

# RICE: "The Peaceful Transfer of Power," p. 2

FREE



## About COVID & Surgery, p. 8

"C.E. Briggs," p. 3

*"In the End, we will remember not the words of our enemies, but the silence of our friends."*

- Martin Luther King, Jr.



Friday

January 15, 2021

Vol. 7, No. 18

ValleyWeeklyllc.com

## Foundation Matriarch Dies

The Tennessee Valley community is mourning the recent death of a matriarch of a noted local foundation.

Edna Fails served as an administrator for the lauded Kimberly Fails Jones Memorial Foundation, Inc., an organization named for her late daughter, who succumbed to breast cancer.

A native of Greenville, Ala., and graduate of Greenville Training School, Fails completed requirements for a degree in home economics in 1970 at Alabama A&M University, where she also minored in early childhood education. Subsequently, she served as a kindergarten teacher for more than 30 years (1978-2009) for Huntsville City Schools, primarily at Davis Hills Elementary School and West Mastin Lake (now James I. Dawson) Elementary School.

A proud member of Zeta Phi Beta Sorority, Inc., and the National Coalition of 100 Black Women, Fails was an active member of First Missionary Baptist Church, and she ably assisted her husband as vice president of the Kimberly Fails Jones Memorial Foundation.



## HMA to Feature Works of Printmaker, Sculptor

The works of mid-career printmaker and sculptor Althea Murphy-Price from University of Tennessee-Knoxville explore the links between individuality and assimilation, and will be on display at the Huntsville Museum of Art.

A Spelman College, Purdue and Temple graduate, Murphy-Price often manipulates manufactured synthetic and human hair, emphasizing its role as embellishment, as well as its ability to signify racial identity. She uses both hair and hair accessories to create prints and sculptural installations, including signature Hair Rugs which are created by dusting synthetic hair over lace overlays to create striking carpet-like patterns.

The Huntsville Museum of Art will host a lecture and preview reception on Friday, January 15, from 6 p.m. - 8:30 p.m., hosted by HMA Black History Month committee.

## 'Dry Firing' Course Scheduled

Bishop 30 Solutions and Bullet and Barrel are hosting a 'Dry Fire' course (\$100) on Saturday, January 23 at 10 a.m., and Sunday, February 7, at 3 p.m.

The two-hour course will be offered at Bullet and Barrel, located at 3252 Leeman Ferry Road in Huntsville, Ala.

Dry firing is considered one of the best ways to build skills, improve accuracy, and build muscle memory to make a person a more proficient shooter.

This course covers different dry firing techniques that participants can do at home without firing a shot. Instructors train on accuracy shooting both strong hand and weak hand, presentation from the holster, magazine changes, timed drills, and more. Dummy (practice) rounds will be provided, and ladies only sessions will be available.

For additional information, contact Bullet & Barrel, located at 3252 Leeman Ferry Road, Huntsville, Ala.; visit [www.BulletandBarrel.com](http://www.BulletandBarrel.com); or call (256) 384-4867.



ROSE OF SHARON Soup Kitchen "A Haven of Hope" has announced a grand opening on Saturday, January 23, at 11 a.m. at 723 Arcadia Circle NW, Huntsville, Ala. For additional information, visit <https://roseofsharonsoupkitchen.org>.

## Migration Study Places Huntsville Among Nation's Top 5 'Move-to' Cities

The Rocket City is ranked No. 4 among the top cities in the nation that people are moving to, according to the 2020 United Van Lines National Migration Study.

At the top of the list at No. 1 is Wilmington, N.C.; 2) Sarasota-Bradenton, Fla.; 3) Boise, Idaho, with Fort Myers-Cape Coral, Fla., rounding out the Top 5. Seventy percent (70%) of all moving shipments were to Huntsville, while 30 percent of individuals using shipping services were moving away from Huntsville.

In terms of cities from

which people are leaving in droves, tied for No.1 are Nassau-Suffolk, N.Y., and Bergen-Passaic, N.J. (81% of movers moving away)

These cities are followed by Trenton, N.J. (76%); New York City, (72%); Newark, N.J. (76%); and Chicago, Ill. (See main story, p. 6)

The Valley Weekly  
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# Called 2 Preach

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

## "The Peaceful Transfer of Power"

2 Corinthians 12:7-10

In recent days we have heard this phrase spoken in perpetuity.

It has to do with one of the hallmarks of democracy in America, where the current administration transfers its power over to the new one. The transition time is spent getting the necessary access to current information that is meant to

make that transfer of power as *peaceful* as possible.

