

The Valley Weekly

"Take every penny you have set aside for aid for Tanzania and spend it in the United Kingdom, explaining to people the facts and causes of poverty."

- Julius Nyerere

FREE

Volume 5 No. 17

www.valleyweeklyllc.com

Friday, January 4, 2019

A&M Grad, High School Band Leader Completes Run to New Orleans

Although Alabama A&M University graduate Mathew Goodman doesn't consider himself a runner, he was willing to run 415 miles from Roanoke, Ala., to New Orleans, La., to help the Handley High School band travel to participate in the Sugar Bowl on New Year's Day.



The band director was determined to provide his students a chance to witness the cultural excitement offered by new experiences. So, he meticulously planned a fundraiser that entailed a 415-mile trek to New Orleans.

On December 29, the band left for New Orleans, having their costs significantly reduced by the more than \$30,000 Goodman raised.

"I love my job, I love the kids and I love music. This wasn't about me, and I wouldn't be able to do this if I didn't think I taught the best kids in the world," Goodman told his east Alabama newspaper, *The Times-News*.

GHIMF to Observe King Birthday

The Greater Huntsville Interdenominational Ministerial Fellowship, Inc. (GHIME, Inc.) will hold the Annual Dr. Martin Luther King, Jr. Emancipation Proclamation Celebration on Tuesday, January 15, 2019.

The activity will be held at 7 p.m. at Progressive Union Missionary Baptist Church, located at 1919 Brandontown Road,



Huntsville, Ala.

The guest preacher will

be Rev. Dr. Jonathan McPherson of Birmingham, Ala.

The final area-wide choir rehearsals for the celebration, coordinated by Dr. Janette Kotey, are scheduled at 6:30 p.m. on January 4 (First Missionary Baptist Church) and January 11 at Progressive Union Missionary Baptist Church. The public is invited to the celebration on January 15.

Rising Artist Scheduled for VBC Playhouse

On January 4, 2019, Devan Davis (professionally known by Epic Narrative) will produce a live concert full of drama, music, and dance at the Von Braun Center, Playhouse Theater. at 7:30 p.m.

It will be a night to remember! This production

will indeed be entertaining, but it will also explore the modern day struggles that young adults face and solutions to taking ownership of year 2019.

It is meant to inspire



artistic centennials to not lose sight of their dreams despite an ever-changing world. Tickets still available now at: <https://www.TheEpic-Narrative.com>

under the "Upcoming Events" tab.



Jemison Jaguars Win Huntsville City 2018 Basketball Classic on December 29



FEATURING
APRIL RYAN

Journalist, Political Analyst to Visit Huntsville

April Ryan, an American journalist and author who joined CNN as a political analyst last year, will speak at Alabama A&M University January 17, 2019, as the Martin Luther King Day Symposium speaker, according to Dr. Gary Crosby, vice president for student affairs.

Since 1997, she has served as a White House correspon-

dent and is the Washington, D.C., bureau chief for American Urban Radio Networks.

In May 2017, the National Association of Black Journalists named Ryan as the "Journalist of the Year."

All Attendees Must RSVP by January 4, 2019: <https://form.jotform.us/83167478749172>

The Valley Weekly
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Washington in One Minute



Here are the top issues in Washington, D.C., for this week's Christmas Eve edition.

1. The House and Senate are in session this week. The Senate convened on Wednesday (Jan. 2) for one final day of the 115th Congress with the pending business being the House-passed continuing resolution to reopen the government (containing \$5 billion for the Mexican border wall). On January 3, the House and Senate convened the First Session of the 116th Congress and moved forward with their required "first-day" duties, including the swearing-in of new members and, in the House, the election of the Speaker and other leadership officials. House Democrats have vowed to move quickly to reopen the federal government and may take up a resolution containing the language approved by the Senate on Dec. 19, which would fund the government through Feb. 8, but does not contain funding for the Mexican border wall.

2. Last Friday, President Trump issued an Executive Order freezing the pay for all federal civilian workers (although military personnel this year will get a 2.6% pay increase). The President is reportedly concerned that Congress might allow a 1.9% pay hike to kick in for federal workers. According to his Acting Chief of Staff Mick Mulvaney, the President would stay in D.C. and not attend the New Year's Eve Ball at his Florida resort Mar-a-Lago--although Mrs. Trump

and other members of the family would attend in his absence.

