

# Transportation Director Gets \$8 Million Grant - p. 8

**FREE**



Marshall Chimwedzi

## Legacy Park Grand Opening - p. 5

Friday  
July 7, 2023  
Vol. 9, No. 44  
ValleyWeeklyllc.com

TIM: "Want-to-preneurs"? - p. 5



**SALUTE!**  
Rosetta James Foundation  
ELDER OF THE WEEK



Mrs. Butch Damson

"You can't sing about love unless you know about it." - Billy Eckstine



**PARK OPENS!!** Above, countless citizens and community leaders join Huntsville Mayor Tommy Battle and Councilman Devyn Keith during the festive ribbon cutting ceremony symbolizing the opening of Johnson Legacy Park last Wednesday. More photos by *The Valley Weekly* on Page 5.

## Blues Fest Will Celebrate Historic Moulton Figure

A new blues music festival to celebrate African American Ben Echols and his brick masonry work in building the historic downtown Moulton, Alabama and surrounding areas has been scheduled.

The 1st Annual Ben Echols Blues Music Festival will be held Sunday, August 6, at the Lion's Club



Fairgrounds, 455 School Street, in Moulton, Ala., at 1 p.m.

One such Echols masonry landmark is the wall in front of the Mullican home, formerly the Kelly and Josephine Littrell home, on Market Street.

The house called Liberty Hill has been featured in The Moulton Advertiser was part of their history series. This place

is located on Market Street, a very short distance from the courthouse square on the left heading north on Hwy 33.

For further information and to see newspaper clippings and documents pertaining to the Echols family in Lawrence County, see the Echols file at the Lawrence County Archives.

## TVJS Keeps in Step with Jazz Education

As of a recent gig (performance) at Hazel Green Elementary School, the Tennessee Valley Jazz



Society is even closer to reaching 40,000 students.

Yes, according to TVJS Executive Director Howard Bankhead, since 1998, Jazz Education is Cool-in-the-Schools has presented

to over 38,800 students, faculty, and staff, and individuals in the three school systems, including Huntsville City, Madison County, and Madison City and individuals from around the area.

Making the effort possible were a dedicated team of local, regional, and national musicians and educators, including Darrell Grant, Malachi, Jothan Callin, Devere Pride, Microwave Dave, Ken Watters, Steve Motz, Marcus Pope, and many others, noted Bankhead.



The curriculum includes history, math, science, and democracy.

"We must continue to do these needed services," Bankhead said. "Our goal is to carry these positive activities throughout Alabama."

For more information, visit <https://tvjs.org> or call (256) 604-8172.

# 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 House and Senate are in recess this week and will reconvene next week.

2. THE WHITE HOUSE. Last Friday in response to the

Supreme Court's decision in *Biden v. Nebraska* striking down the Biden Administration's \$400 billion student loan forgiveness plan, the President announced that he would relaunch the program through the regulatory process under the authority of the 1965 Higher Education Act starting with the creation of a

rulemaking committee at the Department of Education to get public input. He also announced that the Administration would create a year-long "on ramp repayment program" when student loan repayments resume in October of this year.

3. SUPREME COURT. After ending its 2022-23 term last week with rulings that struck down affirmative action policies for college admissions; recognized a First Amendment right to deny business services to LGBTQ+ citizens, and ended the Biden Administration's student loan forgiveness plan, the Supreme Court on Friday announced that next

fall it will hear oral arguments in a major gun-rights case challenging the constitutionality of a federal ban on the possession of guns by individuals who are subject to domestic violence restraining orders (the case is *U.S. v. Rahimi*).

