

Depression Among 'Super Women' - p. 7

FREE

Tax Season Cometh! - p. 6

Friday
February 10, 2023
Vol. 9, No. 23
ValleyWeeklyllc.com



"Things of value seldom are safe." - Toni Morrison

AKAs Bringing Regional to Huntsville

The 91st South Eastern Regional Conference (SERC) will be held in Huntsville, Ala., February 22-26. The region encompasses the states of Alabama, Mississippi and Tennessee, including more than 116 undergraduate and graduate chapters and over 12,000 active

members dedicated to the organization's mission.

Alpha Kappa Alpha Sorority, Incorporated® is the first Greek-lettered organization organized by and for college-educated African American women. South Eastern Region is excited to magnify and accelerate the

international programs of service encompassed in the "Envision" theme of Alpha Kappa Alpha, Sorority's International President Danette Anthony Reed.

This focus amplifies and continues South Eastern's legacy of providing exemplary service to all mankind.

Through the collective efforts of its members, SERC will implement programs of service that will transform, magnify, and accelerate communities and campuses.

Dr. Tracey Morant Adams serves as SERC director.

BHM Lecture Series at Athens

In observance of Black History Month, the Coleman Center for Religion Leadership and Culture at Athens State University will hold a special lecture on February 9, 16, 21, and 23.

Dr. Eric Betts will present "Africa and Early Christian Thought" (2 parts) and "Introduction to African Religions" (2 parts) via Zoom at 6 p.m.--part of the Black History Lecture Series.

Betts has taught and led classes, conferences and seminars

on ethics in leadership, personal development, conflict management, church history, strengths-based leadership and family Systems.

eric.betts@my.athens.edu



WJAB-TV Interns LA-Bound

Two communications media majors at Alabama A&M University are looking forward to participating in a unique internship program in Los Angeles this summer.

Morgan Marshall and Karstin Matthews have served as WJAB-TV interns since fall 2022. The two are part of the HBCU In LA summer internship program. HBCU In LA is a development initiative and



the first Los Angeles-based program of its kind to provide HBCU students an opportunity to join a 10-week paid internship with major

studios, networks and talent agencies.

Both students are skilled in the areas of camera operations, editing, lighting, on air operations, writing, digital content and on-air operations, said Latoyia Clemons, WJAB-TV program manager. "Their work includes news stories on the AAMU FrontPage, Everyday Is Wednesday, WJAB-TV On Location and University-

streamed programs."

During their time at WJAB-TV, they have had the opportunity serve as a reporter (Marshall) and photographer (Matthews) while interviewing gospel artist Tye Tribbett, R&B singer Vivian Green, actor Marc John Jefferies and rapper Chuck D.

Matthew and Marshall are advised by Clemons, Bobby Jones and Semaj Robinson.

Local Chapters to Host Statewide Gathering

The Alabama State Cluster of Delta Sigma Theta Sorority, Incorporated, a three-day statewide event, will take place March 10-12, 2023, at the Von Braun Center in Huntsville, AL. Hosted

by local chapters, Huntsville Alumnae, Central North Alabama Alumnae, Delta Delta (Alabama A&M University) and Omicron Gamma (University of Alabama in Huntsville) this event

will welcome over 1,200 members to the Rocket City. The State Cluster is designed to provide members with tools and information that will allow them to effectively lead, serve, and empower the

communities they serve. The theme for the 2023 Alabama State Cluster is appropriately titled "Homecoming," as the organization has not met in person for over three years.

Legacy Center Holding Mardi Gras Boule'

The Legacy Boule Mardi Gras Ball will be held on Tuesday, February 21, at 6:30 p.m. at Stovehouse - The Royal, 3414 Governors Drive SW, Huntsville, Ala. The celebratory event will

honor State Rep. Laura Hall, former Mayor Loretta Spencer, and Rev. Dr. Julius Scruggs. For additional information, call (256) 777-4224 or Morgan@LiveYourLegacyHere.com.



INSIDE THIS ISSUE!

