

SOLD OUT: Rosetta James 'Honoring Our Elders' - p. 8

FREE

Sofia Davis Scruggs - p. 3

Friday
March 10, 2023
Vol. 9, No. 27
ValleyWeeklyllc.com



The Valley Weekly



"Any man can make mistakes, but only an idiot persists in his error." - Cicero

Car Show Scheduled at Crews Stadium

The exciting and fun event that kicked off last spring to garner additional support for student athletes at Alabama A&M University will return at Louis Crews Stadium. The 2nd Annual "Cruising at Crews" Car Show has been scheduled for Saturday, April 8, in the vicinity of Louis Crews Stadium and the AAMU Event Center. Registration will begin at 9 a.m.



Judging will take place at 12 noon and awards will be presented at 3 p.m. for the categories of Best of Show, Best Paint, Largest Club and Furthest Distance (car/

truck/bike, etc.). Judged entry fees are \$25 per vehicle and \$20 per bike. There is a show-only fee of \$10.

Food trucks will be on site, and entertainment by a special guest DJ.

For more information, contact Charles Breedlove at (256) 426-8017; Dwayne Taylor at (256) 541-4548; or Taurus Smith at (256) 924-6131.



SOCCER GIFTS: Dr. Parker Griffith made a generous donation to the Lee High School soccer program. With the donation, the team plans to purchase hoodies for each player. Pictured (l-r) are: Molly Masterson, Ashley Hernandez Matinez, Nicole Patino, Alexis Nealy, Dr. Griffith, Aveen Martz-Kushnaw, Jayda Fikes, Unknown, and Alana Griffin.

A&M Announces Executive Director of University Events

Alabama A&M University has announced the selection of Daryka Reeves as Executive Director of University Events.

In this new position, Reeves will manage the development, negotiation and execution of a core portfolio of recurring institutional events and concepts as designated by the Office of the President and the Office of Marketing, Communications and Advancement. These events include, but are not limited to, the Magic City Classic, commencements, Homecoming, fundraising galas, dignitary and

campus VIP visits.

"We are thrilled to have an individual with large scale event planning experience to take the helm of our first-ever Office of University Events to develop our event systems and protocols," said Jamal Ali, vice president for marketing, communication and advancement. "Reeves' arrival is timely as we introduce our new Event Center to the community. We look forward to her



strategic leadership, vision and innovative approaches to our university events."

Drawing from her years as a Certified Meeting Professional (CMP), Reeves has executed revenue-generating activities from conception to conclusion, including developing frameworks for standard operating procedures, contract negotiations, vendor management, event logistics, and targeted event communication strategies.

Reeves has held event industry positions including serving as the Vice President of Conferences for the National Urban League, Associate Vice President of Marketing, Communications and Special Events for Stillman College, National Director of Conferences & Conventions for the Church of God in Christ, Inc. and Director of Meetings & Special Events for the National Retail Federation.

The Louisiana native and member of Alpha Kappa Alpha Sorority, Inc., holds a bachelor's degree in journalism from Southern

University A&M College and a master's degree in communications from Howard University. She

is currently a doctoral candidate in higher education administration at the University of Alabama.

The Valley Weekly

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The Valley Weekly

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The Valley Weekly

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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, among other items, will take up a resolution to strike the Biden's Administration new "Waters of the United States" rule; a bill to recall the 900 U.S. troops stationed in Syria; and a bill to expand the Hatch Act to forbid federal employees from censoring content on social media platforms (the GOP contends that government officials improperly compelled Twitter and Facebook to take down COVID-19 misinformation during the pandemic). The Senate is expected to take up a House-passed resolution to reject D.C.'s newly enacted Revised Criminal Code Act, which among other things, reduces maximum penalties for crimes such as carjacking, robbery and burglary. With 2 Democratic Senators in the hospital (Sens. Feinstein, D-CA, and Fetterman, D-PA) and Sen. Manchin (D-WV) announcing that he will vote for the resolution (and President Biden announcing last Thursday that he would not veto the bill), the bill is expected to pass the Senate.