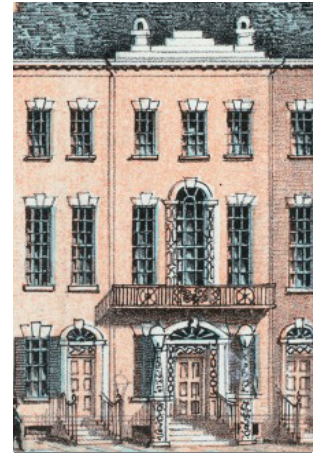
4. HIGHER EDUCATION. Republicans and Democrats in both the Senate and House introduced legislative proposals with the stated goals of lowering college costs, reducing student debt, and promoting repayment. These proposals emerged during a focus on college affordability, with the resumption of student loan payments and anticipation of the Supreme Court's ruling on President Biden's proposed student debt cancellation. These proposals include: The Lowering Education Costs and Debt Act: A package of five bills combined into one and introduced by Senate Republicans, led by Senate HELP Committee ranking member

Bill Cassidy (R-LA); The Federal Assistance to Initiate Repayment (FAIR) Act: Introduced by Rep. Virginia Foxx (R-NC), chair of the House Committee on Education & The Workforce, the bill streamlines repayment options and creates new communications requirements for the U.S. Department of Education (ED) to make to borrowers and servicers to facilitate repayment; The College for All Act: The legislation was introduced in the Senate by HELP Committee Chair Bernie Sanders (I-Vermont) and the House by Rep. Pramila Jayapal (D-Washington) and creates a national free public college program for all students attending community colleges and most students attending public four-year institutions through a federal-state partnership, authorizes a new competitive grant program to boost retention and completion for institutions participating in the free college program, doubles the federal Pell Grant and dramatically increases funding for TRIO, GEAR UP and minority-serving institutions.

5. INFLATION REPORT. Annual inflation fell in May to the slowest pace since April 2021, as Americans pulled back their spending, according to data released Friday by the Commerce Department. The personal consumption expenditures (PCE) price index, which is the Federal Reserve's preferred way to track inflation, rose 3.8% annually as of May — far lower

than the 4.3% annual inflation rate clocked in April.

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## ON THIS DAY

In New York City in 1834, four tumultuous nights of rioting against abolitionists began. The riot only ended with military force

- BlackFacts.com

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## 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.

"Nothing in life is to be feared; it is only to be understood."

- Marie Curie

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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. WILLARD HAWKINS, JR. (b. 1947) was held Saturday, July 1, at Nelms Memorial Funeral Home Chapel with Reverend Leroy Harris officiating.

Funeral service for MS. INELLA MAE FORD ERSKINE (b. 1937) was Saturday, July 1, at Flint River Primitive Baptist Church with Pastor Gregory Miller officiating.

Funeral service for MS. KAREN HYTER (b. 1967) was held Sunday, June 25, at the Nelms Memorial Funeral Home Chapel with Apostle John Hunt officiating.

Funeral service for MS. BLOSSIE ANGELA EDMOND (b. 1952) was held Saturday, June 24, at Syler Tabernacle with Pastor Trevor Briggs, Officiant.

## ROYAL FUNERAL HOME

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

Funeral service for MR. GARY LEE HARDIN (b. 1977) was held Monday, July 3, at the Union Chapel Missionary Baptist Church (315 Winchester Road NE, Huntsville, Ala.) with Dr. O. Wendell Davis officiating.

Funeral service for OFFICER ERIC SEBASTIAN NEWBY, SR. (b. 1956) was held Sunday, July 2, at the First Seventh-day Adventist Church (1303 Evangel Drive NW, Huntsville, Ala.) with Pastor Benjamin Jones officiating.



Funeral service for MR. MOSE CRIM (b. 1949) was held Saturday, July 1, at the Union Chapel Missionary Baptist Church (315 Winchester Road NE, Huntsville, Ala.) with Dr. O. Wendell Davis officiating.



Funeral service for MR. HUGH LEE STEWART (b. 1947) was held Saturday, July 1, at the Union Hill Primitive Baptist Church (2115 Winchester Road NW, Huntsville, Ala.) with Dr. Oscar L. Montgomery, Sr. officiating.

## SERENITY FUNERAL HOME

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

Funeral service for MS. BOLUTIFE FAWOLE (b. 2004) will be held Saturday, July 8, at Big Shiloh Missionary Baptist Church, 2415 Old Moulton Road, Decatur, Ala.

## 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.



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"Most leaders spend time trying to get others to think highly of them, when instead they should try to get their people to think more highly of themselves."