- Washington in One Minute, Page 2
- Preston Brown's Champion Game Plan, Page 3
- "Jahni" Moore's PowerShots, Page 4
- Valley Events, Page 4
- tim allston: Perspectives, Page 5
- Millennial Moment, Page 5
- RJF Sponsors, Page 7

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Washington in One Minute



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

1. **CONGRESS.** The House and Senate are in session this week. The House will take up a pair of bills striking down recent legislation enacted in the District of Columbia that: (1) allows permanent residents who are not yet citizens to vote in local elections; and (2) eliminates mandatory minimum sentences for all offenses except first-degree murder and offers additional people serving time in prison the opportunity to petition a judge for early release. The House will also take up a bill to eliminate the requirement for foreign travelers to the U.S. to show proof of a Covid-19 vaccination. On Thursday at 9:30 a.m., the Senate Foreign Relations Committee will hold a hearing on China, at which the major focus will be on the recent downing by the U.S. of a Chinese surveillance balloon off the coast of South Carolina after it traversed the nation for a week (the House Financial Services Committee held a legislative hearing on Tuesday at 10 a.m. on the economic threat posed by China). Politico is reporting that the House GOP leadership is considering offering a non-binding resolution on the House floor on Tuesday criticizing the Biden Administration for its delayed action on shooting down the Chinese balloon.

2. **THE WHITE HOUSE.** On Tuesday at 9:00 p.m. EST, the President addressed a Joint Session of Congress for his annual State of the Union speech. On Wednesday, he traveled

to Madison, WI to discuss his economic plan and, on Thursday, he will be in Tampa, FL to discuss protecting and strengthening Medicare and Social Security and lowering health care costs. On Friday, he will host meetings with Brazilian President Luiz Inácio Lula da Silva at the White House. Also on Friday, the President will host a meeting at the White House with the nation's governors, who will be in Washington for the National Governors Association Winter Meeting on 9-11 Feb, and then will have them back at the White House on Saturday night for a black-tie dinner.

3. **SUPREME COURT.** The Supreme Court has no arguments scheduled until Feb. 21-22, when it will hear a pair of widely anticipated cases of whether Google and Twitter can be held liable for content (despite the general liability shield they enjoy under Section 230 of the Communications Decency Act of 1996) when their algorithms target users and recommend someone else's content. The cases are *Gonzalez v. Google* (Feb. 21) and *Twitter v. Taamneh* (Feb. 22). The next week, the court will hear back-to-back oral arguments on Feb. 28 in a pair of challenges to the Biden Administration's student-loan forgiveness program (*Department of Education v. Brown and Biden v. Nebraska*).

4. **HOUSE HEARINGS.** Three House Committees held hearings on Wednesday targeting the Biden Administration: (1) the House Ways and Means Committee will hold a hearing

on the estimated \$87 billion to \$163 billion in unemployment insurance fraud committed during the pandemic; (2) the House Water and Environment Subcommittee will hold a hearing on the Biden Administration's recently issued rulemaking on the "Waters of the United States;" and (3) the House Oversight and Accountability Committee will hold a hearing on "Twitter's Role in Suppressing the Biden Laptop Story," featuring the testimony of former senior Twitter employees. On Tuesday, the House Oversight Committee holds a hearing on the border crisis featuring testimony from 2 CBP chef patrol agents.

5. **HOUSING.** The Senate Committee on Banking, Housing, and Urban Affairs will hold a hearing on Thursday, Feb. 9, at 10:00 a.m. entitled, "The State of Housing 2023." Hearing witnesses will include Dr. Christopher Herbert, Managing Director. Harvard Joint

Center for Housing Studies; Dr. Robert Dietz, Chief Economist and Senior Vice President for Economics and Housing Policy, National Association of Home Builders; and Mr. Lance George, Director of Research and Information, Housing Assistance Council.

6. **SCHOOL LUNCHES.** Last Friday as part of the Biden Administration's National Strategy on Hunger, Nutrition and Health, the U.S. Department of Agriculture announced a proposed rule to make major changes to school lunches, including a 30% reduction in sodium and a cap on added sugars at no more than 10% of the calories for a given week for the meals eaten by more than 30 million students each day during the school year. It would also strengthen the Buy American provision in school meal programs. The rule, which was published in the Federal Register on Tuesday (Feb. 7), will have a 60-day

public comment period and, if adopted, would be in place by fall 2024.

7. **COMMUNITY COLLEGE.** The annual Community College National Legislative Summit was held in Washington from Feb. 5 - Feb 8. Hamm Consulting Group welcomes Lansing Community College and the more than 1,000 other community college leaders to town as they meet with members of Congress and the Administration to share their impact, successes and challenges and examine legislative issues impacting community colleges.

