

PRESTON BROWN: "Make Time for God This Year" - p. 3

FREE



"Hold Them or Fold Them" - p. 5

Friday
January 5, 2024
Vol. 10, No. 18
ValleyWeeklly.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Dr. Terrell Harris

The Valley Weekly

"The mark of fear is not easily removed." - Ernest Gaines



Comedian Set for VBC Jan. 19

Fiery comedian Katt Williams will be coming to the Rocket City with plenty of laughs galore on Friday, January 19, at the Von Braun Center at 7 p.m.

The Cincinnati, Ohio, native reportedly began performing comedy in the city's Avondale neighborhood and has been an established comic for some 25 years.

In 2018, Williams

released a new stand-up special on Netflix called "Great America" and shot in Jacksonville, Fla. In 2022, he released a new stand-up special on Netflix called "World War III."

Huntsville is part of comedian's multi-city "The Dark Matter Tour," which also includes the Alabama cities of Birmingham (February 24) and Mobile (March 22).

Local Business Owners Reminded of Renewals

Huntsville business owners have been reminded to renew their operating licenses for 2024. The deadline for renewal without penalty is Jan. 31.

Thanks to the City of Huntsville's user-friendly online portal, a streamlined renewal process makes it easier than ever to do business in Huntsville.

"Since the onset of the pandemic, our online portal has helped thousands renew their licenses at their desk – no stamps or envelopes necessary" said Penny Smith, the City's Director of Finance. "Just follow the steps on your renewal form or the website."

New businesses can apply for a license through the portal or in person at City Hall, 308 Fountain Circle. Existing businesses must reapply online.

Need to update your existing business's information or close an account? Complete an Account Maintenance Form to update mailing addresses and contact information.

To find a licensed business in the City of Huntsville, visit the Business Search Directory. For more information, contact the Finance Department at (256) 427-5080 or license-tax@huntsvilleal.gov.



Drake, Yulista Strike Partnership

Drake State Community and Technical College and Yulista, a leading defense and aviation solutions provider, have collaborated to create a robust talent pipeline and foster mutual growth.

This unique partnership bridges academia and industry, facilitating a dynamic exchange of knowledge and expertise, noted Drake President Patricia Sims.

Yulista is a partner in Drake State's Connecting Students with Industry (CSI) program. The program provides students with hands-on experience at Yulista, allowing them to apply classroom teachings to real-world scenarios.

"Workforce development is an urgent need in a mission-critical city like Huntsville," said Yulista President/CEO Josh Herren.

Huntsvillians to Participate in 'Beginner Acro' Workshop

Huntsville had better get ready for a fun-filled "Beginner Acro" workshop in the next few weeks planned by Trevor Howie Hauenstein and Amanda Bosserman on Saturday, January 20.

The two-hour workshop (\$40, payable via

Venmo) will be held at Icon Athletics, located at 2880 15th Avenue SW.

No experience or partner is required!

Attendees will meet at their respective levels and "rediscover a sense of fun and play that many of us forget about as adults."

Regardless of current skill or ability, acro will help to expand it without it "feeling like work."

Attend with fitted athletic wear, as loose clothing and pockets can get caught during certain movements.

For additional information, contact

letichsv.com or call (256) 694-6095.

The Valley Weekly

INSIDE THIS ISSUE!

- Washington in One Minute, Page 2
- Preston Brown's "Spiritual Game Plan," Page 3
- "Jahn" Moore's PowerShots, Page 4
- Caldwell & Allston: Perspectives, Page 5
- Sunday Lectionary, Page 5
- Honoring Our Elders, Page 6

Smooth Musical Transition Occurring at Lakeside UMC

Mrs. Carmelita Gandy (below) is retiring from Huntsville's Lakeside United Methodist Church after 60 years of dedicated and distinguished service!



Dr. Walter Bragg (r) will serve as the Director of Music Ministry at Lakeside, where Rev. Dr. Randy B. Kelly is the pastor; Mr. Preston M. Brown is Worship Leader; and Mrs. Lucretia Points is the PPSRC. Bragg will serve as pianist/organist, and he will oversee the direction of the Music Department at Lakeside UMC.

The public is invited to a Welcome Reception for Dr. Bragg scheduled for January 21, 2024, at 12:30 p.m., following the morning Worship Service.