2. THE WHITE HOUSE. On Sunday, President Biden visited Selma, Alabama to mark the 58th anniversary

of Bloody Sunday commemorating when 600 civil rights marchers were attacked and beaten by state troopers and sheriff's deputies on the Edmund Pettus Bridge in 1965. On Thursday, the President sent his Fiscal Year 2024 Budget to Congress and, on Friday, he will host a meeting at the White House with European Commission President Ursula von der Leyen.

3. SUPREME COURT. Last Thursday, the Supreme Court released a brief, one-paragraph order pertaining to the potential blockbuster case of Moore v. Harper, in which North Carolina GOP lawmakers challenged a then-Democratic-con-

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.



trolled state supreme court decision striking down gerrymandered congressional maps. On Feb. 3, 2023, the new GOP majority North Carolina Supreme Court announced it would rehear the case and, therefore, the U.S. Supreme Court is now unlikely to issue a decision in the case (for which it heard oral arguments on Dec. 7, 2022). The Moore case relies on the independent state legislature doctrine, which says that state courts do not have jurisdiction over how state legislatures decide the elections for Congress and the presidency will be conducted in their state.

4. COVID ORIGIN HEARING. On Wednesday at 9 a.m., the House Select Subcommittee on the Coronavirus Pandemic held a hearing on "investigating

the origins of COVID-19," featuring testimony from former CDC Director Robert Redfield.

5. RAILROAD DERAILMENT HEARING. On Thursday at 10 a.m., the Senate Environment and Public Works Committee held a hearing addressing the environmental and public health threats from the Norfolk Southern train derailment and chemical release in East Palestine, Ohio. Alan Shaw, the President and CEO of Norfolk Southern Corporation, testified.

6. DEPARTMENT OF LABOR SEEKING INPUT. The U.S. Department of Labor is seeking input on strategies and partnership models from stakeholders involved in economic and workforce development, particularly on partnerships

that address the workforce needs of specific industry sectors within a local or regional labor market. More [information](#) is available.

The deadline to submit input is March 24, 2023.

7. CHERRY BLOSSOMS. Yes, it's that time of year again and last week the National Park Service announced that, due to a warmer-than-average February, D.C.'s cherry blossoms lining the Tidal Basin will reach peak bloom between March 22 and 25 (ahead of the usual peak around April 4).

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This Sunday's Lectionary



Sunday, March 12, 2023

Third Sunday

in Lent

(Track 2, Year A)

Exodus 17:1-7

Psalms 95

Romans 5:1-11

John 4:5-42



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THE VALLEY WEEKLY
VALLEY DEATHS



NELMS MEMORIAL FUNERAL HOME
 2501 Carmichael Avenue NW
 Huntsville, AL 35816 - (256) 539-8189

Funeral service for MR. AVERY L. SHARP, JR. (b. 1981) was Tuesday, March 7, at Union Hill Cumberland Presbyterian Church in America (3126 Nevel Drive NW ~ Huntsville, Ala.) with Pastor Edward Anderson officiating.

Funeral service for MRS. MACIE MCCARVER (b. 1957) was Sunday, March 5, in the Nelms Memorial Funeral Home Chapel with Elder Dennis Green officiating.

Memorial service for MRS. BRENDA FAYE FLETCHER AMEY (b. 1955) was held Saturday, March 4, in the Nelms Memorial Funeral Home Chapel.

ROYAL FUNERAL HOME

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

Funeral service for MRS. MARY GOODE RANKIN (b. 1949) was Tuesday, March 7, at the Union Chapel Missionary Baptist Church (315 Winchester Rd NE, Huntsville, Ala.) with Pastor Maurice Wright officiating.

Graveside service for MR. JEWEL THOMAS JORDAN (b. 1933) was Monday, March 6, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.) with Elder Billy Jones officiating.

Funeral service for MRS. AMELIA ANN BURNS MATTHEWS (b. 1956) was Saturday, March 4, 2023 at Lakeside United Methodist Church (3738 Meridian Street, Huntsville, Ala.).

Funeral service for MRS. SHIRLEY MOORE (b. 1950) was Saturday, March 4, at the Eagles' Nest Cathedral International (6831 Hollow Rd NW, Huntsville, Ala.) with Bishop Daniel Richardson officiating.