We are witnessing in our day, a kind of ridiculous and reckless reluctance that has national security implications, led to an increase in deaths from the pandemic, and a host of other issues.

As it is in the natural, so it is in the spiritual. It is necessary that believers learn to "release" power or



"control" over their lives so that there can be a *peaceful transfer of power* from God to their lives.

Unfortunately, like the present occupant of

the White House, there is sometimes reluctance to, as Peterson says in The Message Bible translation, "let Christ take over."

What we can learn from Paul is how to come to that decision sooner than later. We can also learn how God purposely uses pain to get His children to that place of realizing that it is "when they are weak," that



is, when they acknowledge that weakness, that Jesus transfers His power over to the confessing and submitted saint.

Paul put it this way, "That's why I take pleasure in my weakness...For when I am weak, *then* I am strong.

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Spotlight on Our Elders ... Featuring

## Mr. Charles E. Briggs

Charles E. Briggs, Sr., is a retired educator who enjoyed a productive career at Kentucky State University and in the Decatur and Huntsville City School Systems.

Briggs held positions ranging from classroom teacher to vocational coordinator and assistant principal of Lakeside High School in Decatur, Alabama. He earned his bachelor's and master's degree in trade and industrial education from Alabama A&M University.

After retirement, Briggs served as a weatherization coordinator for the Huntsville/Madison and Limestone Counties Community Action Agency.

He is a member of the

First Missionary Baptist Church, where he has served as director of the male chorus. He still sings in the male chorus and other choirs.

Briggs gallantly served his country and is a proud veteran of the United States Army. His community service, however, involves active membership in the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., and the R.E. Nelms Elks Lodge #977.

He has also served as the Grand Deputy Inspector General State of Alabama

and Worshipful Master of the Smith Grand Council of the Ancient and Scottish Rite Masons.

Briggs is a 2014 inductee into the Rosetta James Foundation Elders.



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**JANUARY 15 - MARTIN LUTHER KING, JR. - Internationally known American civil rights leader. Born in Atlanta, Ga., the slain martyr (1968) developed his leadership skills from the pulpit in Montgomery, Ala., where he and others led the Montgomery bus boycott. - BlackinTime.info**



# 5 Tips for Starting Your Own Business

(BPT) - There's no doubt the pandemic has hit small businesses hard. Even in its early weeks, February to April 2020, the number of active businesses plummeted by 22%, according to a report from the National Bureau of Economic Research. And unfortunately, the consequences of the early shutdowns impacted minority-owned businesses even harder, with Black-owned businesses seeing a 41% drop, Latinx businesses 32%, Asian businesses 26% and women-owned businesses 25%.

Does that bad news mean that now is the wrong time to consider starting a new business? Not necessarily. Opportunities exist for small businesses today, including support and funding for start-ups - and especially for minority business owners.

If you want to start a small business, here are steps to get you started.

## 1. Do your research

First, make sure you understand the current market for your business. This step is crucial to turn an idea into a full-fledged business plan.

Ask questions like:

- \* Is this product or service in demand right now?
- \* Are there similar products and services out there, and are they succeeding?
- \* Can this product or service be delivered safely for employees and customers?
- \* Could the business support rapid growth if it really took off?

Ask other business owners about their challenges and rewards to explore whether this is a good option for you. Use market analysis tools recommended by resources such as the Small Business Administration (SBA) to get to know the market for your business.

## 2. Write a business plan

No business can find funding, investors or partners without a solid business plan. Learn-



ing to write a comprehensive plan also forces you to fully think through every aspect of your proposed idea. The SBA is a great resource to research types of business plans.

Enlist the help of other business owners during the process if you can to understand how their plans helped them and what to avoid.

## 3. Fund your business

Every business needs capital to get started. Your business plan's financial section should provide a clear idea of the capital you need to launch. Most businesses rely on multiple financial sources, including:

- \* Personal funds
- \* Bank loans or personal loans
- \* Investors
- \* Crowdfunding

SBA loans can be a good option. For example, Huntington Lift Local Business is a small-business lending program focused on serving minority-, women- and veteran-owned businesses. Huntington is a top SBA 7(a) lender that has developed creative lending options and other features to help bring relief, recovery and growth to small businesses across the Midwest.