Internationally, Dr. Bragg will serve as a CV Proposed Examiner (Viva Voce) for a couple of Ph.D. students (Music-Institute of Graduate Studies) who attend the Universiti Teknologi Mara in Shah Alam, Malaysia. The students are Zhou Shuainia and Kang Yipin. They also are students of Dr. Yew Yoong Chong (a fellow piano colleague of Dr. Bragg from the University of Alabama). Chong and Bragg are both graduates of Southern Illinois University-Carbondale, as well.

Dr. Bragg is a former member of the music faculty at Alabama A&M University, where he served from 1994-2005. Among his (A&M) piano students who are making their mark are: Dr. Wayne Bucknor (piano professor-Oakwood Uni-

versity/Songwriter/Recording Artist), Mr. Mario Maitland (Award Winning Pianist/Producer/Teacher), Ms. Rosalind Crawford (Songwriter/Recording Artist/Teacher-Birmingham City Schools), Ms. Renise Allen (Teacher-Atlanta City Schools), Mr. Wallace Lee (Teacher-Huntsville City Schools), Mr. Roberto Burton (Producer/Songwriter/Recording Artist), Mr. Owen Simon (Teacher/Songwriter/Recording Artist) and Mr. Reuben Studdard (former American Idol Winner).

Dr. Bragg has served as a Visiting or Assistant Professor at the following colleges/universities:

1. Alabama A&M University, Huntsville, Ala.
2. Benedict College (S.C.)
3. Alabama State University, Montgomery, Ala.
4. Stillman College (Tuscaloosa, Ala.)
5. Johnson C. Smith University (Charlotte, N.C.)
6. Livingstone College (Salisbury, N.C.)
7. Catawba Valley Community College (Hickory, N.C.)
8. Bennett College (Women) [Greensboro, N.C.]

Bragg is a graduate of Alabama State University (BA-Piano Performance), Southern Illinois University-Carbondale (Master of Music-Piano Performance), and the University of Alabama (Doctor of Musical Arts-Piano Performance).

While a student at ASU, he competed in the Tourgee Dubose National Competition at Southern University



in Baton Rouge, Louisiana. He was a 2nd place winner in his division in 1983 & 1984 (Freshman-Sophomore Division) and the Junior-Senior Division in 1985. In 1985, his fraternity (Kappa Alpha Psi) financially supported him to compete! He served as president of the Delta Beta Chapter (ASU) of Phi Mu

Alpha Sinfonia Fraternity, Inc. (the professional fraternity for men in music) in 1985-86. At his commencement at ASU (in 1986), he performed Grieg's Piano Concerto in A minor with the ASU Symphonic Band under the direction of Dr. Thomas Lyle (former director of the Marching Hornets of ASU).

As the Music Director of the R&B band of Phi Mu Alpha, Dr. Bragg opened for groups such as the S.O.S. Band, Mtume, and The Barkays in the mid-1980s. In 1999, he was blessed to accompany (gospel diva Vanessa Bell Armstrong in a one-act play performed by Yolanda King (Rev. Dr. Martin Luther King's eldest daughter). Also, Dr. Bragg

taught keyboard to the American Idol Winner Reuben Studdard! Dr. Bragg taught Reuben Studdard at Alabama A&M University and was a consultant in one of Reuben's projects.

Furthermore, Bragg met and performed for Pastor Marvin Winans (while on a recruiting trip for ASU) at his school of the arts. Finally, Dr. Bragg (while at ASU) was a peer, fellow student, and fraternity brother (Phi Mu Alpha) of Lawrence Waddell (keyboard player) of Mint Condition.

Private piano lessons will be offered by Dr. Bragg to interested persons who e-mail him at walterbragg44@gmail.com and leave a cell phone number. Let's keep giving the "gift of music!"

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THE VALLEY WEEKLY
**VALLEY
DEATHS**



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW
Huntsville, AL 35816 - (256) 539-8189
www.nelmsmemorial.net

Funeral services will be announced soon for MR. JAMES M. RAGLAND (b. 1940), MS. ADRIA JONES (b. 1970) and MR. DAVID ODEN (b. 1966).

Funeral service for THE REVEREND ELIJAH PIN-CHEON (b. 1934) was Saturday, December 30, at the House of Hope and Restoration with Pastor Jarman Leatherwood officiating.

Funeral service for MS. GLORIA BRIGGS (b. 1972) was Saturday, December 30, at the Nelms Memorial Funeral Home Chapel.