Funeral service for Student Minister PHILLIP MUHAMMAD (b. 1962) was Friday, March 3, at the St. Luke Christian Church (1800 Sparkman Dr NW, Huntsville, Ala.) with Minister Nuri Muhammad officiating.

SERENITY FUNERAL HOME

2505 University Drive NW
 Huntsville, AL 35816 (256) 539-9693

Funeral service for MRS. MARY BINFORD (b. 1943) was Monday, February 27, at Big Shiloh Baptist Church, 133 Maple St., Madison, Ala.

Funeral service for MR. LOUIS TWITTY (b. 1941) was held Saturday, February 25, at Moses Chapel P.B. Church, 372 Mose Chapel Road, Madison, Ala.

THE VALLEY WEEKLY
CHAMPION GAME PLAN
 PRESTON BROWN

Placing Boundaries on Our Lives

Proverbs 11:3 says, "The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity."

When we say to ourselves, "God I'm going to serve you, no matter what," then we need to place boundaries on our lives. Placing boundaries on our lives is a good thing because we will make choices based on the boundaries that we have set, especially as it pertains

to sin.

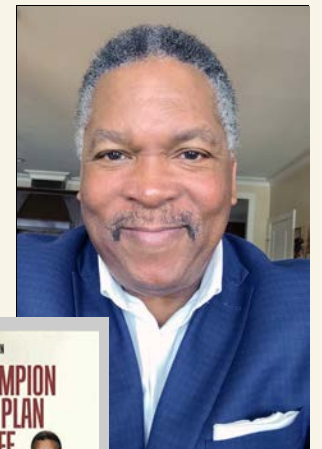
You see, the real reason that we won't sin should be based on the relationship that we have with God. James 4:7 says resist the devil and he will flee from us. So, we need to flee from the things that bring you into temptation.

Remember, we are in a spiritual warfare. Both God and the devil are trying to get you to follow them. So, if we have the Holy Spirit living inside of us, then we have Jesus operating in us. Remember, where the spirit is, there is

liberty, which means you have relief from anyone or anything holding you hostage. That's what sin does to your life--it holds you hostage. The reason for the Holy Spirit living inside of us is to help release us from whatever sin that is holding us hostage.

In fact, the reason that God has given us this Holy Spirit is to be our "release mechanism" from sin but also to set boundaries for our lives. Once we begin to set boundaries for our lives, we will begin to defeat this infection that we all have called *sin*.

Setting boundaries will begin to transform us into the image that God wants us to have. Remember, the



only way you know that you are growing in your Christian life is that your

life is changing.

Stay encouraged, my brothers and sister, and make sure you purchase your copy of my book, "A Champion Game Plan for Life" at amazon.com.

MARCH 10 - EMELI SANDE - A British singer and songwriter who rose to prominence after being a featured artist on the 2009 Chipmunk track "Diamond Rings." It was their first top-10 single on the UK Singles Chart. In 2010, she was featured on "Never Be Your Woman" by the rapper Wiley, which was another top ten hit. In 2012, she received the Brit Awards' Critics' Choice Award. Sande released her first solo single, "Heaven," in August 2011. She has two number-one singles across the UK and Ireland, "Read All About It" with Professor Green and "Beneath Your Beautiful," a collaboration with Labrinth. In 2017, she won the Brit Award for Best British Female Solo Artist, her fourth win.

- BlackCelebrityBirthdays.com



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 (256) 539.9693

A New Generation Of Service

Eggstravaganza Set for John Hunt Park

The Eggstravaganza is back! Huntsville Parks & Recreation invites you to this free event Saturday, April 1, from 9-11 a.m.

Now in its second year, the Eggstravaganza offers even more for families and children, ages 12 and under, to enjoy at John Hunt Park, 2151 Airport Road SW, Huntsville.

"We were blown away by the community response to last year's Eggstravaganza," said Parks & Recreation Director James Gossett. "We knew immediately that we wanted to make it an annual event."

What to egg-spect

The morning will begin with the Easter Bunny arriving on a Huntsville Fire & Rescue (HFR) truck to meet his friends and take pictures.