With Huntington's program, businesses can secure SBA-guaranteed loans from \$1,000 and up to \$150,000 with:

- \* Zero origination fees

- \* SBA fees paid by Huntington
- \* Lower credit score requirements
- \* Free financial education courses
- \* Checking accounts with 24-Hour Grace overdraft fee relief, and service fee waived for 36 months
- \* Flexible, longer-term repayment options

"The economic uncertainty sparked by the pandemic has highlighted the need for increased financial opportunity for everyone starting or sustaining their small businesses," said Huntington's SBA program director, Maggie Ference. "Everyone deserves a shot at success, and our program delivers a new solution to customers when they need it most, whether for a startup or an established business looking to grow."

## 4. Develop a marketing plan

Creating a brand identity and communicating it well is crucial to success. Consider hiring or contracting marketing services to help you choose your business name, create a logo, build your website and develop a strategic marketing plan to get the word out about your business.

## 5. Take care of business

Dotting the Is and crossing the Ts is necessary for any business. Details include choosing your business location and registering your business, applying for all the required licenses and permits, including federal and state tax IDs - plus opening your business bank account. Also, consulting an accountant with experience helping small businesses can ensure you have your business and financial ducks in a row.

Starting a small business is a daunting challenge, but it can also be a rewarding opportunity. Taking the time to fully explore and utilize all the resources at your disposal can help ensure that your new business will be a success.

# Champion Game Plan for Life

by Preston Brown

## PASSION LEADS TO PURPOSE

In Psalms 51:10, David writes: "Create in me a pure heart and renew a steadfast spirit in me."

Do you still have passion for what God has called you to do? No matter what your position is, we all need passion. If you have a real passion for something, you will continue to do it no matter what your circumstances may be. Passion will lead you to your purpose. Now, even the best can lose their passion if they don't practice the purpose that God has for their life. For example, when David ran to the battle lines to defeat the mighty Goliath, he had passion and purpose. But a decade later, when

he was in the "palace," he had lost his passion. Remember, the bible tells us in 2 Samuel 11, when kings normally go off to war, David stayed home and while he was at home he got in trouble with Bathsheba, thereby losing the purpose for which he was created. So after going through all of that drama, David needed his passion back. So, when David wrote the 51st psalm, he was saying, *I had a pure passion when I first started, but now I've allowed some things to come into my life that have taken my passion away*



and affected the purpose that God has for my life. Do you know anyone like this?

This year we need to realize that we may have to walk away from some things to get our passion back and rediscover the purpose that God has for our lives ... Stay encouraged, my brothers and sisters and stay safe!

Make sure you purchase your copy of my book, "A Champion Game Plan For Life," because I believe that it will be a game changer for your life!! Visit [amazon.com](http://amazon.com).



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# Tennessee Valley Calendar of Events

## January 14

Winter Plant Defenses | Nature Academy  
*Plants, with or without leaves, can become a source of food for animals looking for a meal in the winter months. Just like animals, plants have ways to protect themselves.*

Huntsville Botanical Garden, 12-2 p.m.

## January 15

Martin Luther King, Jr. Birthday

Preview Reception for Althea Murphy-Price  
Huntsville Museum of Art  
Huntsville, Ala.

Huntsville Havoc vs. Knoxville  
Von Braun Propst Arena  
7-9 p.m.

## January 15-17

The Boat Show  
Friday: Noon-9 p.m.  
Saturday: 10 a.m.-9 p.m.  
Sunday: 11 a.m.-5 p.m.  
South Hall

Von Braun Center  
Huntsville, Ala.

## January 16

Step Back in Time  
Burritt on the Mountain  
[burrittonthemountain.com](http://burrittonthemountain.com)  
Huntsville, Ala., 1:30 p.m.

## January 17

Step Back in Time  
Burritt on the Mountain  
[burrittonthemountain.com](http://burrittonthemountain.com)  
Huntsville, Ala.  
1:30-2:30 p.m.

## January 18

Martin Luther King, Jr. Day Observance

26th Anniversary of the Day of Service

## January 19

2021 Virtual Practical Beekeeping Course  
<https://www.eventbrite.com/e/2021-virtual-practical-beekeeping-course-tickets-124860259397>  
Huntsville, Ala.  
6:30-8 p.m.

The Legume Room Comedy Open Mic  
Salty Nut Brewery (R-rated)  
Huntsville, Ala.

## Virtual MLK Unity Breakfast Set

The Delta Theta Lambda Education Foundation of Alpha Phi Alpha Fraternity, Inc. will host a virtual **Dr. Martin Luther King, Jr. Unity Breakfast** on Monday, January 18, 2021, starting at 8 a.m. CST. This marks the Foundation's 36<sup>th</sup> year of hosting the event and the keynote speaker will be **Reverend Dr. Otis Moss III**. Rev. Moss is the senior pastor of Trinity United Church of Christ in Chicago, Ill. He has spent the last two decades practicing and preaching a Black theology that unapologetically calls attention to the problems of mass incarceration, environmental justice and economic inequality.