3. Last Friday, according to The Washington Post, incoming House Majority Leader Steny Hoyer (D-MD) announced that the House will not seat GOP House candidate Mark Harris this week, who won North Carolina's 9th District by 905 votes, but was not certified by the North Carolina State Election Board due to accusations of election fraud carried out by Harris' team. This will give the Democrats a 235-199 edge over the GOP in the House with 1 vacancy (simple majority votes in the House require 218 votes).

4. Last Friday, incoming House Speaker Nancy Pelosi (D-CA) announced that 5-term Rep. Kathy Castor (D-FL) will chair the newly-created House Select Committee on the Climate Crisis.

5. The current government shutdown, now in its 10th day, affects 800,000 federal workers in 9 of the 15 Cabinet-level departments, of whom 350,000 have been furloughed without pay, including, for example, most of NASA, HUD, and Commerce, 80% of the National Park Service, 62% of the Department of Agriculture, and 40% of the Department of Transportation. On Wednesday, the Smithsonian Museums and the National Zoo closed, after having remained open using excess carryover funds. The Statue of Liberty and Ellis Island have remained open

due to an infusion of cash from the State of New York, but last Friday night the EPA halted its operations and the National Flood Insurance Program announced it would no longer renew or issue policies during the shutdown. While furloughed workers have been given back pay in previous shutdowns, it's up to Congress if they get paid. The Senate passed a bill last week to pay furloughed workers, but no action yet in the House. All 800,000 affected workers received their Dec. 28 paychecks, but even essential workers may not get their Jan. 11 paychecks if the shutdown continues.

6. Students, colleges and other groups will soon begin negotiating over a regulation for college accrediting agencies, the gatekeepers of \$120 billion annually in federal student aid. However, there's little confidence the discussions, which start January 14, will result in consensus, which would leave the Education Department officials to write their own regulation. That happened earlier this year when two other negotiated rulemakings failed to reach consensus after more than a dozen days of in-the-weeds policy talks.

7. A new Reuters/Ipsos poll of 2,440 adults taken on Dec. 21-25 found that 47% of Americans blame President Trump for the federal government shutdown, while 33% blame congressional Democrats and 7% blame the GOP Members of Congress. It further found that only 35% of those polled supported adding monies for the Mexican border wall to the end-of-year spending bill and only 25% supported shutting down the government over the wall issue.

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DLC Accepting Applications for 11th Cohort

DLC



Applications are being accepted for Cohort XI of the Diversity Leadership Colloquium until February 26.

Classes will begin March 5 and end April 23, running 6-9 p.m. every Tuesday evening. Graduation will be held on

April 30.

Applications are available online at www.diversityleadershipcolloquium.com. Questions should be emailed to Mrs. Georgia Valrie at gvalrie1971@gmail.com or call (256) 656-4698.

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Managing Member

lwomack@womackassociatesllc.com

4650 Whitesburg Dr S, Suite 101

Huntsville, Alabama 35802

256-534-1360

The Valley Weekly

Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston, Ph.D.

Editorial Consultant/ Senior Editor

Jerome Saintjones, Ed.S.

Editorial Assistants

Linda Burruss
Phyllis Chunn
Gary T. Whitley, Jr.

Advertising Associate

Phyllis Chunn

Writer/Sales/Photography

Reginald D. Allen

- Contributing Editors -

Reginald D. Allen
Lamar A. Braxton, Jr.
Minister Preston Brown
Ron Hamm
David Herron
Pastor Michael D. Rice
Melissa Wilson-Seloma

Website Administrator

Calvin Farier

Mailing Address:

The Valley Weekly
415A Church Street - Suite 100
Huntsville, AL 35801
(256) 651-9028
www.valleyweeklyllc.com

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The Valley Weekly

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Fourth Page	5x5 inches	\$200
Eighth Page	2.5x5 inches	\$100
Sixteenth Page	2.5x2.5	\$50
Classified	1 col.x1 inch	\$6
	(4 col. in. minimum=\$24)	
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Local Businessman to Receive Statewide Honor

The Huntsville-based Stanley Construction Company, Inc., celebrates the induction of its founder, Thornton Stanley, Sr., into the 2019 Construction Hall of Fame.