Around the park, there will be more than 10,000 eggs for children to hunt. Find a golden egg and receive a special prize!

There will also be face painting, inflatables, Easter-themed games and crafts, and special guests. In addition, children can check out the Huntsville Police Department's Mustang Patrol Unit or sit in a fire truck.

For those who need a snack, food trucks will have items available for purchase.

Egg hunt schedule

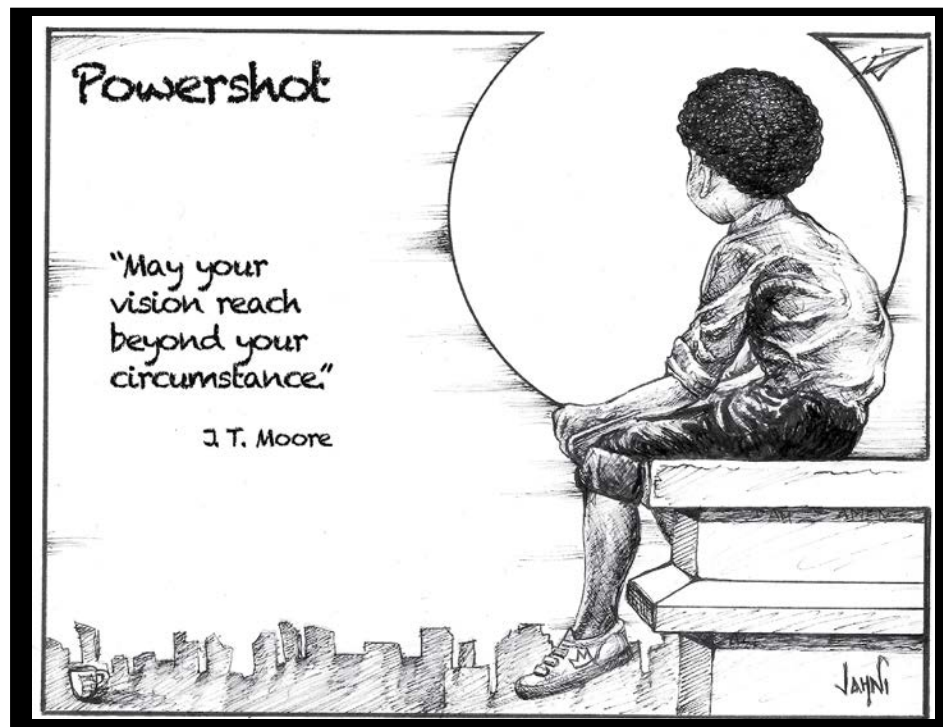
Plenty of free parking is available at the Jaycee Community Building, located at 2180 Airport Road SW, and at the nearby Joe Davis Stadium site. Families may want to give themselves a little extra time to arrive for the egg hunts, based on the following schedule:

9 a.m. – open to children with special needs
9:30 a.m. – ages 4 and under
10 a.m. – ages 5-7
10:30 a.m. – ages 8-12

Stay informed

In the event of rain, the Eggstravaganza will move into the Jaycee Community Building. Follow Huntsville Parks & Recreation on Facebook or Instagram for event updates. Let us know you're coming with an RSVP online.

- Huntsvilleal.gov



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THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

March 11

Divide and Conquer!
Getting the Most out of
the Plants You Have
In-Person Class
Huntsville Botanical
Garden
4747 Bob Wallace Av-
enue
Huntsville, Ala.
10 a.m.-12 noon

[www.rosettajamesfoun-
dation.org](http://www.rosettajamesfounda-
tion.org)
(256) 536-9717

Comic
Anjelah Johnson
Stand Up Live
2012 Memorial Parkway
SW
Huntsville, Ala.

March 18

Rosetta James Founda-
tion "Honoring Our
Elders" Day Gala
Von Braun Center
East Hall
12 noon

Lawncare Maintenance
In-Person Class
Huntsville Botanical
Garden
4747 Bob Wallace Av-
enue

Huntsville, Ala.
10 a.m.-12 noon

March 18-19

"Heroes vs. Villains"
EarlyWorks Children's
Museum
404 Madison Street
Huntsville, Ala.
11 a.m.-4 p.m.