Proceeds from the Unity Breakfast are used solely by the Delta Theta Lambda Education Foundation to aid students in their pursuit of academic excellence through the awarding of scholarships, mentoring, tutoring and the administration of leadership training.

Viewing logistics for the virtual program will be provided soon or visit [www.dtlalpha.org](http://www.dtlalpha.org).

groups across the state.

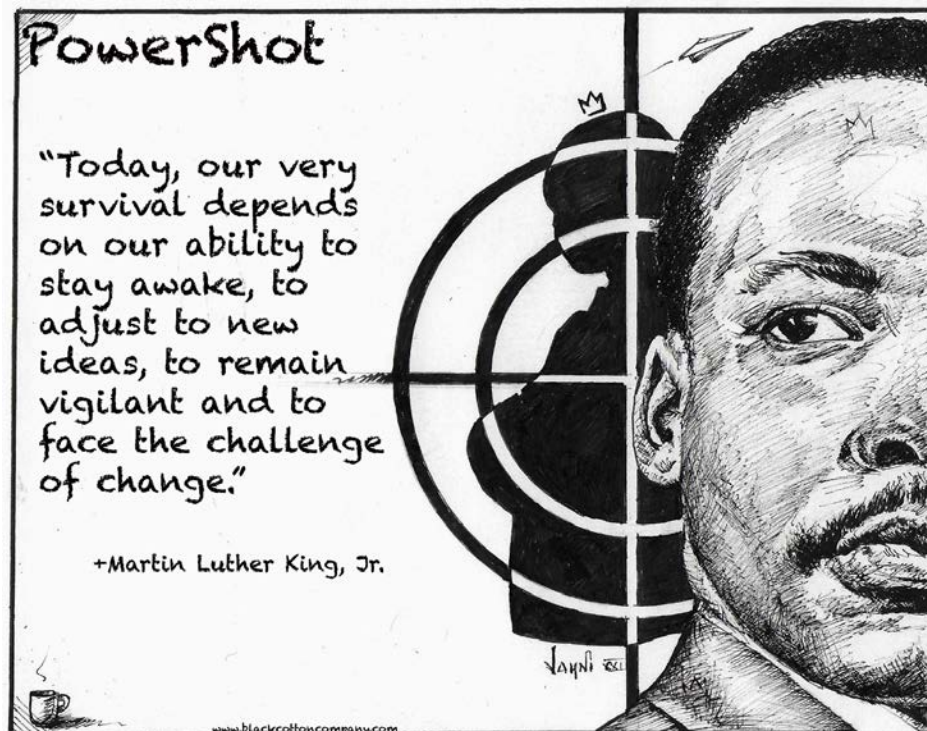
Participants will be able to explore the issues and movements with leading environmental activists and professionals, filmmakers and celebrities. The activity is being hosted by Cahaba Riverkeeper and Energy Alabama.

To participate in the online event, please visit: <https://qudio.com/event/AlabamaRivers>

## Wild & Scenic Film Festival Set

Hosted by ARA, Energy Alabama, Waterkeepers Alabama and Flint River Conservation Association, the Wild & Scenic Film Festival is set for Thursday, January 28, from 6-8 p.m.

While organizers would prefer to gather in person, participants can still gather on couches to share a night of film together and learn more about how to support the work of environmental



*"The shame is in not improving when you have the opportunity!"* - Bebe Moore Campbell

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Editor-in-Chief

Dorothy W. Huston, Ph.D.

Editorial Consultant/

Senior Editor

Jerome Saintjones, Ed.S.

Editorial Assistants

Linda Burruss

Phyllis Chunn

William Huston, Sr.

Gary T. Whitley, Jr.

Advertising Associate

Phyllis Chunn

- Contributing Editors -

tim allston

Lamar A. Braxton, Jr.

Minister Preston Brown

Ron Hamm

Pastor Michael D. Rice

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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Graveside service for MRS. CORA B. SLEDGE (b. 1922) was held Thursday, January 14, at Valhalla Memory Gardens with Pastor Endia J. Scruggs officiating.

Graveside service for MRS. ALICE RUTH LOVELADY DORTCH (b. 1950) was held Tuesday, January 12, at the Berkley Community Cemetery with Pastor Johnny Jones officiating.

Funeral service for MR. RICHARD BISHOP (b. 1953) was held Sunday, January 10, in the Nelms Memorial Funeral Home Chapel with Minister Angie Bishop officiating.