The event will be held Thursday, January 10, at The Club in Birmingham, Ala., as part of the 21st Annual BuildSouth Awards Dinner at 6 p.m.

The Leighton, Ala., native started Stanley Landscaping and Construction Company in 1961 with two employees, a dump truck and one backhoe.

The company has grown into

a diverse business enterprise completing numerous commercial projects, as well as state and federal projects. Moreover, the company's capabilities have expanded from landscaping and now include civil design, demolition, commercial and residential site development and construction, utility installation, and general road building.

Stanley graduated magna cum laude from Alabama A&M University in 1957, and he and his wife, Dr. Mary Stanley, have contributed significantly to their Alma Mater.

Throughout his career, he has mentored and trained several men and women to become skilled construction workers and household supporters.

In 2001, President George W. Bush presented Stanley the SBA Small Business Person of the Year award in honor of his business achievements and community contributions.

Today, the company is one of the few remaining excavating/paving contractors in North Alabama under original family management.



Stanley

Try This: *New Day's* (not "Year's") Resolutions for 2019!

by tim allston

"Give us this DAY our DAILY bread" Matthew 6:11, KJV.

This popular text from the Holy Bible, history's all-time and annual bestseller, can serve as our cure-all for making-then-aborting New Year's resolutions.

The Lord's Prayer (Matt. 6:9-13) was Jesus' answer to his disciples' request, "Lord, teach us to pray . . ." (Luke 11:1), getting them to focus primarily on the immediate - the ignorance of which starts most of our failings.

Perhaps the reason that approximately 77% of us New Year's Resolution makers fail with our January 1st promises is that, contrasted to Jesus' counsel, we devalue today's opportunities and reach instead for tomorrow's long-term wishes. And fail. The greatest gift we have is today - which is why it's called "the present."

Therefore, let's all begin 2019 with a new resolution but NOT for December 31st, but with a New Day's Resolution - or, as Wolfgang Mieder said, "life is hard by the yard, but a cinch by the inch"!

Not surprisingly, the 10-step



"tim commandments of ego-holism recovering" will not only help you manage ego-holism (the addiction to self) but can also help you become one of those 23-percenters who maintain successfully their resolutions, namely:

1. Target the Problem - Our December 31, 2018 overzealousness and over-commitment, paired with under-motivation and under-accountability, cause our best intentions to nosedive;
2. Own the Problem - Franklin Covey: "40 percent of us blame our busy schedules for our lack of follow-through";
3. Proceed to
4. Step 1: Change your Lanes effectively by glancing back quickly before Driving Forward. Since our 365-daydream didn't work, let's now try one day at a

time;

5. Step 2: Uncover more Buried Treasures the Deeper you Plunge below your Surface. Burkeman: 18-245 days are needed to change habits, vs. 21 days;
6. Step 3: Listen aggressively before Speaking. Proverbs 27:17's "Iron sharpens iron" suggests that we develop a "New Day's Resolution support system" for motivation, accountability and listening for shared goals, challenges;
7. Step 4: Let's Grow Up, to become Children Again. Pray for childlike humility and transparency to start anew;
8. Step 5: Let your Failures jump-start your Successes. Learn from, allow yesteryear's lemons to become 2019's lemonade!
9. Step 6: Your Greatest Healings come out of your Revealing.

Share your previous New Year's Resolution failings with family, friends and together, lift up each other; and

10. Step 7: Now that you Know... Go, Elevate and Grow! Write and share your trials-turned-triumphs with others - a win-win growth!

Join me today and together, let's take this first "New Day's Resolution" step.

W. H. Murray: "Concerning all acts of initiative and creation, there is one elemental truth, the ignorance of which kills countless ideas and wonderful plans: the moment that one commits oneself, the Providence moves too. A whole string of incidents issues from that decision, entailing a whole stream of incidents, meetings and material assistance, which no man could have dreamt would have come his way."

Happy New Day's Resolutions!

tim allston is the author of the free book, *7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else,"* free and downloadable now at www.GetEgo-HelpNow.org.

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Sneed's Cleaners

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Alabama Native to Star in Live Production

by Reginald Allen

There are 525, 600 reasons to watch "RENT: Live" on Fox this month and one of them is named Jordan Fisher. The Alabama-raised actor is set to star as Mark Cohen, an aspiring filmmaker, in the made-for-tv adaptation.

