

The Valley Weekly

"A thing is mighty big when time and distance cannot shrink it."
- Zora Neale Hurston

FREE

Volume 5 No. 18

www.valleyweeklyllc.com

Friday, January 11, 2019

International Symposium on Child Abuse Set for Huntsville

The 35th International Symposium on Child Abuse will be held March 18-21 at the Von Braun Center South Hall in Huntsville, Ala.

The Symposium is a premiere conference that offers training and several networking opportunities to professionals in the child maltreatment field, and it is one of the few conferences that addresses all aspects of child maltreatment including, but not limited to, physical abuse, sexual abuse, neglect, exposure to violence, poly-victimization, exploitation, intervention, trafficking, and

prevention.

The conference also facilitates more than 160 workshops with tracks that are designed specifically for administration, child protective services, forensic interviewing, human traf-

TEND, Kingston, Ohio.

Pre-conference sessions are on Monday, March 18, 9 a.m.-4:30 p.m. with check-in/registration at 8:30 a.m. Pre-conference sessions require an additional registration fee.

Symposium check-in/registration opens Monday, March 19, and Tuesday, March

20. The Opening Plenary Session begins on Tuesday, March 19. Workshops sessions begin on Tuesday, March 19, and conclude on Thursday, March 21.

For more information, contact the National Children's Advocacy Center at (256) 533-KIDS.



ficking/sexual exploitation, law enforcement, medical, mental health/treatment, prevention, prosecution/legal, secondary traumatic stress, victim advocacy and youth-serving organizations.

The keynote speaker is Francoise Mathieu of

Town Hall Scheduled

The Huntsville-Madison County NAACP Citizen and Law Enforcement Town Hall Meeting will be held at 6 p.m. Tuesday, January 22, at Huntsville City Hall, located at 308 Fountain Circle.

The public is invited to learn the fact pertaining to police policy and procedures, firearm safety, gun control and interacting with police officers as it relates to open carry laws.

Attendees are urged to bring questions, as well as to let their voices be heard.

For additional information, call (256) 655-9330.

Website Lists 2019's Top 10 Best Cities for African Americans

Many who watched news stories throughout 2018 could leave with a feeling that "no place in America is safe for black families." However, the site ThatSister.com researched cities where African-American citizens and their families are thriving. Unfortunately, the jewel of the Valley--Huntsville--did not make the cut.

From job prospects to cultural representation, here are ThatSister.com's Top 10 Cities for Black Families to Live. Pros and Cons added by TVW after scanning comments.

10. **Seattle, Washington** - PRO: Economic mobility; CON: Rain, Cost of living
9. **Dallas, Texas** PRO: Bustle and peace;

CON: Huge

8. **Columbus, Ohio** PRO: Quality of life; CON: Winters

7. **San Diego, California** PRO: Weather; CON: Touristy, Cost of Living

6. **Washington, D.C.** PRO: Global scale culture; CON: Cost of living

5. **San Antonio, Texas** PRO: Diversity CON: Racial tensions

4. **Lansing, Michigan** PRO: Job prospects CON: Smaller city

3. **Richmond, Virginia** PRO: Family-oriented CON: Population decline

2. **Orlando, Florida** PRO: Entertainment CON: Heat/No seasons

1. **RALEIGH, North Carolina** PRO: Inclusive, Good schools, Mild climate

Cornerstone Initiative Offering Value Capacity Profiles

The Cornerstone Initiative is offering interested persons a chance to position themselves "for a life of flourishing assets" by discovering their respective value capacity profiles (\$18).

The CornerStone Initiative is a Christian Community Development

organization founded in 2011 to break the cycle of dependency and poverty that had become part of the culture of the Westside community in Huntsville's 35805 zip code.

The session will be held Sunday, January 13, from 3-5 p.m. at 2806 Holmes Avenue, Huntsville, Ala.

The profiles will allow individuals to harness the power of decision style to build impressive results.

The session will further delve into 36 measurable progress strategies, and monitor progress in the life capacities of self-esteem, interpersonal relations, role awareness, practical think-

ing, organizational savvy and inner motivation.

Facilitators call it an opportunity to "learn and launch into your best in the New Year."

For additional information, contact fbroyles@live.com or call (256) 529-1062.