Graveside service for MS. SIRLEAN L. BATTLE (b. 1940) was held Saturday, January 9, at Valhalla Memory Gardens with Pastor Ricky Sykes officiating.

Public viewing for MR. TERRY T. MORRIS (b. 1966) was held Friday, January 8, and Saturday, January 9.

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Funeral service for MRS. LINDA JEAN GERTMAN (b. 1953) will be held 1 p.m., Sunday, January 17, at the Royal Chapel of Memories.

Graveside service for REV. DR. WILLIE B. FRANKLIN (b. 1940) will be held Friday, January 15, at Meadowlawn Garden of Peace with Pastor Michael Jones officiating.

Funeral service for MISS JASMINE MARIE HINDS (b. 1994) was held Sunday, January 10, at the Royal Chapel of Memories with Reverend Wright Lynwood officiating.

Graveside service for MRS. EVELYN McDONALD TOLLIVER (b. 1938) was held Sunday, January 10, at the Pinehaven Memorial Gardens (28615 US-72, Hollywood, Ala.) with Brother Andre' Massingale officiating.

Graveside service for MR. WILLIAM ANDY ANDREWS (b. 1943) was held Saturday, January 9, at Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.) with Pastor Maurice Childress officiating.

SERENITY FUNERAL HOME - 2505 University Drive  
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Funeral services will be announced at a later date for ANNIE JEFFERSON (b. 1940), MATTIE LORENE PERRY (b. 1950) and HELEN LOUISE TURNER (b. 1949).



## COVID-19 Assistance

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Alabama Department of Labor

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[labor.alabama.gov](http://labor.alabama.gov)

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### LATEST COVID-19 INFORMATION

Alabama Department of Public Health

[www.alabamapublichealth.gov](http://www.alabamapublichealth.gov)

Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)

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<https://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/>

# Moving Company Reveals Places People Are Moving to ... and Leaving

United Van Lines recently released its 44th Annual National Migration Study. In 2020, Americans continued to move westbound and southbound, with the COVID-19 pandemic factoring into many of those decisions.

According to the study, which tracks the company's exclusive data for customers' 2020 state-to-state migration patterns, Idaho was the state with the highest percentage of inbound migration (70%) among states experiencing more than 250 moves with United Van Lines for the second consecutive year. Topping the list of outbound locations was New Jersey (70% outbound), which has held the spot for the past three years.

Among the top inbound states were South Carolina (64%), Oregon (63%), South Dakota (62%) and Arizona (62%), while New York (67%), Illinois (67%), Connecticut (63%) and California (59%) were among the states experiencing the largest exoduses. Alabama

was listed among the top 10 *inbound* states at No. 8 with a percentage of 60.

United Van Lines also conducts a survey examining the reasons behind Americans' migration patterns as a companion to the study's findings. This year's survey results indicated 40%

of Americans who moved did so for a new job or job transfer (down from prior years), and more than one in four (27%) moved to be closer to family (which is significantly up over prior years).

Data from March to October 2020 also revealed the COVID-19 pandemic influenced Americans' decisions to move. For customers who cited COVID-19 as an influence on their move in 2020, the top reasons associated with COVID-19 were concerns for personal and family health and wellbeing (60%); desires to be closer to family (59%); 57% moved due to changes in employment status or work arrangement (including the ability to work remotely); and 53%

desired a lifestyle change or improvement of quality of life.

In Alabama, inbound movers accounted for 60 percent of all moves in 2020. Outbound moves stood at around 40 percent.

Jobs (46.72 %) topped the reasons persons moved into the state. But for people leaving the Heart of Dixie, jobs were also the key reason to leave at 67%. Second on the list for reasons people moved to Alabama in 2020 pertained to family reasons, and third on the list was a group that wanted to retire in Alabama (21 percent).

The largest share by age of people moving into the state fell upon those movers who were ages 55 to 64. Middle-aged people 45 to 54 represented the highest group (27%) to call it quits, followed by the age category of 55 to 65 at 22% and the over-65 group at 21 percent.

In terms of youthful brain drain, there may be some good news, as more people ages 18 to 34 seem to be moving into the state than leaving it, 16% coming vs. 13% leaving.

- Excerpts from United Van Lines Movers Study




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**A New Generation Of Service**



Perspectives on  
**God Views**  
+  
**Current News**  
by tim allston

## A Danger of an Unruly Four Years

*"Train up a child in the way he should go, and when he is old, he will not depart from it" - Proverbs 22:6.*

In this text, Solomon offered that respectful, well-mannered adults come from the early consistent training and discipline applied to young children.

