

How to Find that Perfect 'Side Hustle' - p. 8

FREE



Men Visit Elementary School, p. 8

Friday
May 5, 2023
Vol. 9, No. 35
ValleyWeeklyllc.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Mrs. Mary Ann Flowers



"All literature is protest." - Richard Wright

Huntsville Master Chorale to Hold Festival

Proudly celebrating 25 years, the Huntsville Master Chorale will hold a Choral Festival June 2-3 at Trinity United Methodist Church in Huntsville, Ala.



Activities for Friday, June 2, will be held from 6-9 p.m., while Saturday activities will span 9 a.m.-5 p.m., with a free concert at 5:30 p.m.



The concert will feature the winning composition from the choral composition contest.

Dr. Jeffrey Murdock, right, the 2021 Music Educator Grammy Award Winner, will be the featured guest clinician.

Alabama State Council on the Arts, Huntsville Arts & Cultural Grants Program, City of Huntsville, Arts

The Festival counts among its sponsors the

Huntsville, Mercedes-Benz of Huntsville, Landers McLarty Nissan Huntsville and the Pei Ling Charitable Trust.

The Huntsville Master Chorale, a 501(c) 3 corporation, is committed to providing an inclusive and welcoming environment for all.

For additional information, contact the Huntsville Master Chorale at hsvmasterchorale@gmail.com.

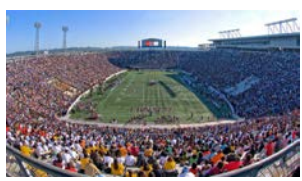
New Grocery Retailer to Take Huntsville by Storm

The Huntsville City Council recently approved a development agreement to bring a new grocery retailer to the Huntsville market.

In turn, the City of Huntsville will provide cost reimbursements up to \$9 million (total for all six locations opened) in sales tax to offset a portion of the company's infrastructure costs incurred for construction of the six locations. Projected revenues indicate the City will re-



cover its investment within two years. The Company will not qualify for any cost reimbursements until all stores are completed and open to the public.



Magic City Classic to Continue at Legion Field

The annual Magic City Classic will be played at Legion Field for a few more years, note Alabama A&M University officials.

The largest rivalry in historically black college and university (HBCU) football will remain in Birmingham for another four years.

After a healthy dialogue with the City of Birmingham, Alabama A&M University has signed the Magic City Classic agreement with the City of Birmingham. Last week's execution solidifies that the Classic will be played at historic Legion Field for an additional four seasons.

The University expressed gratitude to Birmingham Mayor Woodfin and his team for working to reach "an amicable solution" and looks forward to the 82nd playing of the Magic City Classic in October 2023.

Local Elected Officials to Address AAMU Commencement Ceremonies

Alabama A&M University will split its spring commencement observance



into two distinct ceremonies this year. The University will hold a commencement ceremony for nearly 150 graduate students at 9 a.m. in the Event Center on Friday, May 5. Madison County Commission Chairman Mac McCutcheon will serve as the commencement speaker.

Prior to his current role, McCutcheon served as the 66th

speaker of the Alabama House of Representatives. The 472 undergraduate students and the 43 members of the Golden Class of alumni will be part of the later Event Center procession beginning at 5 p.m. Alabama State Representative (District 19) Laura Hall will address the undergraduates. The retired educator received her K-12 administration certification from Alabama A&M University.



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The Valley Weekly

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The Valley Weekly
**Washington
One Minute**
by Ron Hamm



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

1. CONGRESS. The Senate is in session this week, while the House is out. Senate Leader Chuck Schumer (D-NY) announced that on Thursday the Senate Budget Committee would hold a hearing on the 320-page debt limit package passed by the House last week (to show a contrast with the House that moved the bill directly to the floor with no hearings). House Speaker Kevin McCarthy (R-CA) is leading a 19-member bipartisan congressional delegation on a trip to Jordan and Israel, where Monday he addressed the Israeli Knesset.

2. THE WHITE HOUSE. On Monday, President Biden recognized National Small Business Week with a speech in the Rose Garden and then met with Philippine President Ferdinand Marcos, Jr. That evening, he hosted a reception for Eid-al-Fitr, marking the end of Ramadan. Last Tuesday, the President launched his 2024 reelection campaign.

