

The Cost of Debt on Mental Health - p. 8

POSITIVE-INSPIRATIONAL-EDUCATIONAL

FREE



Honoring 'Doc' Harvey - p. 5



Friday

June 3, 2022

Vol. 8, No. 39

ValleyWeeklyllc.com

SALUTE!

Rosetta James Foundation
ELDER OF THE WEEK



Dr. Pearl Harris

"Whoever is in control of the hell in your life, is your devil." - John Henrik Clarke

Park in Northwest Huntsville Moving Forward

During its regular meeting Thursday night, the Huntsville City Council approved a \$4.6 million construction services contract with Consolidated Construction Company to build Legacy Park near the new Johnson Legacy Center (JLC) on Cecil Fain Drive.

The JLC, a membership-based City recreation center, will complement the planned Legacy Park, which will also be within walking distance of a variety of new single-family homes.

"Combined with the success of the JLC and other new residences and amenities popping up in the area, Legacy Park will provide a wonderful space that citizens of all ages can take pride in," said Huntsville Parks & Recreation Director James Gossett.

Designed by Bostick Landscape Architects, Legacy Park will include hardscapes and sidewalks; irrigation; two pavilions; a 200-person terraced pavilion for entertainment; plaza with monument sign; 132-space parking lot; and modern playground.

- huntsvilleal.gov.



A&M Receives NASA Support for Summer STEM Program

Alabama A&M University is one of 10 historically black colleges and universities to share over \$640,000 from NASA to provide pre-college summer programs for area students.

NASA is helping students in underrepresented and underserved communities to enter careers in science, technology, engineering and mathematics (STEM). The Minority University Research and Education (MUREP) project has selected AAMU as part of the funding cycle.

AAMU was awarded \$65,000 for its proposed project to collaborate with NASA Marshall Space Flight Center in Huntsville, Ala., offer college readiness, STEM engagement and STEM career awareness opportunities to 11th and 12th graders. The Precollege Summer Institute (PSI) for Recruiting

and Inclusion for STEM for MSIs (PRISM) will be a three-week residential program that offers students learning activities designed to increase their STEM efficacy and identity, improve college readiness skills, and expose them to STEM careers through authentic learning experiences in NASA Marshall laboratories.

The AAMU project will be coordinated by Dr. Jonathan Lassiter, an AAMU Ph.D. physics alum. Other recipients of the NASA awards include the following: Albany State University, Fayetteville State University, Lawson State Community College, Lincoln University, Meharry Medical College, Prairie View A&M University, Tuskegee University, University of Baltimore, and the University of Maryland, Eastern Shore.

Sickle Cell Foundation's Annual Walk-A-Thon June 4



The North Alabama Sickle Cell Foundation Annual Walk-A-Thon scheduled Saturday, June 4, is a fun way for the Huntsville community to improve the quality of life for people who suffer from sickle cell conditions. The event will be held from 9 a.m. - 12 noon at Big Spring Park in Huntsville. Registration begins at 7:30 a.m.

Funds raised will assist Public Education Programs, Community Testing Programs, Genetic Counseling, Patient Enrichment Programs, and Financial Resources by supplementing emergency needs for prescriptions, utilities, housing, transportation, food and nutritional needs, said Pam Thompson, ex-

ecutive director (above).

NASCF's goal is to improve the quality of life for people who are living with sickle cell conditions through Educational programs, Counseling Services, and Screening programs. Other services include Health Promotion Seminars, Financial Emergency Assistance, and Socialization.

All programs are available FREE of charge.

For more information, contact North Alabama Sickle Cell Foundation, Inc., 224 Church Street, Suite B, Huntsville, AL 35801, www.sicklecellna.org, e-mail pthompson@sicklecellna.org or call (256) 536-2723 or (800) 636-2723.