Last week's failed coup d'état at the U.S. Capitol showed the results of when the lack of training and discipline happen.

The coup's leader Trump mirrored precisely the antics of, say, the undisciplined four-year-old child cited in a recent Facebook post by a friend Duane Hamilton:

"You could hear his screams from the other side of Walmart. To my dismay, they were getting closer. Finally, they came into view.

"He was about four years old, screaming at the top of his lungs, being carted about by a poor bedraggled mother. This went on several minutes, 'til finally, I'd had enough.

"Ma'am, if you don't take this child out of here, I'm probably going to jail because I'm gonna spank him."

"Only four years of no discipline. Four years of no accountability. . . .

"But I see a chilling parallel. For four years, Daddy Mitch and Mommy Republican Party have ignored the screaming tantrums of '45.'

"For four years, they've ignored or excused base, dangerous lies. For four years, they've watched him incite his base and said nothing.

"For four years, they've excused his laziness and incompetence. For four years, they've abetted his flouting of the rule of law. . . ."

... And three months ago, 81 million Americans said "no more four years," voted out the unruly child!

Too often, you and I encounter and grieve such unruliness in our homes, workplaces, and churches.

While we think we can't solve immature behaviors in our places of work and worship, we can and should at least speak up and condemn such in a timely and appropriate way.

But such corrections and connections begin in the home.

Therefore, train and discipline Your House, as though you're preparing them for the White House.

*tim allston is the author of the printed/digital/audiobook, The U.S. Coronavirus Crisis and the Rise of the "Silver-Mettle" Leaders, available now at <https://amzn.to/3cx1koV>.*





# Washington in One Minute



Here are the happenings in Washington, D.C., this week:

1. **ON THE FLOOR.** On Monday, House Speaker Pelosi used a previously-scheduled pro forma session of the House to seek a unanimous consent (UC) agreement on a resolution authored by Rep. Jamie Raskin (D-MD) that called on the Vice President to convene and mobilize the Cabinet to activate the 25th Amendment to declare the President incapable of executing the duties of his office, after which the Vice President would immediately exercise powers as acting President.

If the UC failed on Monday, the Speaker would bring it up for a vote again Tuesday, calling the House back to Washington. Following this, the Speaker would offer a privileged resolution containing Articles of Impeachment to charge President Trump with abuse of power, stating he “willfully made statements that encouraged — and foreseeably resulted in — im-

minent lawless action at the Capitol.”

According to House Majority Whip James Clyburn (D-SC), the House may wait a few months to submit the Articles of Impeachment to the Senate to allow Congress to focus on President-elect Biden's 100-Days agenda. At this time, the Senate is not expected to be in session this week and is not scheduled to reconvene until Jan. 19.

2. **BIDEN TRANSITION NEWS.** On Monday morning, President-elect Biden announced that he would nominate William Burns to be CIA Director, which was the final major nominee to be announced for the Biden/Harris Administration. Last Thursday, Congress officially certified President-elect Biden and Vice President-elect Harris' Electoral College victory, after authorities cleared the Capitol of rioters who had seized the House and Senate chambers.

Members of the House and Senate debated past 3:00 a.m.

on objections to the election results from Arizona and Pennsylvania and, although both objections failed, more than 100 of the 209 House Republicans (121 on the Arizona vote and 138 on the Pennsylvania vote) voted “yes” to disapprove the election results from those 2 states.

In the Senate, there were 6 GOP Senators objecting to the Arizona certification and 7 to the Pennsylvania results. Last week, the Biden/Harris team announced the following administration nominees:

Rhode Island Governor Gina Raimondo, Secretary of Commerce;  
Don Graves, Deputy Secretary of Commerce  
Boston Mayor Marty Walsh, Secretary of Labor;  
Isabel Guzman, Small Business Administrator;  
Judge Merrick Garland, Attorney General;  
Lisa Monaco, Deputy Attorney General;  
Vanita Gupta, Associate Attorney General; and  
Kristen Clarke, Assistant Attorney General for the Civil Rights Division.

3. **GEORGIA ELECTION RESULTS.** Last Tuesday, Democrats Raphael Warnock and Jon Ossoff swept the two runoff elections for U.S. Senate, handing Democrats control of the Senate for the first time since 2014. The Senate will be split evenly 50 Rs to 50 Ds with Vice President Harris casting any tiebreaking votes.

The two Georgia Senators will be sworn in as soon as their election is officially certified by the Georgia Secretary of State, who has until January 22 to do so.