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This Sunday's Lectionary



Sunday, February 12, 2023

Sixth Sunday After
the Epiphany

(Track 2, Year A)

Deuteronomy 30:15-20

Psalm 119:1-8

1 Corinthians 3:1-9]

Matthew 5:21-37

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THE VALLEY WEEKLY

CHAMPION GAME PLAN

PRESTON BROWN

OVERCOMING BAD CHOICES

Romans 7:19 says: "For I do not do the good I want to do, but the evil I do not want to do this I do." It goes on to say in verse 21, "Although I want to do good, evil is right there with me."

I wonder, do most people want to do good? Because for whatever reason nowadays, it seems they can't? You see, it's not enough to rid ourselves of evil desires and thoughts, but we have to replace

them with good thoughts and good desires. That's why I believe that we all need some kind of "spiritual covering." In other words, it is important to read God's word on a daily basis. It's also a good idea to read a daily devotional, perhaps like "A Champion Game Plan For Life," to provide spiritual reinforcement. We all need to understand and realize that just because the devil leaves you alone one day, that doesn't mean he won't come after you another day.

So, in order for us to make good decisions when it comes to doing the right thing, we need a plan that will help us before a decision is made to do whatever it is that we are trying to avoid. The word of God provides us with a great example. When we look at the parable that Jesus tells in Matthew 12:43-45 about an "evil spirit". The evil spirit was driven out but nothing good was added. Any time we try to break a bad habit like choosing not to smoke or choosing not to over indulge ourselves when we eat, we have to replace that habit with something good--something different that will cause us to keep our minds



off whatever it is that is keeping us in a place of denial. You can't take something bad out, without replacing it

with something good ... It just won't work. Stay encouraged, my brothers and sisters. Make sure you purchase a copy of my book, "A Champion Game Plan for Life," at amazon.

SHARE YOUR VIRTUAL FREE COPIES of The Valley Weekly Each Week! Visit ValleyWeeklyllc.com

FEBRUARY 10 - LEONTYNE PRICE - Mary Violet Leontyne Price is an American soprano. Born and raised in Laurel, Mississippi, she rose to international acclaim in the 1950s and 1960s, and was the first African American to become a leading performer at the Metropolitan Opera, and one of the most popular American classical singers of her generation.

- BlackCelebrityBirthdays.com



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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VALLEY DEATHS

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Funeral service for MR. CHARLIE BISHOP (b. 1954) was held Friday, February 3, in the Nelms Memorial Funeral Home Chapel with Minister Adrline Angie Bishop officiating.



Funeral service for MR. ANDREW LACY, III (b. 1957) was held Thursday, February 2, at Nelms Memorial Funeral Home Chapel with Pastor Dennis Jones officiating.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW
Huntsville, AL 35810 - (256) 534-8481

Funeral services will be announced at a later date for MR. FABIAN LAQUNE LESLIE (b. 1978), MS. SHANTEQUE L. WATKINS (b. 1995), MRS. DEBORAH BEDFORD (b. 1957) and MR. EDWARD G. ACKLIN (b. 1934).



Funeral service for MR. CHRISOPHER "NOONEY" DEWAYNE CATTAGE (b. 1996) will be held Saturday, February 11, at the Royal Chapel of Memories at 12:30 p.m.

Funeral service for ELDER LAWRENCE CHILDRESS (b.1924) will be 12 noon, Saturday, February 11, at the St. Bartley Primitive Baptist Church (3020 Belafonte Ave NW, Huntsville, Ala.) with Moderator Mylon Burwell as eulogist and Pastor Jaymes Mooney as officiant.

Funeral service for MR. ROY LEE KIRBY (b. 1935) will be 12 noon, Friday, February 10, at the Lakeside United Methodist Church (3738 Meridian Street NW, Huntsville, Ala.) with Reverend Percy Nolan officiating.

Funeral service for MS. CEVELINE JACKSON (b. 1943) was held Saturday, February 4, at the Phillips Tabernacle Primitive Baptist Church (930 Balch Road Madison, AL 35757) with Elder Dr. Jerry L. Crutcher officiating.

Funeral service for MRS. ELSIE LOUISE GAINES (b. 1939) was held Saturday, February 4, at Union Hill Primitive Baptist Church (2115 Winchester Road NW, Huntsville, Ala.) with Elder Oscar L. Montgomery, Sr officiating.