No stranger to live television adaptations, The Birmingham native brought the character of Anthony "Doody" DelFuego to life in 2016's "Grease: Live," alongside returning actress Vanessa Hudgens. That same year, the 24-year-old joined the Broadway cast of Hamilton as John Laurens/ Philip Hamilton. Despite an impressive resume, his success didn't come overnight.

Like many aspiring performers, Fisher got his start in local production companies like the Birmingham Children's Theatre Red Mountain Theatre Company, where he starred in "Hairspray" and "Peter and the Wolf." Offered an acting contract at 10 years-old, the young performer decided to wait three years before signing and subsequently taking auditions in Los Angeles.

Though the jobs didn't come immediately, Fisher eventually landed recurring roles on "The Thundermans," "Secret Life of the American Teenager" and "Liv and Maddie." Additional credits include: "Teen Beach Movie 2",

"Rent: Live" airs January 27 at on Fox.

como Puccini's opera "La Boheme," Jonathan Larson's acclaimed rock musical follows a handful of bohemians navigating New York City at the height of the HIV/AIDS epidemic. Making its official debut in 1996 at NYC's Theatre Workshop, the controversial production garnered a bevy of accolades including Tonys for Best Musical, Original Score and

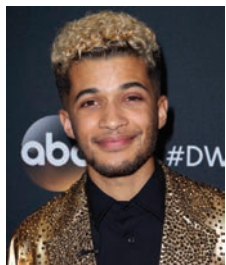
Lighting Design.

Widely regarded as Larson's magnum opus, the playwright succumbed to an aortic dissection the morning of "Rent's" first preview performance. The groundbreaking musical would ultimately get the big screen treatment in 2005 with six of the original cast members reprising their roles.

This year, the Alabama native starred on the 25th season of "Dancing With the Stars," where he took home the studded crystal ball trophy. Fisher currently stars on the Netflix revival of "She-Ra and the Princess of Power" and serves as host of "Dancing with the Stars: Juniors."

"Rent: Live" also stars Brandon Victor Dixon (Power, Jesus Christ: Super Star), Vanessa Hudgens (Second Act), Mario (Empire), Brennin Hunt (X- Factor), Valentina (RuPaul's Drag Race: All Stars 4), and singer Tinashe.

"Rent: Live" airs January 27 at on Fox.



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BIRTHDAY - January 4 - GRACE BUMBRY - Born on this day in 1937 in St. Louis, Mo., the talented opera singer is considered one of the leading mezzo-sopranos of her generation. She is also among the charismatic and pioneering generation of black opera singers following the path of Marian Anderson.
- BlackinTime.info

The 13th Annual Rosetta James Foundation "Honoring Our Elders" Celebration

2019



Mrs. Jacquelyne K. Bennett



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Elder John Branch



Rev. Ethel Y. Delaney



Mrs. Carolyn Rice Florence



Mrs. Josephine Scruggs



Mrs. Kathy Steja



Mother Elizabeth Smith

- Also Honoring Pioneers -
Deacon Robert Jackson
Mrs. Elaine Plank
Mrs. Josephine Robinson
Mr. Eugene Dick Scruggs, Sr.



Save the Date!

Saturday, March 9, 2019

The Jackson Center

6001 Moquin Drive (Cummings Research Park)

Huntsville, Alabama

12 Noon

Tickets: \$50/Each

For additional information, call Linda Burruss at (256) 536-9717

The Valley Weekly Calendar of Events

January 4
In Concert
"Epic Narrative"
(Devan Davis)
Von Braun Center
Playhouse
7:30 p.m.



Student Affairs & the AAMU Foundation
Featuring April Ryan
Political Analyst
All Attendees Must RSVP:
By January 4, 2019
<https://form.jotform.com/83167478749172>
12:30 p.m.



January 6
Poetry Slam Sundays
Flying Monkey Arts Center
6:30 p.m.

January 10
"Birds & Brews"
Nichols Arbor
Huntsville Botanical Garden
Members - \$20; Non-members, \$25
6:30-8:30 p.m.