4. **RESPONSE TO CAPITOL RIOT.** Last Wednesday afternoon, while the riot was still in progress, the GOP-leaning National Association of Manufacturers, the nation's largest manufacturing industrial trade association with 14,000 member companies, issued a statement condemning the insurrection at the Capitol and calling on Vice President Pence to immediately invoke the 25th Amendment to remove President Trump from office.

Last Friday, health insurance giant Blue Cross Blue Shield Association announced it would suspend its donations to all lawmakers who opposed the Electoral College count after rioters stormed the Capitol building. On Sunday, Mar-

riott Corporation, the largest hotel chain in the world, announced it would suspend campaign donations to the 8 GOP senators who objected to certifying President-elect Biden's electoral victory in Arizona and Pennsylvania: Sens. Cruz (R-TX), Hawley (R-MO), Hyde-Smith (R-MS), Kennedy (R-LA), Lummis (R-WY), Marshall (R-KS), Scott (R-FL) and Tuberville (R-AL) – note: not all 8 Senators voted the same way in each of the two separate votes.

5. **NEW POLLING ON RIOT.** According to an ABC News/Ipsos poll released Sunday, 56% of respondents said that President Trump should be removed from office before his term ends on Jan. 20.

Some 67% said that the President deserves a “good amount” of the blame for the riot in Washington, D.C. last week (although 61% of Republicans believe the President did nothing wrong and a

third believe it isn't worth the effort to remove him). The poll was conducted January 8-9, 2021, of 570 adults and has a margin of error of +4.7%.

6. **NEW CLIENT.** Hamm Consulting Group is happy to announce its partnership with the firm of Becker and Poliakoff to provide Washington representation to the County of Hennepin, Minnesota, home to the City of Minneapolis.

Ron Hamm  
Hamm Consulting Group  
400 North Capitol Street, NW  
Suite 585  
Washington, DC 20001  
T: 202-596-8384  
rhamm@hammconsulting.com  
www.hammconsulting.com



## Ivory W. Reedus, LUTCF

Agent

AL #A-058076

### New York Life Insurance Company

200 Clinton Avenue, Suite 600

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**To learn more contact us:**

Lori A. Womack, CPA/PFS, CFP®

Managing Member

[lwomack@womackassociatesllc.com](mailto:lwomack@womackassociatesllc.com)

4650 Whitesburg Dr S, Suite 101

Huntsville, Alabama 35802

256-534-1360



## Faith Initiative Scholarship Available

FAITH Initiative, Incorporated, a 501c3 nonprofit established by Fellowship Presbyterian Church USA, announces the annual scholarships to be awarded *Spring 2021*. The scholarships are open to deserving students from the Tennessee Valley who have been accepted to an accredited university or technical school and who demonstrate the potential to become a productive member of the community.



area high school counselors and local churches. Students selected from the Tennessee Valley will be informed by letter, and the formal announcement will be made at the Annual

Fundraising Event of the organization scheduled for *Spring 2021*. Due to the current COVID 19, this event may be virtual. Successful applicants are expected to participate.

Scholarship applications may be obtained from FAITH Initiative organization at [faithinitiativenonprofit@gmail.com](mailto:faithinitiativenonprofit@gmail.com) or call 256-714-9399. Applications must be received not later than *March 19, 2021*.

## What to Know Before Having Joint Replacement Surgery During These COVID-19 Times

(BPT) - If you're suffering from joint pain and considering a joint replacement, you're not alone. Chronic, debilitating pain that requires joint replacement affects nearly one in four adults in the United States, according to the U.S. Bone and Joint Initiative. But unfortunately, many people wait years to move forward with surgery, enduring significant pain and negatively impacting their lives.

This delay has worsened in the current climate of stress and fear of infection during the COVID-19 pandemic. In fact, 48% of people reported they postponed elective joint replacement surgery due to fears and concerns stemming from COVID-19, according to a recent U.S. survey of 1,200 people comprised of joint replacement patients, candidates and their caregivers, conducted by Wakefield Research and commissioned by a leading medical device company Zimmer Biomet. Informed by the results of this survey, Zimmer Biomet recently launched Don't Let Pain Gain on You, an educational resource aimed at informing and empowering those living with joint pain to make informed decisions about joint replacement surgery in partnership with their healthcare professional.