Funeral service for MS. SHILDA F. COWAN (b. 1956) was Wednesday, December 27, at the Nelms Memorial Funeral Home Chapel with Pastor O. Wendell Davis, officiant.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW
Huntsville, AL 35810 - (256) 534-8481
www.royalfh.com

Funeral services will be announced soon for MR. ARTHUR LEON BURNETTE (b. 1951), BABY GIRL L'ANYAH ANN EARSKINE (b. 2023), MR. ARTHUR JAMES MCDONALD (b. 1944), MR. VON L. BURTON (b. 1941), MRS. GRACE LOVE (b. 1922) and MRS. MARTHA BOLDEN RODRIGUEZ (b. 1963).

Funeral service for MS. MADGIE STRONG JAMAR (b. 1932) was Thursday, December 28, at the Center Grove United Methodist Church (185 Plummer Road, Huntsville, Ala.) with Reverend R. Seth Shamery officiating.

Funeral service for MRS. FANNY SURLES (b. 1947) was Wednesday, December 27, at the Kingdom Hall of Jehovah's Witnesses (7757 Wall Triana Highway, Harvest, Ala.) with Brother John Donegan officiating.

SERENITY FUNERAL HOME

2505 University Drive NW
Huntsville, AL 35816 (256) 539-9693
www.serenityfuneralhm.com

Funeral service for MR. HILLARD KIMBROUGH will be Saturday, January 6, at the Serenity Funeral Home Chapel. at 3 p.m.

Funeral service for MS. DANIELLE CHEATHAM (b. 1995) was held Friday, December 29, at Fresh Wind Christian Fellowship, 17200 Lucas Ferry Road, Athens, Ala.

Valley Weekly
**Spiritual
Game Plan**
PRESTON BROWN'S



**"Make Time for God
This Year"**

In Matthew 6:33, it says, "But seek ye first the kingdom of God and His righteousness and all these things will be added unto you."

Today, we live in a society where everybody is so busy, whether at work, with all the demands of our jobs, or at home, with all the demands of our families.

Or, perhaps you could be a student who never

has enough time in the day to do the things that you really enjoy doing.

Whatever the reasons, there never seems to be enough time, right? But remember, what we put our time, effort, and money into, becomes what's important to us. The Bible calls these things "idols."

If we say that we don't have time to spend with God, then obviously God is not important in our lives. So, let us not deceive ourselves. Any-

thing you really want to do you will find time to do it.

I have learned that God is a maximum capacity God. If you give Him five minutes of your time, He will fill it up. If you give Him thirty minutes of your time, He will fill that up as well.

Whatever time you set aside for Him, will be worth your while. Remember, God will always meet you where you are, but refuses to leave you there.

So, I encourage you



to start today, because it will change your life forever. Remember, spending time with God gives our lives meaning and purpose.

Prayer: Dear God, give us a willing spirit that will allow us to spend quality time with you

Question: How can we make more time for God in the New Year?

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, Westbow Books or, if you have a PayPal account, e-mail me at prestonbrown81@gmail.com, and I will send you an autographed copy.

NEXT WEEK:
"Looking Forward, Not Behind"



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A New Generation Of Service

The Valley Weekly
VALLEY
EVENTS

HAPPENINGS, ACTIVITIES & MORE!

January 4

Lunch and Learn: Village of Promise
 Downtown Huntsville Public Library
 12 p.m.

January 4-6

Comedy
 Mark Curry
 Stand Up Live Huntsville
 7 p.m.

January 10

Kids Climbing Teams
 Open House
 High Point Climbing and Fitness
 Huntsville, Ala.
 5 p.m.

Huntsville Winter Event
 UAB National Alumni Society
 Kona Grill - \$10
 Huntsville, Ala.
 6:30 p.m.

January 12

Jordan Rainer: Straight Shot Tour
 Mars Music Hall
 Huntsville, Ala.
 8 p.m.

January 12-14

Huntsville's Steppin' & Workshop Weekend
 Envy Entertainment and Restaurant
 Huntsville, Ala.

January 14

"Calling All Titans"
 Huntsville Titans Champion Force Athletics
 erp.championforce.com

January 26

Concert
 American Spiritual Ensemble
 Host: Huntsville Chamber Music Guild

February 1

"Feathered February"
 Huntsville Botanical Garden
 Tickets: hsvbg.org/featheredfebruary
 Huntsville, Ala.

February 2

Mardi Gras at MidCity
 MidCity & The Camp
 Huntsville, Ala.