March 19

Masquerade Mystery Din-
ner Show
Hunsville Botanical Gar-
den
4747 Bob Wallace Avenue
Huntsville, Ala.
5:30-7:30 p.m.

March 23

"Houndmouth"
Von Braun Center
Mars Music Hall
700 Monroe Street, Hunts-
ville, Ala.
8 a.m.



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Reimagine Your Future

"Patriotism is a kind of religion;
it is the egg from which wars are hatched."

- Guy de Maupassant



The Originator of Basketball (James of Naismith) vs. The Originator of Christianity (Jesus of Nazareth)?

"Can two walk together, except they be agreed?" Amos 3:3.

In my last article, I shared how Synovus Bank relationship officer Robert Livingston's offhanded reminder inspired: basketball was invented at a gymnasium of the Young Men's Christian Association (YMCA), <https://bit.ly/3ZAAN1b>.

That reminder broke my writer's block and re-energized me in writing my Where Jump Shots Meet Jesus manuscript, intersecting basketball and the Bible.

Hopefully, as the above Bible text asks, you'll begin to see the overlap.

As the Christian world celebrates the Lent season of February 22 to April 7, and college and professional basketball get ready for March Madness and the NBA playoffs, respectively, I ask: how does the originator of basketball (James Naismith) intersect the originator of Christianity (Jesus of Nazareth)?

Here are a few parallels:

James of Naismith	Jesus of Nazareth
Came to the US from Canada, as a foreigner.	Came to earth as a foreigner: the first and only fully divine and fully divine and fully human being.
Hired as both a YMCA chaplain (who provides spiritual care) and an instructor in physical education.	Provided spiritual care (chaplaincy, and instructed his disciples as they traveled with him from town to town only by walking (physical + education)--can you imagine how many steps their "FitBits" logged in each day!?!)
Ordered by the "Y" to calm its "rowdies," now restricted to indoor activities due to harsh New England winters; it was then and there that Naismith invented the game of basketball!	Prayed all night (Luke 6:12) for divine guidance in selecting his 12 disciples, which resulted in Christ choosing 12 rowdies such as impetuous hothead Simon Peters, tax gouging Levi Matthew, doubting Thomas, betrayer Judas Iscariot...
From that first basketball game in December 1891, Naismith's invention has become one of the world's most popular sports	From his appointing, training, and releasing his disciples to spread his Gospel called Christianity, it is now the world's largest religion with 2.56 billion followers

Perhaps you will now see how there's a greater parallel between sports and spirituality and more specifically, between basketball and the Bible.

Play ball! (Note: This article is also part of my "alley-oop" series of articles leading up to May 2023's Where Jump Shots Meet Jesus print/digital/audiobook.)

Tim Allston

Leadership Coach & Three-time

Amazon Best-Selling Author

Leading from the Middle
leadingfromthemiddle@gmail.com



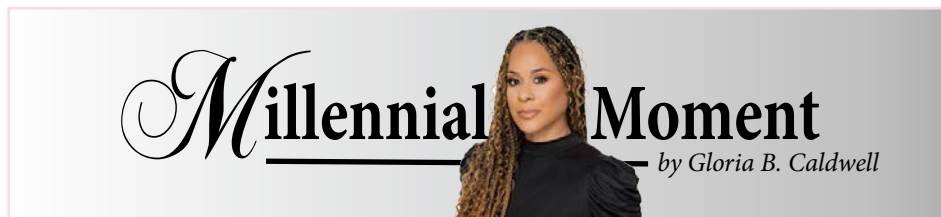
It's Still There; Give Over ...

Have you ever had a burden, despair, heartache, or illness that you can't seem to shake? You move throughout your days, putting up a strong front, honestly trying to forget about it, or cope with it...but, when the day ends...it's...still...there. Have you ever said to yourself, "I'm good, that doesn't bother me, I've prayed about it, whatever," yet, the reality is, it haunts you? It takes over your sense of happiness when it crosses your mind. Your mind taunts you with its possibilities. It's...still...there!