3. SUPREME COURT. Last Thursday, Chief Justice John Roberts sent a letter to Senate Judiciary Committee Chair Richard Durbin (D-IL) declining Durbin's request to appear before a May 2 committee hearing to testify about Supreme Court ethics rules and potential reform. The letter also contained a statement signed by all 9 justices reaffirming their commitment to the ethical principles and practices currently in place, while making no mention of recent news articles citing potential ethical lapses and conflicts of interest among the justices.

4. FEDERAL RESERVE. The Federal Reserve's Federal Open Market Committee met Tuesday and Wednesday and was expected to order an interest rate hike of 25 basis points. Federal Reserve Chair Jerome Powell held a press conference on Wednesday afternoon.

5. FIRST QUARTER GDP REPORT. Last Thursday, the Commerce Department announced that the U.S. gross domestic product (GDP) increased at an annual rate of 1.1% in the first quarter of 2023, down from the 2.6% in the fourth quarter of 2022. The White House welcomed the news as a sign that the American economy remains strong as disposable income increased and consumers continued to spend, even as the overall pace of growth moderated.

6. BANK TAKEOVER. On Sunday night, the Federal Deposit Insurance Corporation (FDIC) seized San Francisco-headquartered First Republic Bank and sold it to JPMorgan Chase. First Republic catered to high-net-worth individuals and operated 93 offices in 11 states, primarily in New York, California, Massachusetts, and Florida. On March 16, 2023, eleven American banks including JPMorgan Chase, Bank of America, Wells Fargo, Citigroup, and Truist Financial had deposited \$30 billion with First Republic to shore up its finances. According to The Wall Street Journal, the sale to JPMorgan Chase will cost the FDIC \$13 billion and it will provide a further \$50 billion in financial support to JPMorgan Chase.

7. HIGHER EDUCATION. Bipartisan groups of policymakers in the House and Senate have announced the bipartisan reintroduction of the College Transparency Act (CTA), legislation that the broader higher education community has long supported. On April 27, Senator Bill Cassidy (R-LA), ranking member of the Senate Health, Education, Labor and Pensions (HELP) Committee, Senator Elizabeth Warren (D-MA), and 16 other original cosponsors reintroduced the bill. The legislation was

simultaneously introduced in the House by Reps. Raja Krishnamoorthi (D-IL) and Joe Wilson (R-SC). CTA would lift the federal ban on collecting student-level data, which prevents the nation's federal postsecondary data system to count all students. As a result, the system fails to deliver an accurate understanding of student success – including graduation rates and post-college earnings. It also introduces redundancy and inefficiency into postsecondary education data collections. CTA would create a secure,

privacy-protected student-level data system within the National Center on Education Statistics, which is housed in the U.S. Education Department. The system would ultimately streamline institutional reporting requirements while providing a more accurate picture of students' college access, progression, and success.

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HUNTSVILLE UTILITIES' BUSINESS MATCHMAKER EVENT

May 17, 2023
Von Braun Center



Small, Minority, Women & Veteran-Owned Business Expo

Huntsville Utilities is proud to host its second Business Matchmaker event, May 17 at the Von Braun Center.

This unique expo matches large companies with local minority, women, veteran-owned, and small businesses in north Alabama looking to expand their opportunities.

Companies who want to be part of this opportunity to create jobs, relationships, savings, and community growth, should click the Business Matchmaker link at www.hsvutil.org to receive additional information and fill out the registration form.

You can register as a:

Corporate Partner (large organization looking to diversify its supplier base, routinely purchases goods or services from other, smaller businesses), or,

Vendor (small, minority, veteran, or female-owned business looking to provide goods/services to Corporate Partners).

The event is free to Corporate Partners and Vendors. Participating Corporate Partners will receive 10x10 booth space with a table and two chairs at no cost.



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**VALLEY
DEATHS**



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW

Huntsville, AL 35816 - (256) 539-8189

Funeral service for **MS. GERALDINE SAFFORD** (b. 1947) was held Saturday, April 29, at Good Hope Baptist Church (County Road 434 ~ Pleasant Hill Road - Sardis, Ala.).

Funeral service for **MR. LOUIS LOVE** (b. 1961) was held Saturday, April 29, at Union Hill Cumberland Presbyterian Church with Reverend Dr. Edward Anderson officiating.