The Valley Weekly

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Washington in One Minute



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

1. **ON THE FLOOR.** The House and Senate are in recess this week and will reconvene next week.
2. **THE WHITE HOUSE.** Last Friday, President Biden was the commencement speaker at the U.S. Naval Academy class of 2022 graduation ceremony and on Saturday at the University of Delaware. On Sunday, the President and First Lady Jill Biden traveled to Uvalde, Texas, to meet with the families of the 19 children and 2 adults who were killed at the mass shooting at Robb Elementary School (note: the Justice Department announced on Sunday that it had received a request from Uvalde's GOP Mayor Don McLaughlin to conduct a Critical Incident Review of the response by local and federal authorities). On Monday, President Biden

participated in Memorial Day events at Arlington National Cemetery. Last Saturday, Vice President Harris and Second Gentleman Douglas Emhoff traveled to Buffalo, N.Y., for the memorial service for Ruth Whitfield, one of the victims in the recent Buffalo mass shooting. On Tuesday, the President met with the South Korean pop group BTS at the White House to highlight the rise in anti-Asian hate crimes and also met with Fed Chair Jerome Powell, who has raised interest rates by $\frac{3}{4}$ of a percentage point this year and plans to raise rates by half a percentage point at each of the next 2 Fed meetings.

3. **STUDENT LOANS.** The Washington Post reported on May 28 that President Biden soon will announce a plan to cancel \$10,000 in student federal loan debt for the 97% of borrowers who earned less than \$150,000 in the previous year (\$300,000 for married couples filing jointly). Cancel-

ing the debt will cost \$230 billion, according to the Post, and will settle the balances of a third of borrowers and cut the debt in half for another 20%. The Post further reported that the President had intended to announce the plan last Saturday at his commencement speech at the University of Delaware but deferred the announcement due to the Uvalde massacre.

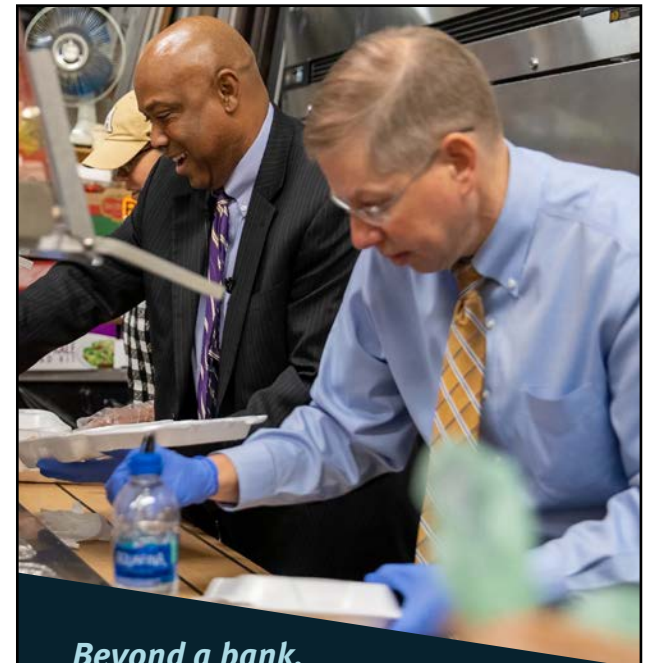
4. **HOUSE COMMITTEE EDUCATION HEARING.** On May 26, the House Education and Labor Committee held a hearing entitled, "Examining the Policies and Priorities of U.S. Department of Education" with U.S. Secretary of Education Miguel Cardona. The hearing focused on making schools more safe for students and teachers in the wake of the school shooting in Uvalde, Texas, continued efforts by the Biden Administration to help students recover from the impacts of the pandemic and succeed academically, the upcoming Title IX rule, student loan debt, and increasing the Pell Grant and the use of the funds for short-term workforce training.