Why do we hold steadfast to things that God has extended His hands to receive? Why do we think we have the mental and heart capacity to handle things that we cannot handle, things that are not for us to carry? The smallest things can become heavy. One gumball is nothing in weight, put that in a container and add 100 more and you will feel the pressure. Its presence will be known. These little things that we try to act like we aren't acknowledging, and steadily holding onto, coupled with the big things, are just too much to carry. You can't straighten your back up carrying loads of damage, pain, and disappointment. Because trust me, it's still there! God says, "Give it over to me! Hand it here (as country folks say)! Pass it to Me and leave it here!

The Bible says,
1 Peter 5:7 ESV
Casting all your anxieties on him, because he cares for you.
Psalm 55:22 ESV
Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

Notice, the passages do not say, think about doing that, it's a direct order! He



Millennial Moment

by Gloria B. Caldwell

is giving us the tools to live freely, and abundantly, yet, we still choose to hold ourselves, hostage, doing it OUR way!

Transparency: I had been struggling with some things that I THOUGHT I have moved passed. They kept resurfacing! I kept acting as if they didn't bother me. Trying to fake myself out, by saying, (my favorite term) "Whatever!" Truth is, it was not *whatever*, it was pain that I couldn't "ignore" away. It was affecting everything I attempted, every rela-

tionship (family, friends, children, romantic). It was still there!! I needed to give it over. It was coming out in many ways, unbeknownst to me. On my job, at church, in my alone time, and time out with my friends. Through snide comments and insecurities, it was still there! I had to say, "God, I give it over, to YOU!" I felt this wailing come over me (uncontrollable), pain in my stomach, and then a release. (No, not gas!) A diminishing feeling, tears, then peace! All that I had held onto for over 30+

years felt like it was drifting away! The entire time I was asking God, take it, I give it over to you!

God has no room to fill you with what He has for you if you keep holding on to the things you have! Stop fooling yourself into believing it's gone off of your ways of "dealing". It's still there... Give it over...to God!

Lighten your load today! He is still available to you! He has new things for you! Step into your new, lightly. *God loves you, and so do I. He has given you a gift, open it.*

Huntsville's 19th Century Black History

Telling Our Stories

Sophia Davis Scruggs

Ollye B. Conley
Researcher

The Circle of Remembrance



Sophia Davis was born in Athens, Alabama, circa 1859. She graduated from Fisk University in Nashville, Tennessee. She was a teacher and pianist.

On October 20, 1881, Sophia married Dr. Burgess E. Scruggs, the first licensed African American physician in the state of Alabama. They had one son, Nevel Rison Scruggs. Mrs. Scruggs and Dr.

Scruggs owned land on Pelham Street in 1883; Lowe Avenue in 1899; a large farm in 1900; and city property on Barnett and Pump Streets.

The following article was published in The Journal newspaper on April 19, 1901:

A new and novel enterprise recently opened up on the corner of Holmes and Clin-

ton Streets, by Mesdames B. E. Scruggs, A.E. Douglass and T. S. Donegan and Miss Lula Tivis.

It is the grandest colored enterprise in the city. They serve cream, soda water, candles and cakes, as well as groceries. In connection with this department they have a sewing department under the direction of Miss C. R. Jones.

This department is now

ready to make gents' shirts, overalls, etc., as well as ladies' dresses.

Give them a call and you will come away well satisfied. On the second floor you will find the offices of Mrs. Dr. Ford, Dr. B. E. Scruggs and contractor, D S Brandon.

In 1882, Sophia was an instructor at the State Normal School. Her monthly salary was \$30.00. She also taught at the city colored school.

Sophia died on January 10, 1923. She is buried in historic Glenwood Cemetery.

Bulldogs Finish Regular Season with Win Over Southern

For the first time since the 2010-11 season, Alabama A&M men's basketball secured a series sweep over Southern, with a 68-65 win on March 4 inside of the F.G. Clark Activity Center in the regular season finale.

Xavier Brewer and Lorenzo Downey led A&M offensively on the day with 16 points each, while Messiah Thompson also finished in double-digits with 11 points and four assists. Meanwhile, the Bulldogs finished the game with shooting splits of 56.5 (26-for-46) percent from the floor and 52.4 (11-for-21) percent from deep in the win.