Funeral service for **MR. TIMOTHY L. BUTLER** (b. 1969) was held Wednesday, April 26, in the Nelms Memorial Funeral Home Chapel with Reverend Dr. Eric Peoples officiating.

Funeral service for **MRS. JOSEPHINE F. HUMPHREY** (b. 1954) was held Saturday, April 22, at Hurricane Chapel Missionary Baptist Church with Minister Carl Smith officiating.

Funeral service for **MINISTER TERRANCE DELMAR THOMPSON** (b. 1975) was held Saturday, April 22, at the Indian Creek Primitive Baptist Association Tabernacle with Pastor Michael Mastin officiating.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW

Huntsville, AL 35810 - (256) 534-8481

Funeral service for **MRS. EVELYN S. RICH** (b. 1933) will be 12 noon, Saturday, May 6, at the Fellowship Presbyterian Church (3406 Meridian Street N, Huntsville, Ala.) with Pastor Gregory J. Bentley officiating.

Celebration of life service for **REV. ENDIA J. SCRUGGS**, Pastor Emerita, Madkins CPCA (b. 1943), was scheduled for Wednesday, May 3, at Madkins Chapel Cumberland Presbyterian Church in America (2403 Oakwood Road, Huntsville, Ala.) with Reverend Dr. Theodis Acklin officiating and Reverend Dr. Mitchell Walker as eulogist.

Funeral service for **MR. RONNIE HORTON** (b. 1955) was held Saturday, April 29, at the Royal Chapel of Memories (4315 Oakwood Avenue Huntsville, Ala.) with Reverend Vera Bell officiating.

Memorial service for **MRS. SAMYLLER JONES** was held Friday, April 28, at the Lakeside United Methodist Church (3738 Meridian St N, Huntsville, Ala.) with Reverend Dr. Randy B. Kelley officiating.

SERENITY FUNERAL HOME

2505 University Drive NW

Huntsville, AL 35816 (256) 539-9693

Funeral service for **MR. MACK MCCRAY** (b. 1944) will be held Sunday, May 7, at 1 p.m. at Oakwood Memorial Gardens, 7000 Adventist Boulevard NW, Huntsville, Ala. Visitation is Friday, May 5, at Serenity Funeral Home.

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



**About "Spiritual
Game Plans"**

Spiritual Game Plans for a Successful Life was written to help us approach life and success from a spiritual point of view. Now, the word *spiritual* means relating to or affecting the human spirit or soul, as opposed to material or physical things. That is why I believe that for us to be spiritually successful in this life we need to develop our spirituality. Let's face it, there is a war that goes on in our minds daily as it pertains to being successful. The spiritual side of us, wants to do things the right way. By definition it is more in touch with things that affect humanity in a positive way. The materialistic and physical side of us, often pulls us in a different direction, a direction that always keeps us climbing that ladder to success. However, because of being led from the materialistic

and physical side, we often find ourselves climbing the wrong ladder!

So, how do we overcome these internal battles as well as external battles that play out in our minds daily? Well, I believe that we need a daily game plan to achieve success that is pleasing to God. Having a spiritual game plan will help us accomplish several things as it pertains to success in many areas of our life.

First, we need to know that God wants all of us to be successful in everything that we do. However, there is a cost for everything that we do as well as a reward. For example, there is a cost to being obedient to God but the reward comes when you experience the blessings that it will bring.

Secondly, by developing our spirituality, we will begin to realize that our success is bigger than we are. Because when we become successful, it has the potential to make

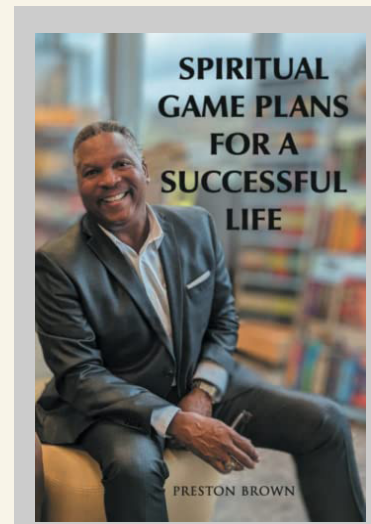
others around us successful, as well. Whether it be our family, our friends, or our finances, our success is bigger and greater than we are. This was evident in the life of Abram, who was later called Abraham (Genesis: 12). When God blessed Abram, he became a blessing to an entire nation.