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Washington in One Minute



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

1. The House and Senate are in session this week and started on Tuesday afternoon. The House, having failed to get the Senate to agree to take up legislation it approved last week reopening the federal government for the rest of Fiscal Year 2019 (except for Homeland Security thru Feb. 8), will this week take up four individual ap-

propriations bills funding the Treasury, Agriculture, Interior, Transportation, and HUD Departments, which passed the Senate on a 92-6 vote on Aug. 1 (the bills will also include back pay for furloughed federal workers). Tuesday at 5:30 p.m., the Senate will vote on cloture to move forward with debate on Sen. Marco Rubio's (R-FL) bill to impose sanctions on Syria and boost security cooperation with

neighboring Jordan and Israel – seen as indicating the Senate's concern over President Trump's decision to withdraw U.S. troops from Syria.

2. On Sunday, President Trump hosted a staff retreat at Camp David to discuss border security. This week, the President warned that he may declare a national emergency in order to begin construction on the Mexican border wall, likely using funds from the Pentagon in view of his continued standoff with Congress over \$5.7 billion in FY2019 funding to build the wall, which has resulted in a more than 17-day government shutdown (the longest federal shutdown to date has been 1995-1996's 21-day standoff between House Speaker Newt Gingrich and President Bill Clinton).

3. Last week, new House Appropriations Chair Nita Lowey (D-NY) announced that she plans to introduce a \$12.14 billion Fiscal Year 2019 emergency supplemental appropriations bill for communities affected by recent hurricanes and wildfires, including:

- \$2.96 billion for infrastructure/economic development
- \$2.54 billion for resiliency funding for climate change planning
- \$1.86 billion for farmers and rural communities
- \$1.46 billion to repair DoD/Veterans facilities
- \$720 million to repay depleted non-fire accounts for wildland fire activities
- \$662 million for nutrition

and Medicaid assistance for Puerto Rico and other U.S. Territories, and

• \$555 million for dislocated worker/mental health activities

4. On Friday, The Hill newspaper reported that the Senate sent back 270 Trump Administration nominations from last year which had not been approved, including former Rep. Darrell Issa's (R-CA) nomination to head the U.S. Trade and Development Agency.

5. Last week, The Seattle Post-Intelligencer reported that new Rep. Pramila Jayapal (D-WA) announced that she had received a commitment from the House Democratic Leadership that the House will hold hearings this year on Medicare-for-all plans.

6. According to a report in

Politico, at least 3 House committees – House Oversight and Reform, House Judiciary, and the House Administration Committees – may begin investigations into the disputed 905-vote election win of the GOP's Mark Harris over Democrat Dan McCready in North Carolina's 9th Congressional District. The North Carolina Board of Election refused to certify Harris' election and Harris is now awaiting the decision from a North Carolina court. The House refused to seat Harris last week when it convened the 116th Congress citing his lack of state certification.

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FDIC

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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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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DLC Holds 2nd Annual Holiday Social



The Diversity Leadership Colloquium (DLC) Alumni Association (Linda Fowlkes, President) had its 2nd Annual Holiday Social on Tuesday, December 11, at the local BBVA Compass headquarters (Governors Drive), hosted by the DLC Alumni Association Vice President Chris Kern. The DLC Alumni Association members brought canned goods that were donated to a local charity.

"We are accepting applications for Cohort XI- DLC, scheduled to begin March 5 and to run through April 23, 2019," stated Georgia S. Valrie, DLC program coordinator. "Encourage your family members, colleagues, co-workers and friends to apply."

Interested applicants should visit the DLC website at www.diversityleadershipcolloquium.com and/or contact gvalrie1971@gmail.com.

The deadline for the application package is Friday, February 15, 2019. From the DLC Alumni Association: Here's wishing everyone a very happy and prosperous New Year!



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James Smith - AllState Insurance

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N. Ala. Center for Educational Excellence

Oakwood University Post Office

Regency Retirement Village

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Congrats and Thanks, Mr. Stanley, for Both Your Wisdom ... and My Wage!

"And you will be brought also before governors and kings for my sake, for a testimony to them and to the nations . . ." - Matthew 10:18 KJV.

by tim allston

Last week, The Valley Weekly scooped all local media in announcing that Stanley Construction Co. founder Thornton Stanley, Sr. will be a 2019 Construction Hall of Fame inductee on January 10th in Birmingham.