5. **CONFEDERATE-NAMED MILITARY INSTALLATIONS.** Last Tuesday, the Pentagon's Naming Commission (created by the 2021 Defense Authorization Act) announced its recommendations for 9 new

names for Army bases that currently commemorate Civil War Confederate leaders. The commission is required to submit its final report to Congress by Oct. 1, 2022, and the Pentagon will have until January 2024 to carry out the commission's suggestions. The commission also is reviewing a much longer list of Defense Department assets, including navy ships and streets and buildings on military bases. The 9 Army bases are: Fort Benning in Georgia to be renamed Fort Moore; Fort Bragg in North Carolina to be renamed Fort Liberty; Fort Gordon in Georgia to be renamed Fort Eisenhower;

Fort A.P. Hill in Virginia to be renamed Fort Walker; Fort Hood in Texas to be renamed Fort Cavazos; Fort Lee in Virginia to be renamed Fort Gregg-Adams; Fort Pickett in Virginia to be renamed Fort Barfoot; Fort Polk in Louisiana to be renamed Fort Johnson; and Fort Rucker in Alabama to be renamed Fort Novosel.

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RJF Scholarship Recipient Selected for Columbia Internship

Kory E. Fleming, a 2022 Rosetta James Foundation scholarship recipient, has been selected as an intern for The Ernest E. Just Biomedical Research Scholars Program at Columbia University in New York, N.Y.

The program provides college and graduate students at historically Black colleges and universities (HBCUs) and medical schools

with research opportunities and access to mentors at Columbia University Irving Medical Center (CUIMC), as well as the Herbert Irving Comprehensive Cancer Center (HICC). His career goal is to become a physician. During the eight-week program, students will be paired with some of the world's leading researchers and experts based on the

students' research interests.

A native of Clarksburg, Maryland, Kory is a senior and honor student majoring in biology at Morehouse College in Atlanta, Ga., where he plays as a tight end on the football team. He is also a member of the Emory University Mentorship Program.

He is the son of Kreslyon L. Valrie and Dr. Mark E. Fleming, and the grandson of Mrs. Georgia S. Valrie, (the late Erskine L. Valrie), Mrs. Doris Johnson, and Dr. & Mrs. Arthur W. Fleming.



THE VALLEY WEEKLY

VALLEY DEATHS



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW
Huntsville, AL 35816 - (256) 539-8189

Funeral service for MS. LILLIE R. CARR (b. 1953) was held Saturday, May 21, at Pentecostal Lighthouse Church with Elder Reginal Burrell officiating.

Graveside service for MRS. EDITH A. WILLIAMS DON-ALDSON (b. 1938) was held Friday, May 20, 2022 at Meadowlawn Garden of Peace with Minister Vernon L. Parrish officiating.

Funeral service for MR. LAWRENCE “BILL” WHERRY (b. 1949) was held Saturday, May 14, in the Nelms Memorial Funeral Home Chapel with The Reverend Desi Fletcher officiating.

ROYAL FUNERAL HOME

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

Graveside service for MOTHER DOROTHY JEAN JORDAN (b. 1941) will be 12 noon, Thursday, June 2, at the Pine Grove Memorial Gardens (759 Pine Grove Road Harvest, Ala.) with Pastor Danny Jefferson officiating.

Funeral service for MRS. KATHRYNE LOUISE JAMAR GARY (b. 1951) will be held at 1 p.m. Wednesday, June 1, at the Little Shiloh Primitive Baptist Church (198 Browns Ferry Road, Madison, Ala.) with Pastor Reginald Johnson officiating.

Memorial service for MRS. SHIRLEY MARIE YOUNGMAN (b. 1938) was held Sunday, May 29, at Mount Calvary Hill Seventh Day Church (1201 Meadow Drive, Huntsville, Ala.) with Pastor Harold Goodloe officiating.

Memorial service for MR. CLIFFORD E. LEWIS (b. 1958) was held Saturday, May 28, at the Reunited Fellowship of Deliverance (2969 Plummer Road, Huntsville, Ala.) with Pastor James Jones & Pastor Theresa Jones officiating.