When I played professional football, we would have a game plan that would give us a better chance of winning the game, whether it be on offense or defense, because in order to be successful, we had to have a plan that would help. No matter what the situation or circumstance, we needed to be ready. Our lives are very similar in that we need to be ready for whatever life throws our way.

In this book, you will find daily game plans that will help you develop a greater awareness of being successful from a spiritual perspective.

I believe that you will have success in growing in the knowledge of God,

as well as the love that Jesus has for us. It is this love that Jesus has for us that wants us to be more spiritually minded when it comes to our love for humanity. Because it all begins with loving God more than you love anything



else and then loving your neighbor and treating your neighbor the same way that you would like to be treated. Before each chapter there is a scripture reading that ties in with each message that is being conveyed. That way, they can easily be used in a bible study setting. To check it out, please use this [LINK](#), or visit amazon.com.

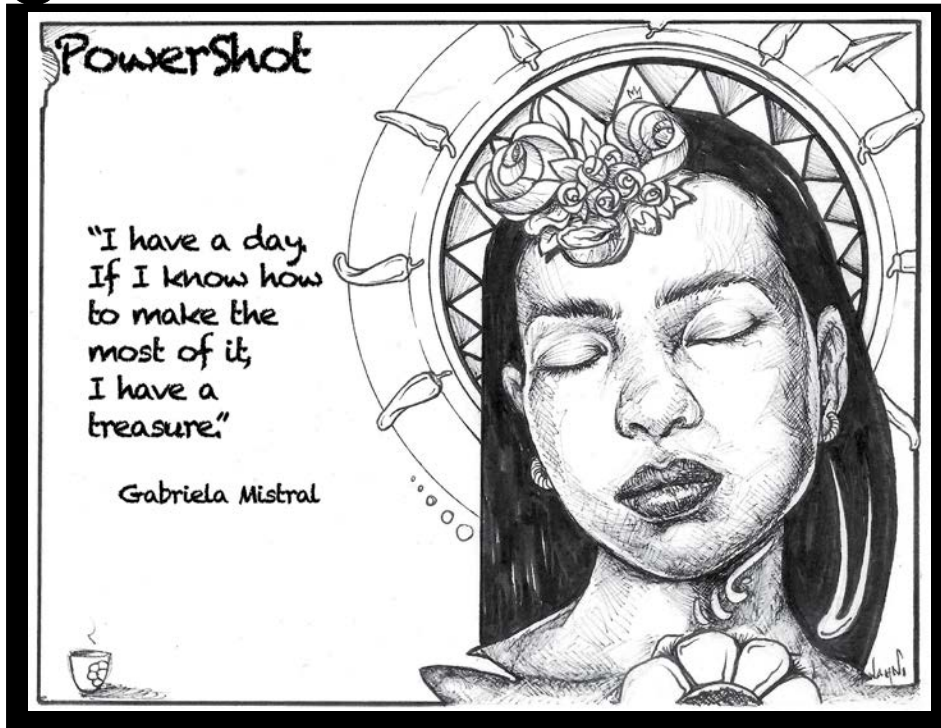
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*"Behind everything is an energy, a spirit, an essence that gives it
existence that gives it existence."*

- Chester Higgins, Jr.