January 13
106th Founders Day Observance
Delta Sigma Theta Sorority, Inc.
Guest Speaker: Dr. Gwendolyn E. Boyd
22nd National President-Delta Sigma Theta Sorority, Inc.
First Missionary Baptist Church
3509 Blue Spring Road
Huntsville, Ala.
3:30 p.m.

January 17
Martin Luther King, Jr. Symposium
Alabama A&M University

January 19
Martin Luther King, Jr. Parade
Host: Alpha Phi Alpha Fraternity, Inc.
Downtown Huntsville
Huntsville, Ala.
12 noon

January 26
Spades & Dominoes Tournament
House of Alpha Complex,
4301 Oakwood Avenue
Deadline for tournament registration is December 30, 2018
Heavy hors d'oeuvres and beverages will be provided
For more details contact host Adria Jones at 256-527-1235 or adriajones88@gmail.com

February 12
Black History Month
The Beyond Normal Lecture Series
Presenting Dr. Bernice A. King
Alabama A&M University
RSVP:

<https://form.jotform.com/83167566954168>
Knight Center
12:30 p.m.

February 19
Education Choice Summit
Featuring Dr. Steve Perry
Author, Speaker and Educator
Calhoun Community College-Huntsville Campus
Student Center
5:30-8 p.m.

February 22-23
Midwest Invitational Rodeo
Alabama A&M University
Agribition Center

February 28
Second Annual "Day of Action" Nonprofit and Community Rainbow of Knowledge Fair
Huntsville Marriott at the U.S. Space and Rocket Center
Huntsville, Ala.
4:30-7:30 p.m.

Concert
KC and The Sunshine Band
Von Braun Center Concert Hall

March 9
13th Annual Rosetta James "Honoring Our Elders" Celebration Luncheon
The Jackson Center
601 Moquin Drive (Cummings Research Park)
Huntsville, Ala.
12 noon

March 11
Experience Hendrix
Von Braun Center Concert Hall

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Scholarships Available from FAITH Initiative

The FAITH Initiative announces that the application period for the Bobby Bodiford Memorial Scholarship and the Dr. Constance Dees Memorial Scholarship is now open. Each is \$1,000.00, and high school seniors in the Tennessee Valley may apply. For applications, please request by any of the following ways: email faithinitiativenonprofit@gmail.com; phone 256-714-9399; or mail to P.O. Box 3858, Huntsville, AL 35810. The postmark deadline for receiving completed applications is March 18, 2019.



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Valley Deaths

- Nelms Memorial Funeral Home -

Funeral service for MR. WOODROW MCLENDON (b. 1922) was held Saturday, December 29, in the Nelms Memorial Funeral Home Chapel.

Funeral service for MRS. JEANETTE V. NURSE (b. 1949) was held Thursday, December 27, at the Oakwood University Mosley Chapel.

Funeral service for MS. YVONNE TAFT (b. 1961) was held Saturday, December 22, at the Nelms Memorial Funeral Home Chapel with the Reverend Felix Chew officiating.

Funeral service for MR. HERNANDEZ POPE (b. 1969) was held Thursday, December 20, at Northwest Church of Christ with Brother John Branch officiating.

Funeral service for DEACON ERWIN L. GRAY (b. 1936) was held December 19, at First Missionary Baptist Church with Dr. Julius R. Scruggs officiating.

Funeral service for MRS. JOAN MOSES ANDERSON (b. 1936) was held Tuesday, December 18, at First Seventh-day Adventist Church with Pastor Debleaire Snell officiating.

- Royal Funeral Home -

Funeral service for MRS. JACQUELINE DENISE "BOO" PUGH (b. 1974) will be 11:00 a.m., Saturday, January 5, 2019, at Fellowship of Faith (3703 North Memorial Parkway NW, Huntsville, Ala.) with Apostle John D. Harris officiating.

Funeral service for MOTHER TOMMIE LEE OLIVER (b. 1924) was held Thursday, January 3, 2019, at Greater Mount Carmel Primitive Baptist Church (6570 Pulaski Pike, Huntsville, Ala.) with Elder Curtis Jordan officiating.

Funeral service for MRS. MARY ELIZABETH CHANDLER (b. 1940) was held Monday, December 31, at Saint Joseph Catholic Church (2300 Beasley Avenue, Huntsville, Ala.) with Father Joseph Lubrano officiating.