Funeral service for DEACON LUTHER LEE ROBINSON (b. 1928) was held Friday, May 27, at Madkins Chapel Cumberland Presbyterian Church (2403 Oakwood Road, Huntsville, Ala.) with Pastor Endia Scruggs officiating.

SERENITY FUNERAL HOME

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

Funeral service will be announced at a later date for MRS. LARRINE EVANS (b. 1942) and MISS MORGAN FULFORD (b. 2007).

THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

June 3

Annual Vision Banquet
Sponsor: Huntsville Bible College
Von Braun Center
East Hall
Downtown
Huntsville, Ala.
7 p.m.

June 3-4

“Lift Every Voice”
Regional Choral Festival
Huntsville Master Chorale
Trinity United Methodist Church
hsvmasterchorale.org
5:30 p.m.

THE VALLEY WEEKLY

CHAMPION GAME PLAN

PRESTON BROWN

“LEARNING TO SURVIVE”

In Genesis 50:20, Joseph tells his brothers, “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”


When we look at this scripture, we need to understand that when we “survive” certain things in our life, it’s not just for us. But sometimes it can be for other people, as well.

I remember twenty years ago, I survived cancer and because of that I was able to be a blessing to others through my ministry, as well as my relationships that I have made with others.

You see, I believe that

PRESTON BROWN


A CHAMPION GAME PLAN FOR LIFE



God not only wants to do things for us, He wants to do things through us, as well.

Now, when we look at the life of Joseph, we can see that he knew a thing or two about survival. Remember, he had to survive being sold into slavery, and being falsely accused of being with Potiphar’s wife and thrown into prison.

But you know what? He



survived prison, as well. So, his road to success was not easy. And, we all need to remember that success does not always come in a straight line. There will be setbacks along the way.

You know, sometimes we can’t see what God has for our lives until we start experiencing life. Matter of fact, the best instruction that we will ever receive will come from actual life experiences. And, let’s face it, there will be failures along the way.

But the good news is, we are all wired for survival. Joseph was wired for survival, and he teaches all of us a

June 4

The Legacy Center
3rd Annual Charity Kickball Tournament
“Legacy Kickback”
Calvary Hills Community Center
Huntsville, Ala.
1 p.m.

June 5

“Menopause: The Musical”
Mark C. Smith Concert Hall
Von Braun Center
Huntsville, Ala.
3 p.m.

June 6

Financial Literacy Course (8 Weeks)
Huntsville Bible College
Oakwood Avenue
Huntsville, Ala.
(256) 469-7536
reg@hbc1.edu

July 7-17

The World Games
Birmingham, Ala.

August 5-7

DL Hughley
Comedian
Stand Up Live Huntsville
Huntsville, Ala.

great lesson about perseverance.

So, whatever it is that you really want out of life, you will have to learn how to survive the trials and the tests that try to keep you from what God wants you to do, because there will be times when you don’t see any progress and you still have to press on and survive.

Then, there may be times when you feel that what you are doing is insignificant. But, you have to press on and survive.

The enemy will also try to intimidate you with thoughts that you are not good enough. But remember anything that the enemy tells you is a lie. So, you have to press on and survive those attacks.

And, finally, I pray that God gives you the insightfulness to realize that trials come to make you more aware--not angry; stronger not weaker; better not bitter ... Stay encouraged, my brothers and sisters!

Make sure you purchase a copy of my book, *A Champion Game Plan For Life*, at amazon.com and at Barnes and Noble.com.

Studio Theatre at Lowe Mill to Feature Beckett's "Waiting for Godot"

The Studio Theatre @ Lowe Mill will feature Samuel Beckett's "Waiting for Godot" at 7 p.m. on June 3-4, 9-11.

In "Waiting for Godot," two wandering tramps, Vladimir and Estragon, wait by a lonely tree, to meet up with Mr. Godot, an enigmatic figure in a world where time, place and memory are blurred and meaning is where you find it. The tramps hope that Godot will change their lives for the better. Instead, two eccentric travel-

ers arrive, one man on the end of the other's rope. The results are both funny and dangerous in this existential masterpiece.