The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

- | | | |
|---|--|--|
| <p>Thru May 20 "The Bias Inside Us" Host: City of Huntsville HudsonAlpha Institute</p> | <p>Speaker: Rep. Laura Hall State of Alabama District 19 The Event Center Alabama A&M Univer- sity 5 p.m.</p> | <p>Memorial Walk St. John AME Church Worship Service Downtown Huntsville 9:30 a.m.</p> |
| <p>May 4-7 The Golden Class of 1973 Alabama A&M Univer- sity Check-In: Embassy-May 4 3-7 p.m.</p> | <p>LUXE Cinco de Mayo Party Bus Bar Crawl 7 p.m.-12 a.m.</p> | <p>May 9 TARCOG's 24th Retirement Lifestyle Expo and Senior FunFest Presented by Stephanie Kirk Jaycee Community Build- ing 9 a.m.-2 p.m.</p> |
| <p>April 26 Back 2 Basics, Online Gardening and Land- scaping Series Alabama Extension at Alabama A&M Univer- sity 10 a.m.</p> | <p>Comedian Lewis Black "Off the Rails" Von Braun Center Huntsville, Ala. 8 p.m.</p> | <p>May 13 Camp to Amp Festival 2023 MidCity District Huntsville, Ala</p> |
| <p>May 5 Spring Commencement 1 (Graduate Students) Speaker: Mac McCutche- on Madison County Com- mission The Event Center 9 a.m.</p> | <p>May 6 AAMU Alumni Associa- tion Award & Scholarship Luncheon Ernest Knight Reception Center Old Skool Games LLC @ Game Jam South Von Braun Center Huntsville, Ala. 12 noon</p> | <p>May 19 Food Truck & Trailer Ral- lies Big Spring Park 5 p.m. Cody Jinks The Orion Amphitheater Online 5 p.m.</p> |
| <p>148th Founder's Day Luncheon Ernest Knight Reception Center 1:30-3 p.m.</p> | <p>PorchFest Five Points Dancing in the Street! Five Points Historic District 5p.m.</p> | <p>May 20 Rocket City BBQ & Soul Fest 6001 Pulaski Pike NW Huntsville, Ala. 10 a.m.-11 p.m.</p> |
| <p>Spring Commencement 2 (Undergraduates)</p> | <p>May 7</p> | |

So That You Know ...

You're unique in every sense of the word.

You need to be told more! So I'm telling you. You're unique, a one-of-a-kind, and you're loved. Don't allow your fleeting thoughts to tell you any different. They said, "You're not enough" Well, shame on them for expressing their thoughts about you to you. You weren't created for them. You're too special for them to appreciate you. So, yeah, thanks, but no thanks, for their input.

They said, "You're not smart enough!" Interesting, by whose standards? I know some not so "intellectual" (by the world's standards) people that can run circles around the average and above-average person. These people are cooking, cleaning, fixing cars, cutting hair, braiders, electricians, builders, lawn care, etc. I mean genius! These are skills we utilize every day! Everyone needs them! They are positioned to be millionaires if they do it right!

Interestingly enough, I get my hair braided by a lady who does it out of her home and makes more money monthly than the

Millennial Moment

by Gloria B. Caldwell

top workers at NASA. So, we must be careful about what we consider success-



ful or intelligent.

My point is, as I told my

daughter this morning, no one can attach a narra-

tive to you that is not for you. We are what WE think about ourselves, not what others say! It is your job to guard your peace and your worth!

No one else but you can determine what that is! You

can be told you're gifted, unique, beautiful, intelligent, or needed....however, if you don't believe it, it's just useless words.

God made you significant! You're noteworthy because HE said you ARE a masterpiece! Find your superpower and rest in it! Develop it! Allow it to make room for you and your family.

Discover the beauty inside you, and bring it forth!

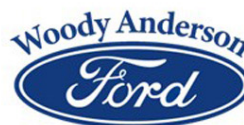


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- Confucius

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Remembering: Revisiting Novelist Toni Morrison and Her 10-word Tutoring Session!

Then the Lord answered and said: "Write the vision, make it plain on tablets, that he may run who leads it. For the vision is not yet for an appointed time, but at the end, it will speak, and it will not lie" Habakkuk 2:2,3.

Arguably, I am able and enjoy sharing with you what God places weekly on my heart – articles that overlap biblical best practices with current events and newsmakers - because of an unexpected, un-scripted personal tutoring session with Ms. Toni Morrison (1931-2019) from the early 1980s.

My "Lady of the 80s"

Soon after publishing her 1981 novel *Tar Baby*, Ms. Morrison came to lecture at then-Hampton Institute (now University), my alma mater, where I then served as assistant PR Director.

Then and there, this former English major had the dual pinch-myself luxury of arranging and hosting her series of pre-lecture media interviews.

In a break between two such interviews, I opined to her my disbelief in the necessary bother of rewriting article drafts, professing instead a one-and-done posture.



Her 10 Words Changed My World

With a look akin to a loving mother seeking to aright a wayward self-righteous son, this future Nobel Prize Literaturist and Pulitzer Prize winner offered, "Tim: you've gotta do the rewrites,... you just have to."

