information but also with personal knowledge of their parents' habits and problems. Timing is everything, and that old adage certainly applies to assisting a parent make the transition from independent to needy or problematic.

Adults with elderly parents need to realize that they will always be the "child" in the eyes of their parents. Elderly parents may never openly admit a problem or ask for help. Slowness in dressing, eating and walking are obvious changes. A prolonged delay in opening mail or driving a familiar route should be considered a cry for help. A brief review of the medicine cabinet can also provide important medical knowledge as to what medicine is being prescribed, not necessarily taken, by their parent. This is by far one of the most common problems children face when dealing with parents who are just beginning to fail.

While a parent may give up the fight in going to a physician, and while the same parent may follow through in getting a prescription filled, it is quite common for the untouched bottle to remain in a medicine cabinet or nightstand drawer. Breaking down and taking the medicine would be admitting to themselves that a problem exists, and this is simply not an option to many elders. Therefore, adult children should be keenly aware of the types of medicines prescribed and familiarize themselves with the medical problems to which the medicines are correlated.

http://www.caregiver.com/articles/caregiver/caregiving_for_a_parent.htm

- Submitted by Linda Burruss

UCCAF, Inc. Third Annual Educational Gala



The Third Annual Educational Gala of the Union Chapel Christian Academy Foundation, Inc. will be held Thursday, September 25, 2014, at 7 p.m., in the Boone-Lacy Fellowship Hall at Union Chapel Missionary Baptist Church, 315 Winchester Road, Huntsville, Ala.

The Gala theme is: "Changing the Paradigm: Educational Excellence Through STEM." The 2014 awardees are: Delta Theta Lambda Education Foundation, Alpha Phi Alpha Fraternity, Inc., Civic/Community STEM Award; Future Research Corporation, Corporate STEM Award; Dr. Paul B. Ruffin; Inspiring Young Minds To Succeed STEM Award; and Lieutenant Colonel (Ret) James L. Lorder, Jr., Lifetime Achievement Award.

For sponsorship or ticket, contact Mrs. Donna Robinson at 256-489-4259.

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