"Waiting for Godot" is presented by special arrangement with Dramatists Play Service, Inc., New York. The performance is recommended for teens and up.

Formerly known as the Flying Monkey Theater and Barking Dog Arts Theater, Theatre Huntsville's new black box theatre performance space has been re-

named The Studio Theatre at Lowe Mill.

The Studio Theatre is used for both in-house artistic productions by Theatre Huntsville, as well as rented out for community events and performances.

Lowe Mill ARTS & Entertainment is located at 2211 Seminole Dr SW, Huntsville, on the Second Floor South. Parking is available at Lowe Mill, and is free with some exceptions on certain dates. Info: www.theatrehsv.org.

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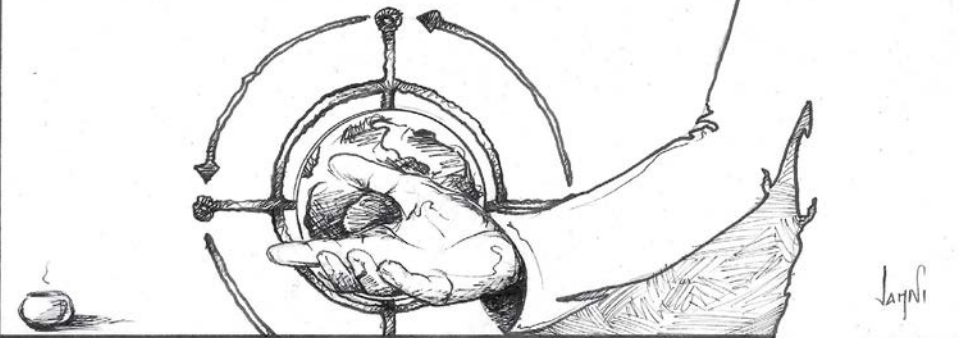
Huntsville Area Metropolitan Planning Organization Meetings

The Citizens Advisory Committee of the Huntsville Area Metropolitan Planning Organization will meet Monday, June 6, 2022 at 5:00 pm. The Metropolitan Planning Organization Policy Board meets on Wednesday, June 8, 2022 at 4:00 pm. All meetings are held on the 1st floor of Huntsville City Hall located at 308 Fountain Circle unless otherwise noted on the Huntsville-Area MPO website at www.huntsvillempo.org. To review items on the agenda for this meeting visit: <http://www.huntsvillempo.org/plans-and-reports/> For all other information on these meetings visit: <http://www.huntsvillempo.org/about/meetings-and-agendas/>

PowerShot

"An artist is
not paid for
his labor but
for his vision."

James Whistler



Huntsville City Council Meetings

Huntsville City Council Regular Meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 5:30 p.m., Downtown Huntsville. Watch the meetings live via HuntsvilleAL.gov/HSVTV or on the City of Huntsville Facebook page (@huntsvillecity).

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

JUNE 3 - JOSEPHINE BAKER - Born in St. Louis, Josephine Baker was an American-born French entertainer, activist, and French Resistance agent. Her career was centered primarily in Europe, mostly in her adopted France. She refused to perform for segregated audiences in the U.S., and later declined Coretta Scott King's offer to head the Civil Rights Movement following Martin Luther King's assassination. -BlackCelebrityBirthdays.com





Congratulations and Thanks Again, "Doc" Harvey

"Freely you have received; freely give"
- Matthew 10:8.

Jesus here encouraged his followers that they should extend those same opportunities to others as freely as they were given opportunities.

Hampton University President Dr. William R. Harvey best modeled this example. He will retire on June 30 after 44 years at its helm.

"Freely received . . ."

This Brewton, Alabama, native was educated at HBCUs Talladega and Virginia State Colleges and later at Harvard University. After later working at HBCUs Fisk and Tuskegee, he was selected from 141 applicants in 1978 at age 37 to be Hampton's 12th president.