Those 10 words spoken with loving care and expertise, began to change me both attitudinally and functionally.

Then, 10 years later,...

Ten years later, when I became an adjunct instructor for freshman English composition courses at HU, I would Toni Morrison-ize my students on the importance of re-drafting – why? – because Toni Morrison tutored me gently with just one simple unscripted 10-word sentence of advice.

My sincere hope and prayer is that you are a beneficiary of the Toni touch on my writing and more importantly, my life.

Tim Allston
Leadership Coach & Three-time
Amazon Best-Selling Author
Leading from the Middle
leadingfromthemiddle@gmail.com



Seven Ways to Get Fit for the Summer

If you haven't noticed, summer will be here any minute, and right about now, you're probably panicking because those last pesky 10 or 20 pounds still haven't melted off yet and are interfering with your summer body.

Not to worry, we've compiled a list of seven helpful tips to whip you into shape just in time for summer.

1. Switch it up.

So, you work out every day for at least a half-hour right before you go to bed.

That's all fine and dandy, but if you really want to start seeing results, set your alarm so that it goes off 30 minutes earlier than usual and go for a quick run or power walk before you go about your day.

2. Stop skipping breakfast.

You may think you're doing yourself a favor by dashing out the front door on an empty stomach, but that's where you're wrong.

When you skip out on meals, especially breakfast, your metabolism slows down, which makes the weight-loss process that much more difficult.

3. Cut back on alcohol.

I really hate to break it to

you, but alcohol is loaded with empty calories and to make things worse, it slows down the fat-burning process. Who wants that when you're trying to drop the lbs?

4. Eat before you hit the gym.

Eating a little something before you work out helps you retain and build muscle.

5. Do not ignore hunger.

When you start to feel those midday hunger pangs, go ahead and reach for a snack! And it doesn't have to be a full meal – fruit, yogurt or a handful of almonds should do it.

Actually, eating small meals throughout the day helps speed up your metabolism.

6. Go raw.

You can't go wrong if your diet consists of mainly fruits, vegetables and complex carbs (beans, legumes, sweet potatoes, oatmeal, and quinoa).

These foods are lower in calories but still fill you up for hours.

7. Get some sleep.

Eight hours is ideal, but at the very least, you should be getting six hours every night.

Anything less than that can sabotage your waistline because get this: Lack of sleep causes you to eat more and when you eat more, you tend to gain weight, right? The last time I checked, that would totally be defeating the purpose.

by Princess Gabbara,
BlackDoctor.org
Daily Contributor




Huntsville 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.

**SPIRITUAL GAME PLANS
FOR A SUCCESSFUL LIFE**

BY **PRESTON BROWN**




NEW BOOK!

Preston Brown has released his 2nd book, *Spiritual Game Plans for a Successful Life!* This book will equip you for life's greatest challenges. Easy to read, this devotional provides daily reminders and inspiration and will empower you to live your best life now!

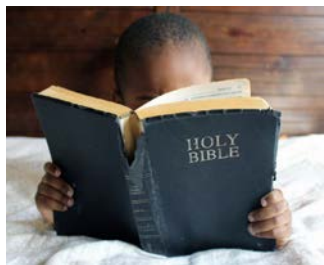
ABOUT PRESTON

Preston Brown graduated from Vanderbilt University where he also played football. He went on to play for The New England Patriots, the New York Jets, and the Cleveland Browns. Preston has also written a book, *A Champion Game Plan for Life*, which deals with making good choices in life, even in bad situations. Preston has recently retired after working for Jerry Damson Honda/Acura as their Finance Manager for 28 years. He enjoys sharing the wisdom he has gained in life and through the game of football to help others.