Funeral service for MR. THORNTON PRYOR, SR., (1930) was held Saturday, December 29, at Fletcher's Chapel P.B. Church (30592 Hardiman Road, Madison, Ala.) with Elder Kenneth Lankford Jr. officiating.

Funeral service for MR. ISIAH SWOPES, JR., was held Friday, December 28, at Union Hill Primitive Baptist Church (2115 Winchester Road, Huntsville, Ala.) with Dr. Oscar L. Montgomery officiating.

Funeral service for MR. PRESTON CORDICE CALHOUN (b. 1931) was held Sunday, December 30, at the Oakwood Seventh-day Adventist Church (5500 Adventist Drive, Huntsville, Ala.) with Pastor Paul Goodridge officiating.

- Serenity Funeral Home -

Funeral service for MRS. CORA D. SMITH (b. 1936) was held on Wednesday, January 2, 2019, at Serenity Funeral Home Chapel (2505 University Drive NW, Huntsville, Ala.) with Rev. Dr. C. Jermaine Turner officiating.

Called 2 Preach

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

Are You Guilty of Identity Theft?

Identity theft is an unfortunate crime that has risen to a level that makes identity monitoring a much-needed service.

Advertisements show companies promising to guard personal information, such as driver license numbers, as well as social security numbers, that perpetrators use to open lines of credits, wipe out bank accounts and steal tax refunds.

These individuals are guilty of identity theft. However, this is not the kind of identity theft that I am speaking of.

The question raised refers to the times when we seek to be God in our own lives and in the lives of others. When Moses asked God for His ID card on the back side of the

Midian desert, He told Moses that His name is I AM.

This is God's covenant name that He chose to reveal to Moses as the Self-Existing God who is whatever we need Him to be. That is His

Identity.

When we seek to be our own God; trying to control the events in our own lives or the lives of others, that's identity theft.

The Bible is replete with prohibitive injunctions and instructions against this practice. The writer of Proverbs says that we are not to lean to our own



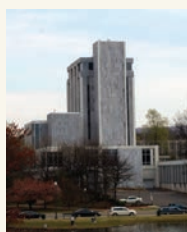
understanding, but in all our ways acknowledge God and He will direct our paths. The New Testament writer James warns us against saying tomorrow or next year we'll do this or that, but rather say, "If the Lord is willing." The only way to prevent being guilty of identity theft is to proclaim as the saints of old: "God, You're God all by Yourself."

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Huntsville City Council Meetings



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. Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

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



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Champion Game Plan for Life

by Preston Brown

Hebrews 11:1 says: "Now faith is confidence in what we hope for and assurance about what we do not see."

You know, I believe that we all need a faith that looks forward and not behind.

Even though it may not look like we are moving forward, if we are faithful, God will always continue to bring us through whatever it is that we are going through.

So many times we just want "out" of our current situations without any action on our part. But I have found that there are a few things that we need to understand about faith and change.

First, we need to understand that faith looks forward. I believe that God is always pointing us toward our future.

So often it's easy to focus on past hurts and disappointments. But God doesn't want us to focus on those things. Remember Isaiah 43:19 says: "See, I am doing a new thing! Now it springs up, do you not perceive it?"

God can always make a way out of no way, if we let Him lead us. So, this year we all need to start saying



"I'm looking forward to it!" No matter what it is. If God is leading me, then "I'm looking forward to it" ...

Stay encouraged, my brothers and sisters. And, make sure you purchase a copy of my book, A Champion Game Plan For Life at amazon.com or contact me at pbrown@damson.com

Spotlight on Our Elders ... Featuring

Rev. Dr. Terrell Harris

Dr. Terrell Harris, Jr., is the senior pastor and founder of the True Light Church of God In Christ. He was appointed district superintendent of the Huntsville, Ala., Church of God In Christ.

Pastor Harris is the oldest son born to the nine-child union of the late Mr. Terrell Harris, Sr. and the late Mrs. Unareed Burton Harris of Tuscaloosa, Ala.

He is happily married to Dr. Hattie Jones Harris and they celebrated (50) fifty years of marriage in December 2017. To this union three children were born; Apostle Derek Terrell Harris, Trudy Harris Moore, and Mark Christopher Harris.