During his 44-year presidency he was not without his critics, conflicts, or controversies. Yet, Harvey and his leadership team, for example: 1) Raised the endowment from \$29 to \$400+ million; 2) Created 92 degree-granting programs - including 12 doctorates; 3) Established one of the world's largest proton therapy cancer treatment centers; and 4) Became the first and only HBCU to have total control of a NASA mission and four satellites/instruments currently in orbit.

In 2013, Hampton's William Harvey Named One of the Top Five HBCU Presidents of All-Time, by two different organizations.

"... freely give."

The leaders that Harvey incubated and groomed are his leadership legacy. Seventeen of his lieutenants later became college or university presidents; countless other students and staffers from the Hampton-Harvey decades were launched into other leadership positions. I am one such beneficiary.

When I became unemployed in New York City due to the 1978 economic recession, Harvey then hired me and made me his "first-round draft choice." As assistant PR director, I also became his occasional ghostwriter in exchange for his mentorship.

When President George H. W. Bush consented to be Hampton's 1991 Commencement speaker, Harvey then hired my new Allston Communications, Inc. consultancy to help coordinate that Bush event; he then made me the assistant freshman studies director to, in his words, "evangelize new students on Hampton's unique institutional culture and values."

Subsequently, I've sought to mimic that embedded Harvey legacy of educating, equipping, and empowering those I've employed. In my book writing/publishing projects, for example, I deliberately contracted former student-protegees as professional photographers, graphic designers, and strategic communications specialists. Here, I've sought to give them the same opportunities that Hampton and Harvey gave this unemployed recent grad - a potential powderkeg in search of a wick!

Thanks "Doc," for both freely receiving and then freely giving to us all. Give back to others what you have so freely received and then watch them grow.



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labor.alabama.gov

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LATEST COVID-19 INFORMATION

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www.alabamapublichealth.gov

Centers for Disease Control and Prevention
cdc.gov

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THE VALLEY WEEKLY

CALLLED 2 PREACH

REV. MICHAEL RICE

Wishing for Wings

Psalm 55:6; 16

The winds of life sometimes blow with such searing velocity and seeming volition that it causes one to wish for wings.

The hymn writer put it this way: "Time is filled with swift transitions, naught on earth unmoved can stand." Job says that a person's life is "full of trouble."

Whatever was causing



David to wish for wings, his prayer implied that "rest" was something that had to be LOCATED in another place other than where he was, for we hear him saying that if he had wings he would fly "away" and be at rest.

This was going to require him to LEAVE from where he was. His LAMENTING had him believing that leaving was the only way to gain the rest his soul needed. Also, not just leaving but the transporting needed to be swift; which is why again he "wished for wings."

Reality, however, teaches us that leaving is not always an option. What does one do when wings are not available and leaving is not



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possible? Here is what the Psalmist concluded; "I will call on God and the LORD will rescue me."

Elohim and Jehovah were the two names of God

that David referenced; the one True God who rules and has vowed to be everything he needed; the same name that He introduced Himself to Moses.

He is still available. He is still on call. He still rules. He still is our refuge and place of rest.

This Sunday's Lectionary



Sunday, June 5, 2022

Day of Pentecost

Whitsunday

(Track 2 - Year C)

Acts 2:1-21

Romans 8:14-17

John 14:8-17, 25-27

Psalm 104:25-35, 37



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

Mother Pearl Harris



First Lady Hattie Pearl Harris is a native of Forest, Mississippi, where she was the fifth of 10 children born to Mr. Henry Jones and the late Mother Annie Mae Jones. She graduated from East Scott High School in Lake, Mississippi. She is a licensed evangelist in the Church of God In Christ (COGIC).

Dr. Harris serves faithfully in various capacities in her local church, as well as on the district and jurisdictional levels. She has served diligently and faithfully in the gospel ministry for 31 years with her loving husband of 41 years—founder and pastor of True Light Church of God In Christ (Blessed Hope Ministry), Superintendent Dr. Terrell Harris, Jr.