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This Sunday's Lectionary



Sunday, May 7, 2023

Fifth Sunday
of Easter

(Track 2, Year A)

First Lesson:

Acts 7:55-60

Psalm 31:1-5,15-16

Second Lesson:

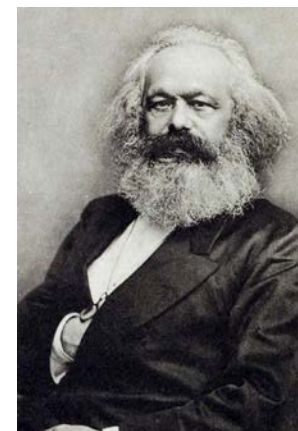
1 Peter 2:2-10

GOSPEL:

John 14:1-14

MAY 5 - CHRIS BROWN - Christopher Maurice Brown is an American singer, songwriter, dancer and actor. Born in Tappahannock, Virginia, he was involved in his church choir and several local talent shows from a young age. Having signed with Jive Records in 2004, Brown released his self-titled debut studio album the following year. It peaked at number two on the US Billboard 200 and was later certified double platinum by the Recording Industry Association of America (RIAA), selling an overall three million copies worldwide. With his first single "Run It!" peaking atop the US Billboard Hot 100, Brown became the first male artist as a lead since Diddy in 1997 to have his debut single top the chart.

- BlackCelebrityBirthdays.com



"The cost of
liberty is less
than the
price of
repression."

- W.E.B. Du Bois

ON THIS DAY

Revolutionary sociologist, author and economist Karl Marx was born in Germany on May 5, 1818.

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.



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

Mrs. Mary Ann Flowers



Mary Ann May Flowers, a native of Washington County (Millry), Alabama, was born to Alonza James May and Izora Holcombe May. She attended Koenton High School and North Central High School of Chatom, Alabama. After completing high school in 1967, she matriculated to Alabama A&M University, Normal, Alabama. In 1971, she earned a B.S. degree in business education with a minor in economics and, in 1979, she earned a M.S. degree in vocation business education.

Mrs. Flowers began an adventurous career, one which she will never forget, the Fall of 1971. She was employed with the Perry County School System, Marion, Alabama, for 31 years, teaching at only two schools, East Perry High School, Suttle, Alabama, and Robert C. Hatch High School, Uniontown, Alabama. During her tenure, she taught an array of related business classes, as well as economics. One of the most beloved parts of her career was her FBLA (Future Business Leaders of America) student organization, which was implemented by her in 1989. Her students traveled all over the United States competing in several competitive events and winning many.

After retiring in 2002, she still wanted to help

change the lives of students. From 2002-2004, she was employed by ALA-TOM RC&D of Camden, Alabama, as a ATRC Traffic Safety Educator, where she assisted in setting up traffic safety programs in schools and community, as well as served as a presenter for the program. From 2005-2010, she was contracted by the Perry County School System to serve as a Technology Consultant, implanting training sessions for teachers to improve computer skills, as well as set up computer labs with access to Internet. In 2010-2011, she was employed as an adult job coach teacher by Wallace Community College Selma at the Uniontown Center to prepare adult students for the world of work.

While residing in Uniontown for 44 years, she participated in many community activities. She was a member of First Missionary Baptist in Uniontown,

Alabama, where she served as youth director, chief usher, matron, missionary society president, youth Sunday School teacher, secretary of the trustee board, and chairperson of the Southwest Deacon Wives and Trustee Wives Ministry. Mrs. Flowers holds certification in the area of a teacher and dean of a Christian Leadership School. She is a member of Alpha Kappa Alpha Sorority, Inc., where she has held many officers during her 52-year tenure. She is also a member of St. Mary Chapter No. 367 OES, Orrville, Alabama, and Uniontown Library Board. She also has membership with PCERA, NEA, and AEA.

After relocating to Huntsville, Alabama in 2015, in 2017, she joined First Missionary Baptist Church, where she serves on the Intermediate Usher Ministry, Missionary Society (Circle 2), volunteer for the Downtown Rescue Mission and other activities.

Mrs. Mary Ann Flowers and her late husband Johnny L. Flowers, former chair of the Perry County Commission, were blessed with two sons, Mallory Hughes Flowers of Clinton, Miss.; Maynard Radale Flowers of Round, Rock, TX; and a grandson she raised, Johnny L. Flowers, II of Huntsville, Ala.

"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.

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How to Find that Perfect Side Hustle

(BPT) - Tighten the purse strings. Balance the budget. Cut back.

There are many ways to say it, but the current economy has millions of Americans doing the same thing: struggling to make ends meet. Wouldn't it be nice to alleviate the financial pressure?

For some people, this means asking for help. Four in 10 people have asked their loved ones for money over the past year to deal with the rising cost of living, according to an Herbalife survey of 8,500 respondents across 10 countries, including 2,000 Americans. Results show respondents are relying on others for help with essentials, including groceries (40%) and their rent or mortgage (29%).