While the VW announcement chronicled rightfully Mr. Stanley's numerous accomplishments generally, this "Stanley protege" is honored to pen this first-person tribute, specifically from an early-stage entrepreneur/starving-artist perspective.

As a freelance writer, my first assignment for the local Chamber of Commerce newsletter featured Stanley's 2001 US Small Business Administration Person of the Year award.

"A word fitly spoken is like apples of gold in pictures of silver" Proverbs 25:11.

In 2004, this 49-year old broke and broken rookie entrepreneur with a newborn baby daughter approached fellow Leadership Huntsville alum and friend Miss Karen Stanley for employment. In 1966, my first-ever job came as a summertime common laborer in my uncle's Washington DC construction company, at age 12.

When she presented my academics-heavy resume to her dad, he turned to me during the subsequent interview, and offered politely, "Young man: my men don't have this kind of resume, . . . they're just steak-and-potatoes guys." I stifled sharing

that this vegetarian was only halfway qualified! Instead, I reached back 38 years and replied with industry jargon: "Sir: I have done curb-and-gutter work before, . . ." Immediately, he looked up like a lottery prize winner "Son, I'll see you Monday morning, 6:45, with your steel-toed boots!"

"Wherefore by their fruits ye shall know them" Matt. 7:20.

Those three weeks of back-breaking labor in the unforgiving Alabama summer sun filled me with callouses, 23rd-hour cash - and sage counsel. On one particular project, I watched him operate with precision one of the largest pieces of earth-moving equipment. When queried, this veteran entrepreneur counseled this newbie, "Tim, I can't ask my men to do something that I cannot do myself."

Mr. Thornton "AAMU Bulldog" Stanley, Sr.: from your 1961 humble start in your spare bedroom with two workers, to now an estimated \$38 million aggregate economic impact in workers' wages these 58 years, both God and the Construction Hall of Fame are quoting Matthew 25:21: "Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let's celebrate together!" Matt. 25:21, NIV.

Again, Mr. Stanley: Congratulations and (a double) Thanks.

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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Programs of varying lengths and starting dates are offered in the spring (Jan - June) and fall (July-Dec) terms.

The 2019 Spring Term will be kicked off at Rally Day on Tuesday, January 15, 9-11:30 a.m. at the First Baptist Church (entrance #7 on St Clair Avenue,

across the street from the Downtown Library).

You can pick up a catalog, learn more about the programs and enjoy a fun morning, greeting old friends and making new ones.

The spring catalog and registration information will be online January 1 at LQUEST.org for those wanting to get an early start.

Questions? Call (256) 529-8695.

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

2019



Mrs. Jacquelyn K. Bennett



Mrs. Gladys Branch



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 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
Student Affairs & the AAMU Foundation
Featuring April Ryan
CNN Political Analyst
12:30 p.m.

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.

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BIRTHDAY - January 11 - MARY J. BLIGE - Widely known as the "Queen of Hip Hop Soul," Mary J. Blige is a multi-platinum artist born in Yonkers, N.Y., in 1971. She has won nine Grammy Awards and three Golden Globe Awards.
- BlackinTime.info



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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.

Valley Deaths

- Nelms Memorial Funeral Home -

Funeral service for MR. MICHAEL JEROME HARDIN (b. 1960) will be Saturday, January 12, 2019 at 1:00 p.m. in the Nelms Memorial Funeral Home Chapel with Pastor Endia Scruggs officiating.

Funeral service for MS. SONYA D. DERRICK (b. 1969) was held Saturday, January 5, at Eagles Nest Ministries with Bishop Daniel Richardson officiating.

Funeral service for MRS. OPHELIA J. WEST was held Saturday, January 5, at Madkins Chapel CPCA with Pastor Endia J. Scruggs officiating.

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.

- Royal Funeral Home -

Funeral service for MRS. LINDA FAYE FULLER FLETCHER (b. 1967) will be at 11 a.m., Saturday, January 12, at Whitesburg Baptist Church (3911 Pulaski Pike NW, Huntsville, Ala.) with Pastor Robert Acklin officiating.