- Booker T. Washington

# Spiritual Game Plan

PRESTON BROWNS



## A Spiritual Test

James 1:2 says, "Consider it pure joy whenever you face trials of many kinds."

Whenever I read this scripture, I find it odd that the writer states that facing trials should be considered as "pure joy." What is the message that we need to get from this statement?

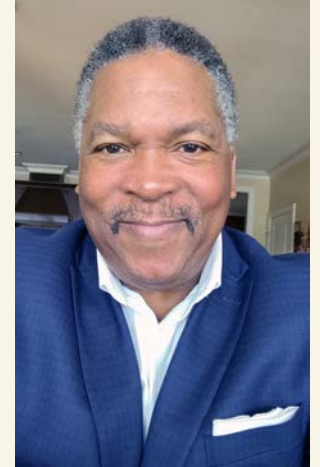
More importantly, what does this mean for us as believers? Obviously, we should not seek out trials, but we as Christians should know what the outcome of our trials will produce. In other words, in what ways can we profit from our trials?

I believe that there are three things that we will profit from when we go through our tests and trials. The first thing we get is a purified faith. Now to purify something means to remove contaminants from it. When we look at our physical selves,

we need to understand and realize that they have been contaminated by this fallen world. Therefore, God is trying to remove all of the things that hinder us from our spiritual growth. The next thing that we get is an abundance of patience.

One of the problems that we all have when dealing with our tests is the time factor. Remember, one of the fruits of the spirit is patience. If we are believers, we know that good can come from bad circumstances, but we have to be patient.

Finally, our character is perfected. This means we become spiritually mature in our judgment and understanding of God's truth. When we endure our tests and our trials, not only will it perfect our characters, it will also make us complete. Being complete gives us the ability to fully worship and serve God as well as be servants for



God, not lacking in anything.

May God grant you spiritual success in gaining wisdom and truth from your trials.

Question: *What did you gain from the trials or tests that you went through?*

Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my books, *Spiritual Game Plans for a Successful Life* and *A Champion Game Plan Life* at amazon.com, Westbow Books, or email me at [prestonbrown81@gmail.com](mailto:prestonbrown81@gmail.com), and I will send you an autographed copy.

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The Valley Weekly

# VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

- July 4**  
Fourth of July Celebration  
Providence  
Commission Meeting  
4:30-6:30 p.m.
- July 7-8**  
Comedian  
Ms. Pat  
Stand Up Live  
Huntsville, Ala.  
Huntsville Police Citizens  
Advisory Council Meeting  
5:30-6:30 p.m.
- July 8**  
Skate Night (21+)  
"Throwbacks 'N Daisy  
Dukes"  
Travis Porter  
Insanity Complex  
100 Skate Park Drive  
Madison, Ala.  
7 p.m.-Midnight  
<https://www.eventbrite.com/e/659880960717>
- All About Birds Fun Day  
Cook Museum of Natural  
Science  
[cookmuseum.org](http://cookmuseum.org)  
Decatur, Ala.  
10 a.m.-2 p.m.
- Red Door Real Estate Open  
House Extravaganza  
17004 Bright Water Lane  
SE, Huntsville, Ala.  
11 a.m.-1 p.m.
- Rocket City Summer Music  
Fest  
**Tickets: \$40**  
6001 Pulaski Pike NW  
Huntsville, Ala.  
12 noon-10 p.m.
- July 10**  
Historic Preservation  
Huntsville Madison Coun-

ty Public Library  
Summer Reading  
Program Ends

**July 21-22**  
Eddie Griffin  
Stand Up Live  
Huntsville  
2012 Memorial Park-  
way SW  
Huntsville, Ala.

**July 22**  
"Jazz It Up" Handy  
Fest Night

Avalon Social  
Muscle Shoals, Ala.  
7 p.m.

**August 5**  
Alabama Association for  
the Arts  
2nd Annual Black Tie Gala  
<https://www.blacktiegalalahsv.com/>  
Stone Event Center  
7-11 p.m.