Asking for help is hard to do, but it's certainly not reflective of people's lack of effort. In fact, 56% of respondents currently have a side hustle or other form of supplemental income. Of those people with side hustles, 55% shared they started it solely to make ends meet, 40% to deal with the rising cost of living, 38% to be less reliant on a single source of income and 36% wanting to have a disposable income.

"In addition to providing an extra source of income, many side hustles are flexible, allowing people to work at their own schedule," explained Ibi Montesino, Herbalife's executive vice president of distributor and customer experience. "Our research shows that on average, most people say that they'd need to earn about \$404 more per month to live comfortably."

The research also shows

that those with a side hustle commit an average of about eight and a half hours per week to that side hustle. But that time can vary: 28% dedicate 3-5 hours a week to their side hustle, while 24% devote 6-10 hours per week.

If you think a side hustle might be helpful for you, there are many options based on your interests, resources and availability. Some people care for kids or pets, while others may do house cleaning, landscaping or other handy work. These types of side hustles can help you save money, but it can be challenging when you're solo and don't have a support system.

Another option that some people find is a better fit is direct selling. This is when you are an authorized representative that sells products for a company, and the big benefit is that there is often training and a support system to help you succeed.

"The increased cost of living is causing people to search for supplemental income streams. Direct selling provides flexibility and a support system that positions you to reach your goals," said Humbi Calleja, Herbalife's vice president and general manager, North America.

If you're interested in direct selling, it's important to find an opportunity that works best for you. Montesino and Calleja recommend these simple tips to help people find the right network marketing company:

Pinpoint the ideal product or service: Finding a consumable product that sells consistently and needs replacement is a great option. Choose something you're passionate about because you're more likely to dedicate time and effort to it.

Learn about the com-

pany: Before deciding what company to move forward with, researching their background is a must. Typically, the longer the company has been in business, the more experience it has.

Determine start-up costs: Once you identify the right company for you, determine the cost of the start-up kit. It will contain everything you need to get started and run your business.

Study the compensation plan: This shows you how the company plans to incentivize and reward your hard work. It will also give you an idea of income expectations, income frequency and how long it will take to reach your goals.

Confirm marketing support: Aside from your start-up kit, having access to marketing support helps grow your business.

For example, the company should help you identify the target market to understand your customers better and provide online marketing resources to help you launch effective promotions.

Research training opportunities: Ongoing training and opportunities to connect with people going through the same experience will help inspire you and enable you to run your business better.

Opportunity for growth: Ensure that the company has demonstrated continuous growth opportunities and is committed to helping you with resources and support as you strive to reach your goals.

No one can predict what the economy will do in the future, but you can take control of your finances by adding an extra income stream. Start by researching opportunities and choose the right one for you.

AAMU Male Scholars Make Impression at Elementary School

A community service activity, organized by the Males for Alabama Education (M.A.L.E.) Initiative, included scholars from the M.A.L.E. Scholarship Program, the Teacher Ambassador Program (T.A.P.), and the NOYCE Scholarship Program. The AAMU students visited Sonnie Hereford Elementary School to greet and welcome elementary students as they arrived at the school. The scholars were also tasked with inspiring the elementary students to achieve on the Alabama Comprehensive Assessment Program (ACAP) examinations.

The elementary school students listened atten-



tively and asked thoughtful questions, demonstrating a genuine interest in learning more about what it takes to achieve their goals. Principal Donna Williams thanked the scholars for their willingness to share their time and knowledge.

Persons interested in learning more about the scholarship program should contact Dr. Samantha L. Strachan, program

director, at samantha.strachan@aamu.edu, or Dr. Larry Collier, program coordinator, at larry.collier@aamu.edu.

Pictured (Left to Right): Dr. Larry Collier (M.A.L.E. Initiative Coordinator), Rodney Farrell, Brandon Watts, Tikayle McCreary, Kourtney Tabb, Albert Ball, and Dr. John Prestridge (Assistant Professor of Instructional Leadership). Not Pictured: David Wheeler (M.A.L.E. Scholar) and Mrs. Nichole Louke (M.A.L.E. Academic Advisor)

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