Funeral service for MRS. IDA M. JONES bka "Butche Mae" was held Wednesday, January 9, at Saint James Primitive Baptist Church (1093 Fairbanks Drive, Huntsville, Ala.) with Reverend Kenneth Langford officiating.

Funeral service MRS. BEULAH MAE HARPER GARTH (b. 1944) was held Saturday, January 5, at Bethlehem Primitive Baptist Church (7565 Greenbrier Road, Madison, Ala.) with Reverend Joe Cater officiating.

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 MRS. OCTAVIA CHILDRESS (b. 1929) was held Saturday, January 5, at Union Hill Primitive Baptist Church (2115 Winchester Road, Huntsville, Ala.) with Elder Bobby Battle, Sr., eulogist.

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.

- Serenity Funeral Home -

Funeral service for MR. VERNEUIL E. HILAIRE (b. 1943) will be announced at a later date.

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

5 Days in 745

Bacterial infection in the blood stream.

It had caused me to awaken suddenly very early in the morning, experiencing bone-chilling coldness and uncontrollable shivering. This was followed by a ride in HEMSI (which I don't remember), and five days in room 745 in Huntsville Hospital--God's providential place of encounter and encasement.

The subsequent tests became God's way of directing and redirecting a heart that had been searching for answers. Speaking of the heart, it was during my echocardiogram that I learned that if bacteria get attached to the valves of the heart, they can be gravely dangerous. Thankfully, they had not.

The Spirit reminded me

that the same can happen in the spiritual realm with 'spiritual bacteria,' such as pride, offense, unforgiveness, doubt, fear and the like. These could dangerously affect my intimacy with God. God's

word is called a mirror. For me, it was now my echocardiogram.

God also taught and retaught me about servanthood. He allowed me to be served by a team of nurses that served so unassumingly and joyfully that what I experienced was almost surreal.

One of them said to me, "Thank you for allowing me to



serve you today."

Really?

Who says that but a true servant? The Spirit used that statement to humble me and remind me of my own attitude about serving in my household and my ministry. Thank

God for those 'five days in room 745'--my green pastures, where He MADE me to lie down.



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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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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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Champion Game Plan for Life

by Preston Brown

1 Corinthians 2:14 says: *The person without the spirit does not accept the things that come from the spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.*



I think it is important for all of us to grow more spiritually as we enter the New Year. However, in order for us to grow, we need to know where we are as it pertains to our spirituality. Now, first let me say that I am not where I ought to be, and I'm not where I should be, but I can say with confidence that I'm not where I used to be. I sincerely believe that I am growing and to that I give God all the glory! If we are

not growing more and more every day, then we are going backwards.

I believe that we as Christians should be growing in the spirit because we have been born again. And, because we have been born again, we can live a spirit-led life because we are motivated by the holy spirit to do the right thing. Therefore, we can go out into the world and be ambassadors for Christ. However, if we cannot discern the word of God when He is speaking to us, we will not be able to grow spiritually. John 8:47 says: *“He who is of God hears God’s words; therefore you do not hear because you are not of God.”*

I believe the reason that people don't hear from God is because of a spiritual disconnect. For example, there are many people that are very

intelligent as it pertains to the things of this world, but not so when it comes to the spiritual world. Because they cannot appreciate the discerning wisdom that only comes from God and it is considered foolishness to them. But it's never too late to "reconnect" and start growing spiritually.

So, this year if we want to grow spiritually I believe that there are three things that need to happen. First, we need to be fed. The way we are fed is to simply hear the word of God. Secondly, we need to feed ourselves by reading God's word. And, finally, once we are fed, then we need to feed others. Matthew 28:19-20 tells us to "go and make disciples of all people. What a wonderful way to start the New Year Stay encouraged, my brothers and sisters!

Spotlight on Our Elders ... Featuring

Dr. Razi Hassan

Dr. Razi (Bobby Blockum) Hassan is a native of Birmingham, Ala., where he was educated in the public school system before pursuing his postsecondary education in chemistry and mathematics at Knoxville College (Tenn.). He studied physical chemistry at Princeton University before eventually settling at New York University, where he earned the Ph.D. degree in theoretical chemistry.