Stay connected with Alabama A&M Men's Basketball on Instagram and Twitter (@Bulldogs_Hoops). For complete coverage of Alabama A&M athletics, follow on social media at @aamuathletics (Instagram) and @AAMU-Bulldogs on Twitter, and visit the official home of Alabama A&M University athletics at www.aamusports.com.

AAMU Leads Cluster 1 in 'Retool

Alabama A&M University is excited to join the 2023 Home Depot Retool Your School Competition. According to The Home Depot, the program has helped HB-CUs by providing over \$5.2 million in grants to make campus improvements since 2009.

This year's top prize is \$150,000, doubling the top award from 2022. AAMU's 2023 projects include improvements and painting at Normal Hills, painting the retainer wall under the bridge over Meridian Street and improvements to the playground at the Child Development Center.

Your votes helped AAMU win the competition last year and \$75,000 to improve AAMU's historic Bell Tower.



Online voting begins Monday, February 27, 2023, at 12 a.m. EST. Vote daily and often until March 26 at www.retoolyour-school.com. Click "Vote Now", choose Cluster 1 and Vote for Alabama A&M University. Online voting is unlimited. Also, each use of the #RYSAAAMU hashtag on Twitter and Instagram earns AAMU a vote (see the RYS site for competition details). You can also download the AAMU Toolkit to create and share your #RYSAAAMU spirit.

Let's go, Bulldogs!!! Help

Alabama A&M win a campus improvement grant up to \$150,000!

!sopny



Good Evening!!

I am so happy to announce that my courses at J.F. Drake State Community and Technical College are complete and I will be graduating in May 2023. My goal within the next 3 months is to save up for my Alabama State Board Exam so that I can be licensed cosmetologist.

I am so thankful for the help of the Rosetta James Foundation and the generosity extended to me via the scholarship.

If there's any way I can be of service to the foundation in the future, please let me know.

Sincerely,
Katrina Jeruis

ON THIS DAY

On March 10, 1969, James Earl Ray pled guilty to murdering American civil rights leader Martin Luther King, Jr., and was sentenced to 99 years in prison.

NAAACC Meetings

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

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

"Fortune sides with him who dares."

- Virgil

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Finding the Right Therapist

(BPT) - According to a recent Forbes Health poll, improving mental health was cited as one of the top New Year's resolutions for 2023. For those seeking a mental health-care provider, finding the right one can feel much like dating - overwhelming to find someone who shares the same values, meets your needs, and with whom you feel a connection. However, finding an attentive, caring and knowledgeable therapist can pay dividends on your mental well-being.

"Working with a provider with whom you have a strong and trusting relationship can have a significant impact on the success of mental health treatment. That's why it's important to find someone who aligns with your needs and makes you feel comfortable and heard so you can make progress in your mental health journey," notes Dr. Shakira Espada-Campos, associate chief of behavioral health at virtual care provider MDLIVE.

While finding the right provider can seem daunting, according to Dr. Espada-Campos, there are a few simple things to keep in mind that can help you find the right match:

1. Understand your needs first: When it comes to your initial search, look for a provider that meets your basic needs. First, determine whether you need a psychiatrist or therapist. While psychiatrists and therapists can provide treatment for many of the same issues, psychiatrists are doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can assess and support emotional or behavioral health concerns through talk therapy. Once you know the type of professional you're looking for, do some digging

into what a potential provider offers. Does their experience and specialty areas meet your needs? Do they offer night and weekend appointments? Doing the research upfront to determine compatibility at the base level will help minimize unexpected issues later.

2. Location doesn't have to be a dealbreaker: Virtual care



has become an increasingly popular option for mental health services, as it provides private and convenient access to quality care in a timely manner. In fact, many health plans and employers have expanded benefits to cover virtual mental healthcare services. This has allowed for the "dating" pool to expand, meaning it's easier than ever to find a provider that fits your needs - even if they're in a different zip code. Building an ongoing relationship with a virtual therapist or psychiatrist is just as meaningful as it would be with an in-person provider.