February 7

Alabama Tactical Officers

Association's Event
 5827 Oakwood Road
 Huntsville, Ala. - 8 a.m.

February 9

Crafting Social: A Special Galentine's Event
 Burritt on the Mountain
 Huntsville, Ala. - 5:30 p.m.

February 10

All Girls State Chess Championship
 Alabama School of Cyber Technology and Engineering
 9 a.m.

March 9

Rosetta James Foundation
 "Honoring Our Elders"
 Celebration/Day Gala
 12 noon

Concert

Lawrence Brownlee
 Host:
 Huntsville Chamber Music Guild

March 22-24

The 4th Annual Women's Expo Huntsville
 Von Braun Center
 Huntsville, Ala.

May 10

Exhale Huntsville - A Mother's Love Girls Night Out
 Huemanity Studio
 Huntsville, Ala.
 7 p.m.

May 18-19

Rocket City BBQ & Soul Fest

PowerShot

"We must honor our reason(s) why that give us the necessary thrust to initiate escape velocity or we'll find ourselves in orbit around the same ideas, habits, and ways of existence."

J. T. Moore



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JANUARY 5 - GEORGE WASHINGTON CARVER - George Washington Carver was an agricultural scientist and inventor who promoted alternative crops to cotton and methods to prevent soil depletion. He was the most prominent black scientist of the early 20th century. While a professor at Tuskegee Institute, Carver developed techniques to improve soils depleted by repeated plantings of cotton. He wanted poor farmers to grow other crops, such as peanuts and sweet potatoes, as a source of their own food and to improve their quality of life. The most popular of his 44 practical bulletins for farmers contained 105 food recipes using peanuts. - BlackCelebrityBirthdays.org



"You can't have relationships with other people until you give birth to yourself."

- Sonia Sanchez

Hold Them or Fold Them ...

Millennial Moment

by Gloria B. Caldwell

You're in the middle of a dilemma. Hardship has come, relationships have gone sour, a job is stressful, you're just tired.

There was an old song by Kenny Rogers called, "The Gambler." Now, he was talking about *cards*, but there were some life points in there.

When and how do you get yourself emotionally balanced to make a decision about any situation? When do you stand versus walk away?

Making a challenging decision can be difficult,

I have some steps to help you find emotional balance and make the best choice for yourself:

1. Take a step back: Self-reflect. This will help you gain perspective and clarity.

2. Assess your emotions: Acknowledge and understand your emotions ... are they genuine or clouded?

3. Evaluate the situation:

Take a thorough look at the factors contributing to your dilemma. Think about your values and priorities.

4. Seek support ... but be mindful, everyone isn't in your corner and doesn't have your best interest at heart.

5. Listen to your intuition: Weigh the rational analysis with your gut feelings.

6. Consider long-term implications: What will the effects of your decision be?

7. Set boundaries. And, finally, take action: Once you have weighed

all the factors and considered your emotions, it's time to make a decision. Trust yourself, accept that there may be uncertainties. You may need to just stand or "hold 'em." You may need to walk away, and *fold* them.

Remember, decision-making is rarely easy, especially during challenging times. Give yourself grace, be patient, and know that it's okay to reassess, if needed. It's a New Year, let's make growth decisions.

God loves you, and so do I.



Making "New Day's" Resolutions, Not "New Year's" (Part 2 of 2)



Last week's Part 1 installment showed us that greater success will come from focusing on our daily improvements instead of on 2024's 366-day resolutions, which often fail.

Let me share my 10-step process for focussing on daily improvements, again from the Lord's Prayer, Matthew 6:9-13.

When Jesus' disciples asked him, "Lord, teach us to pray," they asked for keys to a successful life. He offered, "Give us THIS DAY our DAILY bread" (my emphases added), counseling them to focus more on immediate daily gains (bread) as opposed to wishing for more distant successes.