Hassan devoted some 25 years as community organizer with the Student Non-Violent Coordinating Committee (SNCC), registering African-American voters in Arkansas and Mississippi in the mid-1960s. During those eventful years, he also helped to organize a credit union and school for dropouts in Trenton, N.J. At the onset of the 1970s, Hassan organized food co-ops, a

community literacy program and another school for high school dropouts as part of this service at the Harlem Mosque in New York.

Moreover, from 1990-97, he was counselor, GED instructor and Imam (minister) at Limestone Correctional Facility in Alabama. Hassan concurrently directed a tutorial center for mathematics and chemistry in Huntsville, Ala., from 1993-98. The educator has been affiliated with Alabama A&M University for over 25 years, primarily as an associate professor of chemistry at Alabama A&M University and director of the chemistry and mathematics tutorial center.

In 2004, Hassan led a team of AAMU students on a NASA-sponsored rocket launch competition in Manchester, Tenn. However, the goal at



that time was two miles (more than 10,000 feet). A Proteus rocket, fondly named "Butch" after the school mascot, reached 1.8 miles, falling short of rival UAH, which achieved 1.9 miles. However, the UAH rocket was not successfully retrieved. This led toward an overall win by the AAMU team.

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11:00AM UNTIL 2:00 PM



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The image shows the logo for Serenity Funeral Home. It features a stylized blue 'S' with a crossbar, set within a circular wreath of golden laurel leaves. Below the wreath, the word 'SERENITY' is written in a golden, serif, all-caps font. Underneath 'SERENITY', the words 'FUNERAL HOME' are written in a white, sans-serif, all-caps font inside a dark blue rectangular box. To the right of the logo, the tagline 'A New Generation Of Service' is written in a white, serif font against a dark blue background.

Kick-starting 2019 with Healthy Eating

(BPT) - New Year's resolutions are often hard to maintain, especially if you are trying to make healthier food choices after indulging in treats during the holidays. According to a 2019 Marist Poll, 44 percent of Americans make New Year's resolutions. For those who plan to make a resolution, two of the top resolutions are losing weight and eating healthier. Focusing on nutrition can start with meal planning and healthy protein options like turkey.

Protein is essential to a wholesome, balanced diet, and turkey is an excellent source of protein. Turkey is also low in fat and perfect in many healthy recipes. Honeysuckle White offers a variety of turkey options - from ground turkey, to cutlets, breast strips,

ready-to-cook meatballs and more. The brand works exclusively with independent family farmers in the U.S. to raise turkeys with care and without growth-promoting antibiotics.

Skinless turkey breast is one of the leanest meats available and is considered a superfood by the American Heart Association. A boneless four-ounce serving of turkey contains 26 grams of protein - 12 percent more protein than the same size serving of boneless chicken breast - and only about one gram of fat plus zero grams of saturated fat.

Turkey has much more to offer beyond protein. According to the USDA's nutrition database, turkey typically has fewer calories and less cholesterol than other proteins, and is rich

in all the B vitamins, especially B6 and B12, which help the body convert food into energy. Turkey also provides an abundance of minerals, including immune-boosting zinc, selenium and iron.

Family farm-raised ground turkey is a great choice for families who want to eat better, and it is excellent for chili, tacos, fajitas and turkey burgers. With 28 grams of protein and only one gram of fat per serving, 99 percent fat-free ground turkey breast provides a great foundation for a wholesome entrée. For families on the go, con-

venient, oven-ready turkey meatloaf is a versatile option that is perfect for busy schedules.

Achieving balanced, wholesome meals only takes a few simple steps. Smart shoppers plan meals before heading to the store and stick to the outside perimeter of the store to purchase fresh ingredients including vegetables, fruit and lean meats. While shopping, be sure to read

the nutrition labels to know what you are feeding your family.

Another benefit of laying out your shopping routine and planning meals is saving time and money. This budget-friendly approach will eliminate extra trips out to eat and can inspire new creations in the kitchen. Throughout the week you can have fun with your family, building new meals to put a variety of flavors

on the dinner table.

Working toward a healthier lifestyle does not have to be a drastic overhaul. Making small strides, including planning meals and shopping trips, will lead to smarter food choices. With a mix of lean proteins and fresh produce in the kitchen, you can deliver well-rounded and healthy meals for your whole family in the new year.



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