Although joint replacement is typically considered an elective surgery, it is an important tool in restoring people's mobility and helping to enhance their quality of life. If you are considering joint replacement surgery and feeling hesitant during the COVID-19 pandemic, here are five things to consider:

**1. Quality of life.** Relief from debilitating pain is the number one benefit of joint replacement surgery. "Unfortunately, I have many patients who are suffering greatly from joint pain but have canceled or delayed their planned



joint replacement procedures due to concerns stemming from COVID-19," says Dr. Mark Klaassen,\* orthopedic surgeon. "While this concern is understandable, it becomes a quality-of-life issue."

Discussing all potential benefits and risks with your own doctor to determine the right time for you is important. Expectations and achievable level of pain-relief and mobility can vary depending on your specific pre-operative condition and activity level.

**2. Talk to your healthcare professional about an outpatient procedure and digital health platforms.** Ask your surgeon about your potential to have an outpatient surgical procedure so that you may be able to be discharged on the same day of surgery and recover at home instead of spending additional time in the hospital - which may be particularly appealing during the pandemic. Additionally, you can ask your healthcare professional about technological innovations in joint replacement surgery such as robotics and digital health platforms that are available in some locations, for appropriate patients. One such option is mymobility® with Apple Watch\*\*\* from Zimmer Biomet, a first-of-its-kind remote care management system that uses iPhone® and Apple Watch to facilitate a new level of connection between patients and

their surgical care teams that is also intended to help minimize the need for unnecessary physical touchpoints.

**3. Understand the safety protocols in place to help minimize exposure to COVID-19.** If you are concerned about your safety at this time, it is important to realize that there are state-mandated protocols and guidance in place to help reduce the risk of COVID-19 exposure. According to Dr. Klaassen, "Hospitals and surgery centers across the country are typically utilizing extremely stringent policies and procedures to help keep people safe."

Becky D., a mother and grandmother from Warsaw, Ind., and a patient of Dr. Klaassen's, recently underwent two separate joint replacement procedures, in the middle of COVID-19-the first, in March 2020, was a total knee replacement and the second, in June 2020, was a partial knee replacement.

**4. Consider your caregivers.** For many people suffering from severe joint pain, family members and caregivers are often a critical part of the process, so don't forget to consider the impact that continuing to delay your joint replacement surgery could have on them. Data shows that caregivers of people with joint pain can face a decrease in their quality of life and an increase in stress as they

bear added responsibilities or household duties.

In fact, according to Zimmer Biomet's survey, 56% of caregivers wished their loved one would move forward with surgery more quickly even during the pandemic in order to relieve their physical pain and the negative impact on quality of life. While caregiver responsibilities may increase during your recovery, completing your surgery might not only help you get back on your feet but also help relieve your caregivers of extra burdens.

**5. Delaying joint replacement surgery can lead to additional pain.** Zimmer Biomet's survey also found that those who have postponed their elective joint replacement surgery due to COVID-19 related concerns report that their daily lives have been impacted, citing increases in pain (71%), mobility changes (58%), and worsening sleep (36%).[2] Talk to your surgeon about what's right for you. Whether you've put off your joint replacement surgery or haven't yet scheduled, now may be the time to take action to resolve your joint pain, so you can get back to enjoying your daily life.

If you have chronic, debilitating joint pain, consider taking action to address it. For more information, visit [DontLetPainGain.com](http://DontLetPainGain.com).

To learn more about Zimmer Biomet products such as ROSA Robotics and mymobility with Apple Watch, visit [www.zimmerbiomet.com](http://www.zimmerbiomet.com).

Results are not necessarily typical, indicative, or representative of all recipient patients. Results will vary due to health, weight, activity and other variables. Not all patients are candidates for this product and/or procedure. smartphone deemed appropriate for remote care.

## Want to Do Something Positive?

Participate in a Black History Month Online Celebration:

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"The Rebirth of Making Mary"  
- COVER REVEAL

Sign up ...

<https://docs.google.com/forms/d/e/1FAIpQLSddNee90nU7aT0Ebq7lQXkiXcCbMjY3RCAJzZdNDLqQelfSdeQ/viewform>

HIDDEN PRINCESS

Infomercial  
(Please Watch  
and Share!!!)

[https://www.youtube.com/watch?v=8HqBjs8e-GMM&feature=emb\\_logo](https://www.youtube.com/watch?v=8HqBjs8e-GMM&feature=emb_logo)

## Huntsville Council Meetings



Huntsville City Council Regular Meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 5:30 p.m., Downtown Huntsville.

Watch the meetings live via [HuntsvilleAL.gov/HSVTV](http://HuntsvilleAL.gov/HSVTV) or on the City of Huntsville Facebook page (@huntsvillecity).

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