Let me suggest my "tim commandments" approach:

- 1. Target the Problem** - Often our December 31 resolutions overcommit us when we should only bite off what we can chew!
- 2. Own the Problem** - Leadership consultant-trainer Franklin Covey: "40 percent of us blame our busy schedules for our lack of follow-through." Become more aware of what you can reasonably accomplish in a given amount of time.
- 3. Proceed to** - Now take action, which might require a change of lanes . . . Since our 365-day dreams didn't work, let's now try one day at a time.
- 4. Change your Lanes** effectively by Glancing Back Quickly before Driving Forward.
- 5. Uncover more Buried Treasures** the Deeper you Plunge below your Surface. British author-journalist Oliver Burkeman recommends that 18-245 days are needed to change habits, vs. the oft-recommended 21 days - but understand you still need to get there one day at a time!
- 6. Listen Aggressively before Speaking.** Develop a "New Day's Resolution support system" for motivation, accountability, and listening for shared goals, and challenges.
- 7. Let's Grow Up, to become Children Again!** Pray for child-like humility, curiosity, and transparency.
- 8. Let your Failures jump-start your Successes.** Allow 2023's lemons to become 2024's lemonade- or better, to become lemon meringue pie!
- 9. Your Greatest Healings come out of your Revealing.** Share your previous New Year's Resolution failings with family, friends and together, lift each other; and
- 10. 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 2024 "New Day's Resolution" step.



Tim Allston
Leadership Player-Coach & Four-time
Amazon Best-Selling Author
Where Jump Shots Meet Jesus,
www.timallston.com
(256) 212-0949

NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.

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- Oscar Micheaux

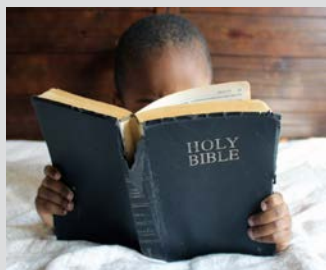
ON THIS DAY



On January 5, 1923, a mob of more than 200 white men attacked the Black community of Rosewood, Fla., killing over 30 women, men and children, burning the town to the ground and forcing survivors to flee.

- eji.org

This Sunday's Lectionary



Sunday, January 7, 2024

First Sunday after the Epiphany

(Track 2, Year B)

First Lesson:

Genesis 1:1-5

Psalms 29

Second Lesson:

Acts 19:1-7

GOSPEL:

Mark 1:4-11

"Men can starve from a lack of self-realization as much as they can from a lack of bread."

- Richard Wright



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

Dr. Terrell Harris

Rev. Dr. Terrell Harris, Jr., is the senior pastor and founder of the True Light Church of God In Christ. He was appointed as District Superintendent of the Huntsville, Ala., Church of God In Christ. Pastor Harris is the oldest son born to the union of the late Mr. Terrell Harris, Sr., and the late Mrs. Unareed Burton Harris.

He was blessed to be born into a family of nine children, five (5) sisters and four (4) brothers. He is happily married to Dr. Hattie Jones Harris, and they celebrated 55 years of marriage in December 2022. To this union three children were born: Apostle Derek Terrell Harris, Trudy Harris Moore, and Mark Christopher Harris. Rev. Dr. Harris is the very proud grandfather of three grandchildren—Chelsea, Kentiara and Christopher. Superintendent Harris is saved, sanctified, and filled with the Holy Spirit. He loves the Lord and the Lord's people.

Dr. Harris received his Master of Divinity and doctorate degrees from the international Seminary, Orlando, Fla. He earned his Bachelor of Science degree in mathematics, with emphasis in computer science from Jackson State University in Jackson,

Miss. Since that time, he has taken graduate courses in the field of computer science at Alabama A&M University, Normal, Ala. He has also received a diploma in pastoral theology from the C.H. Mason System of Bible College, Huntsville Campus.

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 further serves as the Pastor of the True Light Church of God In Christ, Huntsville, Ala., which he



founded. 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.

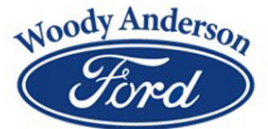
Dr. Harris' character is one of trustworthiness, respect, responsibility, fairness, caring, and citizenship. His sound and wise godly counseling brings forth deliverance to people from their everyday issues of life. His current work includes a local cable television ministry entitled, "The Blessed Hope Ministry," through which the congregation, community and city are blessed. Superintendent Harris is a great man and is an example of the Gospel that he preaches.

"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. 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.



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Building Hope: Some Essential Steps to Reduce Youth Suicide

(BPT) - Adolescence is a critical time in everyone's development - teens and young adults learn to make decisions, manage emotions, create deeper connections with peers and their communities, and build resilience. Young people's developing brains are well suited to these tasks, but too often the systems that serve them are not. And the unique pressures they face today have fueled escalating rates of mental health challenges and the number of youth who die by suicide.