SERENITY FUNERAL HOME

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Funeral service for OFFIE "BUTTON" LOCKHART (b. 1957) was held Tuesday, February 7, at Serenity Funeral Home. Please visit website for updates at www.serenityfuneralhm.com

THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

February 10-18

"Too Much Light Makes the Baby Go Blind"
Lowe Mill ARTS & Entertainment
Huntsville, Ala.
7-8:30 p.m.

February 11

Music Explorer's Club
Huntsville Symphony Orchestra
Mark C. Smith Concert
Hall/Von Braun Center
Huntsville, Ala.
erica@hso.org
(256) 539-4818 - 10:15 a.m.

"ROUGE: A Go Red Event"

The Central North Alabama Alumnae Chapter,
Delta Sigma Theta Sorority Inc.
Fashion and Fun
The Jackson Center
6-10 p.m.

February 16

Stand Up Live Huntsville
Featuring:
Tim Shropshire
Alton Walker
Ria Brent
2012 Memorial Parkway SW
Huntsville, Ala.

March 11

Rosetta James Foundation
"Honoring Our Elders"
Day Gala
Von Braun Center
East Hall
12 noon
www.rosettajamesfoundation.org
(256) 536-9717

March 25

Garden Prep for Spring
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
Huntsville, Ala.
\$35-\$60
10 a.m.-12 noon
www.hsvbg.org

Huntsville Havoc
"Military Night"
Von Braun Center
7 p.m.

THE VALLEY WEEKLY

ALL FOR THE FAMILY

Keeping Your Family Resilient

family resilience, and lead families to an attitude of hope and optimism.

1. Positive and Strong Relationships

The shape a family takes - whether single-parent, multigenerational or foster - does not matter as much as having a loving person with whom one has a loving, connected bond. Studies show that children whose mothers suffer from depression have fewer emotional problems when their fathers are sensitive and emotionally available. Sometimes a grandparent is the go-to person, or a teacher.

2. Family Beliefs

These beliefs do not have to focus on spirituality or reli-

"Our God shall supply our needs according to His riches in heaven."

~Philippians 4:19

All families have strengths and every family face challenges. When tough times come, it is typically the family one turns to for support. For most of us, the family is not just a "RESOURCE"; it is "EVERYTHING! Everyone needs a house to live in, but it takes a strong and supportive family to build a home.

There are two important factors that can help mitigate problems and build



Dr. Margaret J. Kelly

gion, specifically. They can be about a specific set of shared values and beliefs. A strong belief system can help members believe "that we are all in this together when tough times come, thus, taking the focus away from a terrible event."

Sources:

countryliving.com
thepioneerwoman.com

PowerShot

"You're going to encounter some things in this life you just won't understand. Remember, Mama said there'd be days like this."

J. T. Moore



"Love is like the sea. It's a moving thing, but still and all, it takes its shape from the shore it meets, and it's different with every shore."

- Zora Neale Hurston

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Reimagine Your Future

Same Old Song ...

When are you going to get tired of singing the same old song to yourself?

... The one with the “poor me” lyrics. It plays like a blues or country song. You know the one—the one where you’re down and out. The wife or husband left you, the dog died, the bills were piling up, life sucked, and you couldn’t get anything right!

You’re incapable and won’t “mount” to anything. You’ll never get that job, be healed, or get the relationship you “want”! When do you stop hearing those lyrics in your head?

You are exactly what you think! The power of thoughts is real, guys! If you think you can, you will. If you think you can’t, you won’t. Big thinkers accomplish big things. People who think small do small things. People who believe that good will come to them usually get it. People who think things will never change—the outcome is, they normally don’t. The power of your thoughts is major! If you speak those POSITIVE thoughts out loud, it gives them life. If you then ask for it in prayer, it sets it into motion. You have the power to do that!

So what’s your ex-

cuse? What makes you not believe in yourself?



What makes you a failure, unworthy, or not capable

of learning or receiving? Who put that in your head?

Better yet, that doesn’t matter. The question is, “Who is letting it reside there?”

Stop allowing this tired,

silly song to keep replaying. Turn it off! NOW! Switch

to a station that plays positive mental music, one that plays affirmations. That tells you, you can!! Better yet, make up your own song! Sing it to yourself! Build yourself up! Tell yourself, “I will, I am, I can!” Then do it!