Superintendent Harris received his doctorate and Master of Divinity from the International Seminary, Orlando, Florida. He earned his Bachelor of Science degree

in mathematics, with emphasis on computer science from Jackson State University (Miss.). Since that time he has taken graduate course in the field of computer Science at Alabama A&M University.

Dr. Harris has been a faithful worker in the Church since accepting the Lord Jesus Christ as his personal savior. He began his walk with God by faithfully attending the Sunday School where he was later appointed as Sunday School Superintendent. He was a faithful deacon, minister, and ordained elder. He is currently president of the Department of Education - Huntsville District, former dean and teacher of the O.L. Meadows School of Ministry (OLMSOM), formally the C.H. Mason System of Bible Colleges - Huntsville Campus; superintendent



of the Huntsville District; and Jurisdictional General Board member for Alabama Jurisdiction #1. He retired from the Computer Science Corporation (CSC) as a computer scientist on January 2, 2003, and now enjoys full-time employment for the Lord.

Dr. Harris' character is one of trustworthiness, respect, responsibility, fairness, caring, and citizenship.

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4 Unknowns about Prescription Drug Costs

(BPT) - The high cost of prescription medications is an ongoing health crisis in the Tennessee Valley and for millions of Americans who are desperate for relief.

These high prices often force people to choose between buying their medications and paying for gas, food or even their mortgage. Many people are either skipping doses, splitting pills or forgoing medications completely, which creates a potentially dangerous situation as these medications are used to control everything from asthma to high cholesterol to arthritis.

Little has been done to lower pharmaceutical costs in the U.S. The following are some facts you might not know about pharmaceutical costs:

1) Lawmakers face resistance from pharmaceutical manufacturers who aim to maintain their high profits. Congress and state legislatures have put forth options to address our country's high drug prices, but most proposals will take years to implement ... if they move forward at all.

2) The U.S. doesn't have any laws or regulations in place to prevent or control the amount of money a pharmaceutical company can charge for its medications. Americans already



pay more for prescription medications compared to patients in any other country in the world, despite the global market nature of the pharmaceutical industry.

3) For years, the Internet has made it possible for Americans to fill their prescription medications at significantly lower cost through licensed, legitimate Canadian pharmacies. These online pharmacies prioritize safety and affordability, and millions of Americans have turned to Canada to buy their daily medications. The U.S. Food and Drug Administration and its Canadian counterpart, Health Canada, have equivalent standards when it comes to prescription medications.

4) The problem is only going to get worse. The growth of spending on pharmaceuticals is expected to grow an average of 6.3 percent per year due to increasing drug prices and use

of specialty drugs, according to the Centers for Medicare and Medicaid Services. By 2020, the Department of Commerce estimates that Americans will spend an estimated \$610 billion on prescription drugs.

Now is the time to find an online pharmacy that you can trust to access safe and affordable prescription medications.

As with all industries, there are "rogue" players and other bad actors on the Internet. However, consumers can find licensed, legitimate online pharmacies that can be trusted. Licensed, legitimate pharmacies have safety protocols in place, including requiring a signed prescription from a patient's doctor, and they don't sell opioids or other controlled substances via the Internet.

To learn more on this topic and find an online pharmacy, visit <https://personalimportation.org>.

Haley Charity to Host Fair

The Patricia Haley Charity, a 501c3 organization, will host a "Nonprofit & Community Rainbow of Knowledge Fair" on February 28, 2019, at the Huntsville Marriott (U.S. Space and Rocket Center) from 3:30-7:30 p.m.

The Second Annual Day of Awareness and Knowl-

edge Fair. Organizers will raise awareness and knowledge of the many resources that are available to the community in the Greater Huntsville, Ala., area.

Participating organizations will include the medical field, nonprofit organizations, foundations, and many other agencies

that support the community through resources, knowledge, or providing a service. Representatives will also be on site to discuss the resources and support available through the organization. For more, call (256) 693-4709.

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Enjoy a presentation by one of our expert guest speakers, followed by a delicious catered box lunch from The Chef Next Door. Tickets are \$25 in advance.

2Chefs at *The View*

Join us at our table for an exclusive evening of exquisite dining and wine pairings under the stars. Reservations are limited and prices vary depending on menu.

For *The View* event details and tickets, visit burrittonthemountain.com!

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