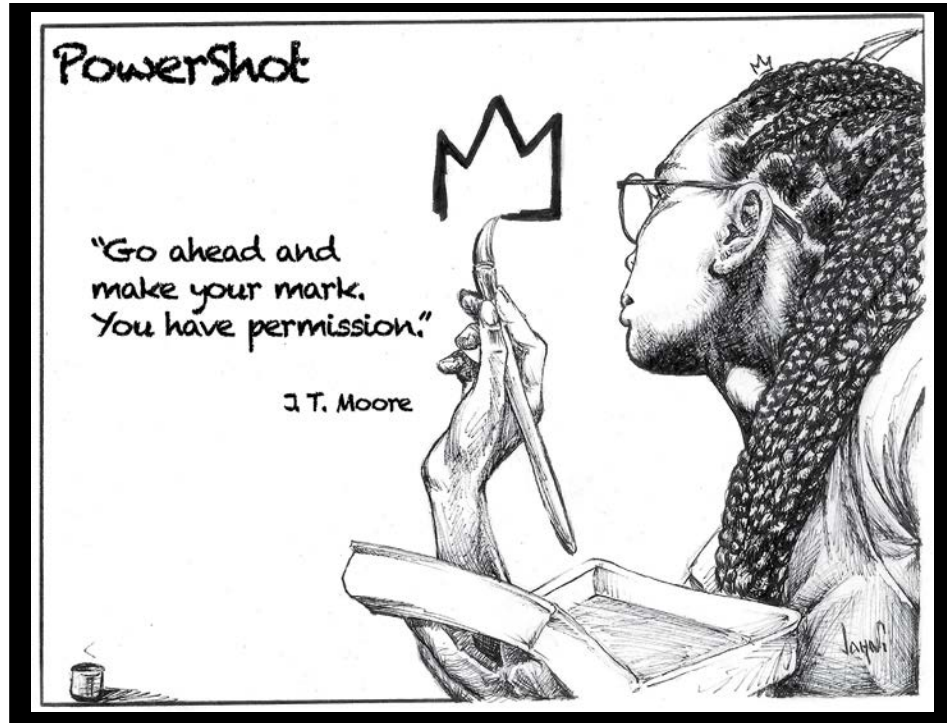
**August 19**  
Shop Black Huntsville Fest  
Butler Green @ Campus  
805  
Huntsville, Ala.

Shakespeare in the Garden  
"A Midsummer Night's  
Dream"  
Huntsville Botanical Gar-  
den  
7:30 p.m.

**August 27**  
Learning Expo 2023  
The Orion Amphitheater  
MidCity  
Huntsville, Ala.  
1 p.m.

**October 7**  
Rocket City Scottish Festi-  
val and Highland Games  
Sharon Johnston Park  
9 a.m.-6 p.m.

**October 20**  
Mystic Forest Fantasy  
Masque II  
Embassy Suites  
7 p.m.



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*"... I challenge myself not to tell the same story ..."*

- Eric Jerome Dickey

## Stop Now ...

*Hold yourself accountable for every decision you make.*

Don't continue to assign permanent positions to temporary jobs, habits, friendships, or relationships. Stop hurting yourself and blaming others for your outcome. You knew that job wasn't for you, you saw that friendship was one-sided, you knew you needed to change your eating habits, and you knew that girl/guy wasn't able or willing to give you what you desired. You *knew* it!

So please don't make it/ them out to be the dire

situation or person. You chose to stay in it ... hoping it would get better, change, or magically turn into what you desired. That's on YOU! You hurt you; you stressed you out. You made you sick! This is pain, confusion, frustration ... you brought on yourself!

Love yourself enough to know what you can

tolerate, and stop creating hardships for yourself. Let Go! Learn from what you've done, and take a moment to understand what you truly want and need. Work on getting that, accomplishing that...wait on what's for you while you evolve into the best you can be.

Stop now! Stop stagnat-

ing your arrival at your destination by spending too much time in pitstops!

Ok ... now go on with your life. Plan, execute, and never quit until you position yourself to obtain the desires of your heart.