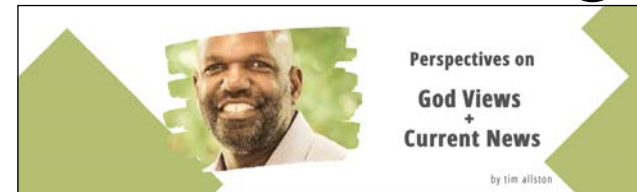
On this day, create your dream for yourself. Write it down. Speak it. Do it!!

God loves you, and so do I.

He has given you a gift. Open it.

Millennial Moment

by Gloria B. Caldwell



Your Prayer Breakfast’s “Daily Bread” (Part 2 of 3)

Last week we discussed that prayer needs to be our country’s “national breakfast” more now than ever.

Some will rightfully ask how and where to start. Jesus answered that same question for his disciples, by saying, “Give us this day our daily bread,” Luke 11:3.

Prayer is our daily bread, enhanced by our practicing it on a daily basis.

The Bible places greater emphasis on days and daily preparations than on years and yearly preparations.

For example, the Bible references “year” or “years” 324 times but uses day or days 1,431 times - a four-to-one ratio.

But there’s an additional benefit of days being bundled into 40-day periods.

The Bible records that God typically used 40-day periods of praying, fasting, and preparation to accomplish special missions. For example:

To rid the world of sin and re-start fresh, God used Noah’s Ark and the Great Flood of 40 days;

To prepare Jesus for his world-changing ministry, he was tested in a wilderness for 40 days; and

After being resurrected on Easter Sunday Jesus spent 40 days preparing his disciples to introduce the world to Christianity.

The disciples’ 40-day “boot camp” with Jesus worked. From there, they established Christianity, and today its approximately 2.4 billion followers comprise the world’s largest religion.

That 40-day period of prayer also worked for:

Moses on Mt. Sinai with God;

Jonah cleaning up the City of Nineveh - and himself, too; and

The 12 Israelite spies investigating Canaan, God’s Promised Land for his formerly enslaved Children of Israel.

I use frequently 40-day periods of prayer, fasting, and preparation before tackling large projects.

Today, could you use that type of 40-day period in your life?

Next week, we’ll conclude this three-part series with a few powerful examples of prayer to get results.



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Huntsville Area

Metropolitan Planning Organization Meetings

The Citizens Advisory Committee of the Huntsville Area Metropolitan Planning Organization will meet Monday, February 13, 2023 at 5:00 pm in the 1st Floor Urban Development Conference Room at 320 Fountain Cir. SW. The Metropolitan Planning Organization Policy Board meets on Wednesday, February 15, 2023 at 4:00 pm in the 1st Floor Council Chambers of Huntsville City Hall, 308 Fountain Cir. SW. To review items on the agenda for these meetings, visit: <http://www.huntsvillempo.org/about/meetings-and-agendas/>. For more information on the MPO, visit: <http://www.huntsvillempo.org/>



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Preparing for Tax Season: Getting Your Files Organized

(BPT) - Taxes can be a daunting task. Some people are so anxious that they put it off until just before the April 15 deadline. According to a survey by IPX1031, 32% of Americans waited until the last minute to file taxes in 2022.

Of those who procrastinated on filing, 25% said that they waited because filing taxes is too stressful and complicated.

While you can wait until the deadline to file, you'll only increase your tax anxiety. If you find tax season intimidating, check out these three tips that can help ease tax time stress.

1. Take a deep breath

It may seem trite, but take a deep breath. You likely already have everything you need to start your tax forms. It's just a matter of finding all your documents and organizing them so you can easily fill out your information and submit your forms.

Start early to help ease your tax season stress, so you have plenty of time to input and review your information. If you wait until the deadline, you'll only get more anxious about the prospect of being late or making mistakes on your tax forms.

Another way to manage tax time stress is to tackle your tax forms one section at a time. You can do this over the course of a few days or a couple of weeks. You can enlist the help of a partner or friend to keep you accountable and sit with you while you do your taxes.

2. Get organized

Whether you're doing personal or business taxes, creating a system with specific categories will help you stay organized throughout the year. That way, when it's time to tackle taxes, you'll have everything you need right in front of you.