Dr. Harris is the proud and blessed mother of three wonderful children—Apostle Derek T. Harris (Renee'), Trudy Harris Moore (Charles) and Mark Christopher Harris, all truly miracles from God. God graciously fulfilled Psalm 113:19 in her life: "He maketh the barren woman to keep house, to be a joyful mother of children. Praise ye the Lord." She is also blessed with four beautiful

grandchildren.

In November 1972, Dr. Harris received Jesus Christ as her personal Savior and was later baptized and filled with the precious gift of the Holy Ghost. Dr. Harris believes in fasting and prayer, and she has a victorious testimony that prayer changes things. A loving, kind, caring and God-fearing woman, she has been anointed by God to teach the unadulterated word of God in power and to minister to young, hurting women.

She is founder of "Personal Touch Ministry," which is divinely designed to bring healing, deliverance, restoration and hope to young women whose lives have been changed by neglect, rejection, divorce, depression, emotional hurt, poor self-esteem, brokenness, loneliness,

abuse, guilt, as well as from suffering silently through the disappointments of unfulfilled potential and unrealized dreams and aspirations.

Dr. Harris is a conference and seminar speaker and teacher, as well as a facilitator, counselor, encourager, motivational speaker, administrator and organizer. A retired educator, Dr. Harris was an elementary teacher, principal, curriculum specialist for federal programs, and conflict resolution trainer. She is president of the Ministers Wives Guild on the local and district level. Dr. Harris is the executive director of O.L. Meadows School of Ministry, main campus, Birmingham, Ala., and former president of the Jurisdictional Sunshine Band. She is the recipient of many awards and accommodations. She holds an Associate of Arts degree, B.S., M.E., Certification in Administration and Supervision, Certificate in Theology, and an earned Ph.D. degree in biblical counseling.

Dr. Harris graciously embraces Philippians 4:13: "I can do all things through Christ which strengthens me."

"Spotlight on Our Elders" 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@valley-weeklyllc.com.

AAMU's Top Athletic Stories of 2021-22 Series "Honorable Mentions"

- AAMU Sports Information

Alabama A&M Alumni Makes More Than \$2 Million Donation; \$1 Million To Athletics

As Alabama A&M continues to embody "Start Here, Go Anywhere", a recent alumni who has done just that looked to enable other individuals, particularly student-athletes, to do just that with a donation of \$2,187,518.75 in August of 2021.

The Return Of The B.E.S.T. Awards

Following a two-year absence due to the pandemic and its effects, one of the highlights of the year returned as the 2022 B.E.S.T. Awards were held at the Von Braun Center in downtown Huntsville.

Bulldog nation was treated to a night of fun, fine dining and awards recognizing the accomplishments from the 2021-22 season on April 13.

Bulldog Softball Well Represented On Puerto Rico U-18 World Cup Bronze Medal Team

Alabama A&M softball is always looking to add talent and that is not restricted to the United States, as is

evidenced by freshman outfielder Tatianna Roman (Cypress, Calif.) and sophomore pitcher Esperanza Coe (Beaumont, Calif.) anchoring Puerto Rico's U-18 Softball World Cup Bronze Medal finish in December 2021.

Bulldogs Add New Talent To Lead Men's and Women's Track & Field

Constantly working to build championship level programs, Alabama A&M took another strong step in that direction in December 2021. That would come in the form of the hiring of Andrew Murphy to lead the men's and women's track and field programs on December 6.

New Leadership of Men's Basketball Has NBA and Olympic Flair With Hiring of Hughley, Jr.

Following the close of the 2021-22 campaign, Alabama A&M went a different direction for the leadership of the men's basketball program - and that direction was that of the National Basketball Association (NBA) and the Olympics with the hiring of veteran coach at every level

Otis Hughley, Jr. on April 18.