3. Dig deep on the first date. Once you've found a provider that meets your needs, the first visit can help illuminate further. Just like on a first date, you may be apprehensive of coming on too strong by asking a ton of questions, but doing so offers the perfect opportunity to see whether the therapist is a match for you both on and off paper, which can lead to a trusting and healthy relationship in the long run. Some questions that may help gauge your compatibility include: What is your training and background? Do you have experience with the

issues I am facing? How can we work together to achieve my goals? What does a typical session look like?

4. Recognize when it's time to move on. As with any relationship, the initial stage may be enjoyable, but then you start to get a nagging feeling that something isn't working. The same can be

said for working with a therapist. Sometimes, a provider isn't the right fit; and that's OK. If you find that sessions aren't making you feel better generally, you're not making progress with the goals you established together, or you feel they are not making adequate space

for you, it might be time to find a different provider. No one should be forced to settle in a relationship, romantic or otherwise, if it doesn't feel quite right.

5. Breaking up isn't hard to do. There are many fish, er, mental health providers in the sea, so you shouldn't feel pressured to stay with one simply because you chose them originally. For example, MDLIVE's platform makes it easy for you to choose from an extensive list of licensed therapists and board-certified psychiatrists, schedule an appointment, and change your provider at any time if you feel it isn't quite working out. When you do feel it's time to cut ties with your therapist, it's important to be transparent - simply explain to your provider that you plan to end your treatment with them in your next session. This offers an opportunity to evaluate your work together and may also help you reflect on what you might need in a future provider.

Recognizing your wants and priorities in a mental healthcare provider can help make the process of finding the right therapist a bit more seamless.

"2023 Sponsors" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at www.rosettajamesfoundation.org. Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to info@valleyweeklyllc.com.



Rosetta James Foundation's 'Honoring Our Elders' Event Sold Out!

The Rosetta James Foundation will hold its first "Honoring Our Elders" Celebration since the COVID-19 pandemic that forced the shutdown of numerous places and events in March 2020.

The 2023 event will recognize 18 men and women (some posthumously) who have demonstrated volunteerism continuously beyond their 70th birthdays.

The popular annual day gala will be held March 11 at the Von Braun Center's East Hall at 12 noon.

This represents a minor room change from the previous announcement of South Hall to allow participants to better maneuver the VBC's multiple events.



Mrs. Edna E. Davis Brown

Mrs. Maureen Davis Cathey

Mr. Allen Cothron

Mrs. Marie Ann Waters Cothron

Mrs. Ida Crawford

Mrs. Gloria Dawson

Mrs. Ruby Dickson

Mrs. Bettye Dixie

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Parker Griffith, M.D.



Mrs. Bhavani Kakani



Mr. Richard Knight



Dr. Prince Preyer



Dr. Horace Rice



Dr. Cynthia Smith



Mr. LaVern Spearman

The Foundation also awards scholarships to college students who maintain an active collegiate schedule that includes volunteerism.

Honorees for 2023

include the following: **Mrs. Edna E. Davis Brown** (posthumously), former nurse's aide; **Mrs. Maureen Davis Cathey**, retired student account supervisor; **Mr. Allen Cothron**, retired

Army education facilitator; **Mrs. Marie Ann Waters Cothron**, retired Spanish teacher; **Mrs. Ida Crawford**, retired public school librarian; **Mrs. Gloria Dawson** (posthumously),

retired educator; **Mrs. Ruby Dickson**, former administrative assistant; **Mrs. Bettye Dixie**, retired career counselor; **Mrs. Sarah Drake**, retired educator; **Mrs. Mary Ann**

Flowers, retired educator; **Mrs. Ruby Ford**, retired accountant; **Dr. Parker Griffith**, physician; **Mrs. Bhavani Kakani**, community and health advocate; **Mr. Richard Knight**, veterans advocate; **Dr. Prince Preyer**, retired educator/commissioner; **Dr. Horace Rice**, retired educator/arbitrator; **Dr. Cynthia Smith**, former educator/administrator; and **Mr. LaVern Spearman**, retired senior physicist.

For more information about scholarships and future activities throughout 2023, please visit www.rosettajamesfoundation.org or all (256) 536-9717.

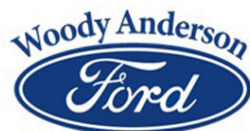


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