First, create a deductions and expenses folder. In this folder, you'll keep cellphone and internet bills, receipts for supplies (like pencils, pens and papers), client dinner receipts and documents of charitable donations.

Next, you'll set up an income folder where you'll store your paystubs, bank statements and other records that prove any income you have produced during the year. If needed, you can create another folder for business tax documents like W-2s, property taxes and self-employment forms.

Lastly, make an investments folder. Here, you can save retirement

contributions to IRAs or other accounts, tax-deferred investments, nondeductible investments and any other taxable investments.

By setting up and using this organizational system throughout the year, you'll be able to breeze through your tax forms with minimal stress.

3. Go digital

Now that you've got the system in place, it's time to simplify taxes by going digital. Recreate the organizational system above on your computer.

You can also store or sync the folders on the cloud or mobile device so you can access documents on the go. You can also upload invoices, receipts and other documents into digital files as soon as you receive them.

The easiest way to convert physical documents into digital ones is to scan them. Simplify the process by using an application like Mopria Scan.

This app allows you to scan directly from any Mopria certified device to your Android device without installing multiple apps, software or drivers for every scanner or printer you use at home or the office.

You'll also have easy access to scanned pages on

your Android device's cloud storage or other applications. You can even scan your stuff and email it to your professional accountant so they can deal with it!

Download the Mopria Print Service or Mopria Scan apps and relieve tax time stress.

Don't let tax season anxiety get you down. Using these

three tips, you'll be able to complete your tax forms quickly and set yourself up for success for the next tax season.

Annual Kite Festival Celebrates Local Diversity

Asha Kiran and the City of Huntsville will host the 11th Annual Community Kite Festival on Saturday, March 4, at John Hunt Park from 11 a.m. to 3 p.m.

The half-day activity is designed to celebrate diversity in the community, and it allows participants a chance to enjoy kite flying, food vendors, activities for kids and other treats.

Asha Kiran is a non-profit organization that offers free, culturally competent services in more than 45 languages to diverse communities throughout Alabama.

The organization also offers assistance to individuals from multicultural backgrounds who are experiencing crises (i.e., domestic violence, sexual assault, human trafficking, etc.)

Persons or organizations interested in becoming



sponsors or vendors, please visit www.ashakiranonline.org. The event is free and open to the public.

org. The event is free and open to the public.

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Depression & High Functioning Black Women

“The stereotype of the strong, capable Black woman persists. At times, it may seem like Black women have no choice but to pretend everything is well.”

The Expectation

If you have been feeling odd for months, procrastinating more than usual, and having trouble focusing on things like reading a good book or beginning a TV show, there may be more to it.

Imagine making a doctor’s visit and hearing that you were depressed. It’s not natural to be constantly triggered by prior trauma and a constant desire to sleep. It hinders your work, you realize.

After hearing this, your doctor may say, “This sounds like depression.” A complete diagnostic test and appointment might diagnose you. The strange aspect is that you can function amid all of this. Your social life, relationship, and career may still be great. How could you be depressed when everything was going well? “One may envision depression to look like laying in bed with the curtains drawn in your jammies with your hair all over your head, not practicing daily hygiene, hardly eating,” says Texas-based grieving and trauma-certified clinical social worker Jasmine Cobb. “But working-class Black people don’t have time for that; we must go to work and keep

progressing. Many depressed and anxious persons instinctively hide their symptoms as high-functioning or productive.”

Grief & Depression

There is a stigma attached to discussing mental health in Black communities, the assumption that Black women are superwomen who can do it all, and the continual need to keep working, all of which may give the impression that there is just no space in this society for a Black woman who is not alright.

When it comes to mental health in the Black community, the sense of grieving is widespread and sometimes misunderstood as depression.

It’s a powerful, often overpowering sensation of grief that follows a severe loss, which, according to common opinion, is not restricted to death.

It may happen after any kind of significant loss. According to Cobb, “It’s also connected to other sorts of loss that we generally don’t think about, like the loss of trust, security and hope.

How Can We Help Ourselves?

Opening up and reaching out for assistance are necessary steps in the treatment process for mental health conditions such as depression and grief.

However, this task is not

over once a patient leaves the doctor’s office. We need to start making holistic self-care a priority, and once we do that, the healing process will become similar to an organic chain reaction, in which one aspect will start to improve together with the others.