Sports Information Adds Talent With Addition of Terrisa Mark

In an effort to continue elevating the coverage of Alabama A&M Athletics, the Sports Information Office announced the addition of former NAIA track and field All-American, University of Miami sprinter and media member Terrisa Mark to its staff in August of 2021.

Veteran Coach And Olympic Silver Medalist Rose Magers-Powell Nominated for International Volleyball Hall of Fame

Winner of more than 400 matches at the college level and a member of the 1984 United States Olympic Silver Medal-winning women's volleyball team, A&M head coach Rose Magers-Powell was nominated for the International Volleyball Hall of Fame in April.

Men's Golf Makes Strides Throughout Campaign

A program that is in the process of reloading, not rebuilding, A&M men's golf made strides throughout the year ...

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(BPT) - May is Mental Health Awareness Month and one of the biggest factors impacting mental health is the burden of debt. The Hidden Cost of Debt survey by National Debt Relief revealed that 70% of people believe that debt makes them feel like a black cloud hangs over them, in addition to one-in-three people reporting debt has led to an increase in anxiety and stress. What's more, 69% of people said being in debt has made them withdraw from the things they love.

"It's time to break the stigma and normalize having conversations about debt and its toll on mental health," said Dr. Regine Muradian Psy.D. and National Debt Relief Financial Wellness Board Member. "Feeling isolated and alone is common for people facing financial problems, despite it being an experience shared by many Americans. People lose sleep, detach from friendships and feel hopeless."

As inflation causes the cost of living to rise, more people are experiencing stress related to money. Dr. Muradian shares tips on the best ways to cope with and ultimately overcome the mental impact of debt.

1. Create a master plan and celebrate the steps along the way

Being in debt can make you feel helpless, overwhelmed and isolated. These feelings can significantly impact your mental health and feeling of self-worth. The first step to regaining control over your finances is establishing a plan that allows you to take ownership of your path to becoming debt-free.

Evaluate your total debt owed and break down the micro-steps you need to take to get to your goal of paying it all off. The good news is that there are organizations such



as National Debt Relief that are able to help establish an affordable plan and be your supportive coach to regain your financial independence.

2. Prioritize yourself by practicing self-care

It's important to remember that your debt does not define who you are. Carve out time for self-care that helps you feel happy and healthy. Some of the best self-care options don't cost anything, so you simply need to dedicate time in your week to prioritize these activities.

Need some no-cost self-care ideas? Consider walking in a local park, reading a book, taking a long bath, meditating, drawing or calling a friend for a casual conversation.

3. Have transparent conversations with partners and family

The Hidden Cost of Debt survey found three in five Americans have considered putting off marriage to avoid inheriting their partner's debt and 54% of people believe having a partner who is in

debt is a major reason to get a divorce. Many people avoid conversations with partners because of the shame attached with debt.

While conversations around having babies or the prospect of marriage are commonplace at the start of serious relationships, debt and finances are often taboo. Being transparent and open to conversations about finding solutions can help build your relationship up rather than tear it down.

4. Don't do it alone, find tools to help

Asking for help and finding a supportive community can build confidence and provide direction that makes a positive impact on your finances and mental health.

Take Michelle Ventura from Virginia Beach who found herself in more than \$19,000 of debt following her divorce. Overwhelmed by outstanding

credit-card bills and legal fees, she felt an immense amount of pressure to get out of debt for her personal well-being and her family's livelihood.

On the brink of bankruptcy, Ventura sought support from National Debt Relief. Their team developed a plan and negotiated with creditors on her behalf, reducing her debt by \$9,000, which allowed her to pay off her debt faster than she anticipated.

"Navigating debt as a single mom was incredibly challenging. I felt alone in this journey but working with National Debt Relief gave me the expertise and emotional support I needed to tackle my debt and conquer any obstacle I faced along the way," said Ventura. "Being debt-free gave me back control of my life. Now I can focus on my family and the people who matter most."

For support in navigating debt, please visit nationaldebtrelief.com or call 800-919-0828 to learn more.

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