It's going to take hard work and determination!! Are you ready?

Let's Go!!!

# Millennial Moment

The Valley Weekly  
by Gloria B. Caldwell

## Scenes from Johnson Legacy Park Grand Opening

Wednesday, June 28, 2023 (Photos by J. Saintjones)



### "Want-to-preneurs"? Your Prosperous "Roarin' 2020s" are now Here!

*"Weeping may endure for a night but joy cometh in the morning" - Psalm 30:5*

(Updated from June 25, 2021, TVW column)

With proper awareness and then preparation, temporary sorrows can become joy and happiness, declared the psalmist David.

It sounds like he must have been living right now or maybe a century ago during the Roarin' 20s.

As history often repeats itself, small business aspirants or "want-to-preneurs" need to prepare themselves for the "Roarin' 20s," 21st-century style. Here we will experience increased consumerism, entrepreneurship, and women's political power reminiscent of the 1920s.

#### History on Our Side

1919 featured a worldwide pandemic, which killed 675,000 Americans. The Roarin' 20s, however, followed by advancements in automobiles, electricity, and culture such as the Harlem Renaissance and the Jazz Age.

Yet, that decade ended with the 1929 stock market crash and the beginning of the 1930s Great Depression.

Currently, we are emerging slowly from the 2020 COVID-19 pandemic which has claimed 1,137,000 Americans. Shuttered businesses forced millions to return home - either as unemployed or telecommuters.

Public health concerns, reopening schools, and a new-found freedom and related technologies for "home-work" are causing many to consider an often-closeted dream: entrepreneurship. "In 2020, there was an explosion in new business applications, reaching nearly 4.5 million by year's end," according to a February report by the Economic Innovation Group, a Washington DC think tank. There's an increase of 24.3% from 2019 . . . the highest on record - 51% higher than the average from 2010 to 2019, <https://nwsdy.li/3vwuNay>.

#### Ready to "Mine Your Own Business"?

If you are one of those with an itch for freedom, creativity, and a leap of faith, then this present decade's made for you. History says that these "Roaring 2020s" will be your best chance to "mine your own business," a phrase from Rich Dad Poor Dad author Robert Kiyosaki.

The U.S. Small Business Administration's SCORE, the National Association for the Self-Employed, and your own public library system offer unlimited (free!) resources and training programs to help you act on your dream of becoming an entrepreneur.

Now is the perfect time to allow the weeping, sorrow, and pain of the 2020 pandemic crisis to usher you into this Roarin' 2020s prosperity - before the next Great Depression.



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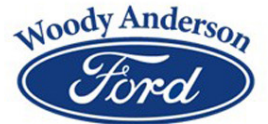


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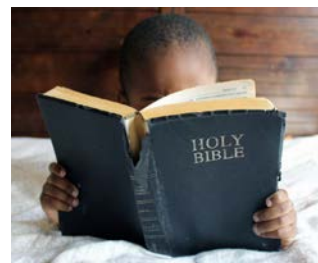
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## This Sunday's Lectionary



Sunday, July 9, 2023

Sixth Sunday

After Pentecost

(Track 2, Year A)

First Lesson:

Zechariah 9:9-12

Psalms 145:8-15

Second Lesson:

Romans 7:15-25a

GOSPEL:

Matthew 11:16-19, 25-30

**JULY 7 - ERIC JEROME DICKEY** was an American author from Memphis. He wrote several crime novels involving grifters, ex cons, and assassins, the latter novels having more diverse settings, moving from Los Angeles to the United Kingdom to the West Indies, each having an international cast of characters. Dickey was a New York Times bestselling novelist. Dickey received a bachelor of science from Memphis State University in 1983. At Memphis State, Dickey was a member of Alpha Phi Alpha, a fraternity. He died of cancer January 3, 1921, in Los Angeles.

- [BlackCelebrityBirthdays.org](http://BlackCelebrityBirthdays.org)





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

## Mrs. Butch Damson

Mrs. Butch Kohler Damson was born in Pittsburgh, Pa., and moved to Huntsville, Ala., in 1953. She is the daughter of the late Mr. & Mrs. Otto Philip Kohler. Mrs. Damson attended Huntsville High School and graduated in 1957. She pursued her college education at the University of Alabama, graduating with a Bachelor of Arts degree in 1961.