Therefore, this includes one’s mental, emotional, spiritual, physical, social, and financial state. It is not necessary for therapy to have a monopoly on healing; nonetheless, it may be useful and utilized in combination with other coping methods, such as a carefully curated mix of activities that raise endorphin levels, like aromatherapy, music therapy, exercise, and meditation.

This procedure considers Black women’s distinct experiences and positions in society and is designed to be culturally sensitive to their needs.

You should do all in your power to ensure that both your therapist and your family doctor reflect the fact that you are a Black person. This not only makes such places seem safer, but it also gives you the capacity to address some of the more culturally sensitive aspects of being a Black woman. This indicates that your therapist knows, without the need for you to explain it, some of the factors that may be contributing to the depression that you are experiencing.

- BlackDoctor.org

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Dean on The Hill Shares His Perspective on Direction of Business School

Long before Alabama A&M University's new business dean decided to venture into academe, he already had made significant strides in corporate America, where he devoted a quarter-century to the mammoth AT&T. He not only honed his skills in the areas of international business, global alliances and ventures, but he also learned the importance of having quality mentors.

A New Yorker steeped in what has been sometimes described as the unpretentiousness of Queens, Dr. Charles W. Richardson simply refers to his home borough as "a great place to visit," and lets the phrase take a seat. He attended the private and tech-heavy Pratt Institute in Brooklyn. Then, Richardson earned two MBAs, from New York University and Wharton, respectively.

The doctorate in marketing and international business followed later from Pace University's Lubin School of Business, also in New York City. Among Lubin's distinguished alums are former presidents of CBS, Verizon and Ingersoll-Rand, as well as Baroness Ariane de Rothschild, president of the Edmond de Rothschild Group headquartered in Geneva, Switzerland.

Richardson surmised that the combined impact of his mentors while he was in corporate America remind him of the truth behind the Pygmalion effect. His experiences under his first mentor were lackluster at best. A second mentor offered Richardson some valuable insight into

"proactive politics." It was his third and final mentor, however, that gave him a spark, the tools to thrive and the confidence to become and succeed as a district manager.

That fire kept burning as Richardson veered into international business, anxiously seeking out commonalities, forming global alliances, becoming adept in the arena of mergers and acquisitions, and gaining expertise in change management and transition planning.

The path that led Dr. Richardson toward research, scholarship and teaching was narrow, exponentially broadening through time. He recalls serving as a tutor and then teaching algebra. Except for a brief stint in Pennsylvania, Richardson's involvement with higher education, though, largely went south—but with a capital "S."

From about 2016-2020, the educator-administrator was dean of the College of Business at the predominately white, Roman Catholic Misericordia University in Dallas, Pa. However, his acumen for teaching in the higher education sector was formalized at historically black colleges and universities (HBCUs). He served as an assistant professor at Clark Atlanta University for 10 years and contributed to business programs at Clafin University and Alcorn State. He joined AAMU's College of Business and Public Affairs (COBPA) last May.

As COVID issues have pushed some business



programs around the country online and often into a more generalist space, Richardson believes a program's success also should be assessed in terms of the potential community impact of its research, in addition to the formalization of incubator programs.

Although the University excelled in carrying out instruction online throughout the heart of the pandemic, Richardson indicated that COBPA of 2023 and beyond will aim for the resurgence of "on-ground" instruction because "students teeming with life" must be present. "Culture beats strategy," he said.

"We must be about defining a center of excellence for everything we do," Dr. Richardson continued. "Yet we must realize that the world continues to evolve."

Thus, in checking out AAMU last spring, Richardson said he considered many things, large and small, including faculty caliber, website maintenance, administrative stability, suitability of the

institution's location, and whether leadership seemed in tune with the mission.

"Education will advance us," said Dean Richardson, a message he will continue to share with the local or-

ganizations, like the Chamber of Commerce. He is not impervious to noting how societal missteps share the same news pages as pushes for diversity, equity and inclusion.

"Students cannot be allowed to be selfish," stated Dr. Richardson. "We must ensure that our grads have hearts, as well as bank accounts." He states that some of the answers to society's problems rely on colleges' innovative abilities to extend beyond their campuses. Universities often can achieve innovation simply by connecting with area high schools virtually, he offered.

"We want to graduate experts, who know how to read people and how to talk to people, who are hired for their unique qualifications," summed up the dean. "We want to develop them personally and academically."

by Jerome Saintjones

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