The Jed Foundation (JED) - a leading nonprofit that protects emotional health and prevents suicide among our nation's teens and young adults - recently issued "Youth Suicide: Current Trends and the Path to Prevention," which highlights suicide trends among youth. One of the report's key findings was that 10% of high school students attempted suicide in the past year.

"We have an opportunity to actively protect teens and young adults by compassionately providing them with the skills and care they need to succeed while also working to reduce the barriers and risk factors in our society," said John MacPhee, JED's chief executive officer.

Supporting youth mental health and preventing suicide requires a systemwide, evidence-based approach. As part of the report, JED outlined nine essential steps to reducing youth suicide that offer solutions to support all youth - including specific recommendations for groups of young people who face additional stressors - improve youth mental health, and prevent suicide.

1. Take a comprehensive approach

Adopting a comprehen-

sive approach is the first step in reducing suicide risk. A great example is JED's Comprehensive Approach to Mental Health Promotion and Suicide Prevention, which focuses on developing life skills, promoting social connectedness, identifying and supporting students at risk, increasing help-seeking behavior, providing mental health and substance misuse services, establishing and following crisis management procedures, and promoting means safety.

2. Create connection and community

In U.S. Surgeon General Vivek Murthy's 2023 advisory "Our Epidemic of Loneliness and Isolation," he points out that youth are especially disconnected and isolated, which can fundamentally affect mental, physical and emotional health. Designing communities of care in schools, creating opportunities and spaces for young people to meet and gather organically, and supporting intergenerational connections can help address youth loneliness.

3. Meet basic needs and address trauma

There are strong links between poverty, societal and racial inequity, trauma and mental health struggles. That's why it's important to strengthen social safety nets to meet students' basic needs - like housing, food, education and health care - and expand access to trauma-informed care.

It's also critical to use community- and family-based, trauma-informed approaches for reducing youth involvement in the criminal legal system to address important root causes of suicide. Youth (ages 10-24) involved with the criminal

legal system die by suicide at rates two to three times higher than the general youth population.

4. Increase coping and emotional support skills

Self-awareness and interpersonal skills help young people better solve problems, manage emotional stressors, and control impulses, improving their ability to move through challenges. Trained, caring adults and young people can play a vital role in helping youth develop and access emotional support and coping skills, including how to identify and reach out to someone who may be struggling and connect them to professional support.

5. Meaningfully increase access to care

Too many young people reach out for professional help and run into barriers. We must support the implementation and enforcement of the Mental Health Parity and Addiction Equity Act, require insurance coverage of mental health services delivered in schools, ensure that provider networks adequately serve diverse populations, and design crisis services to meet the needs of communities.

6. Make widespread use of proven suicide prevention treatments and interventions

There are underutilized treatments that meaningfully reduce suicidal thoughts and attempts. Prioritizing the use of proven approaches like dialectical behavior therapy (DBT), Collaborative Assessment and Management of Suicidality (CAMS), cognitive behavioral therapy for suicide prevention (CBT-SP), attachment-based family therapy, brief safety

planning interventions, and pharmacological interventions can help lower suicide rates.

7. Reduce access to lethal means

Reducing access to lethal means is a powerful way to reduce suicide. This is especially true for firearms. Firearms are the leading method of suicide death overall, and approximately 90% of suicide attempts by firearm are fatal. Everyone from families to gun owner groups to legislators can play a role in advocating for and implementing responsible gun storage to meaningfully reduce suicide risk.

8. Advocate for safe online spaces

More and more young people are engaged in online activities in a largely unregu-

lated space. Policymakers and other stakeholders must take a pro-safety approach to apps and platforms where young people spend time, centering youth in any efforts to improve them.

9. Leverage technology to support youth mental health

Although technology can pose risks for young people, it also offers more ways to connect with each other and access mental health care. By leveraging technology, we can provide youth with access to professional help through telemedicine, connect to young people where they are in digital spaces, and use the virtual worlds of gaming, the metaverse, and extended reality to offer resources and support in real time.

Everyone can do their part

However you're involved in the life of a young person - as a parent, educator, coach or any other type of mentor - you can be the support they need.

If you or someone you know needs to talk to someone right now, text, call or chat 988 for a free confidential conversation with a trained counselor 24/7.

You can also contact the Crisis Text Line by texting "HOME" to 741741.

If this is a medical emergency or if there is immediate danger of harm, call 911 and explain that you need support for a mental health crisis.

To learn more about how you can support the young people in your life, visit jedfoundation.org.



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