In the Huntsville-Madison County community, she has been actively involved in volunteering her time and talent with various organizations for over 45 years. 1 Peter 4:10 states, "As each has received a gift, employ it in serving one another, as good managers of the grace of God in its various forms."

The work that Mrs. Damson did in the community is truly an embodiment of that scripture. She worked untiringly to help her community and did so with a great deal of humility and pride.

Mrs. Damson could easily be characterized as an organizer, inciter, motivator, or even "Wonder Woman", because she possessed a pleasing personality and always knew the

right words to say to lure one to her team.

As a volunteer in the community, she served as a Board member and committee member for numerous organizations: chairman of the board, Burritt Museum; founding member, Greater Huntsville Humane Society's Advisory Council; member, Huntsville Hospital Foundation; president, Botanical Gardens, Board of Directors; Cancer Society; Board of Directors, The Land Trust; Board of Directors, City of Huntsville Beautification Board; and Board of Directors, Voluntary Action Center.

While serving as a member on many of the organizations' boards, she was the initiator of many programs and activities, such as the City of Huntsville Beautification Awards in 1975, The Clean Community Program now called The Green Team, the Botanical Gardens' Welcome Center, The BMW Brunch, Burritt's Barnyard and the Master Plan for Burritt City.

In her church commu-



nity, she served as Secretary of St. Joseph's Parish Council and taught Sunday School to the sixth grade children.

In recognition of her contributions to the community and service to humanity, she received scores of awards and honors. Among these are: Path of Honor, Senior Center, 2007; Pineapple Award, Huntsville-Madison County Hospitality Award, 2005; Honoree, Rolls Royce of Roasts, American Diabetics Association, 2005; and the Grace Award, 2001.

Damson married Mr. Jerry L. Damson, and they have two children, Deke and Susan Park, and six grandchildren.



## Local Colleges Form Partnership to Benefit Social Work Students

Alabama A&M University and Calhoun Community College formed a Memorandum of Understanding (MOU), establishing a partnership between the institutions at a recent signing ceremony. The MOU is designed to create seamless transition to AAMU for Calhoun students with interest in social work career paths, officials said.

Students in the cohort will complete Freshman Experience 101, Freshman Experience 102, and course offerings that prepare them for the Alabama A&M BSW (Bachelor of Social Work) program.

"This will introduce them to our culture and history in a learning community comprised of only social work students," said AAMU Social Work Chair

Dr. Tonya Perry.

Calhoun Community College's Dean of Humanities and Social Sciences, Dr. Donna Estill, stated that the collaboration allows students to envision success.

"Their first-year experience in social work through Alabama A&M will take them through a pathway that they can develop on their own," said Estill. "It attaches them emotionally to the college and the college experience. We're really grateful for that opportunity for our students."

The partnership between the Alabama HBCU and the state's largest community college starts this fall. Perry anticipates impact at home and beyond.

"We're filling a workforce need not only in Alabama,


but across the nation," said Perry. "People may not realize this, but social work is going to be the most in-demand occupation through 2029. So, I can see this program continuing to expand."

The MOU is the latest step in AAMU's work to produce more professionals and faculty in the field.

"We're committed to creating a pathway from BSW to PhD not just because of the workforce demands at the entry level," noted AAMU President Dr. Daniel K. Wims. "Limited-resource institutions, community colleges, and HBCUs are having a very difficult time finding credentialed faculty for social work. We're continuing to grow our own and provide for the sector."

"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](http://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](mailto:info@valley-weeklyllc.com).





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A New Generation Of Service

# Prolific Grant Writer, BTS Director Secures \$8 Million FTA Award

On Monday, June 26, the U.S. Department of Transportation's Federal Transit Administration (FTA) announced 130 awards totaling nearly \$1.7 billion for transit projects in 46 states and territories.

Alabama A&M University's Bulldog Transit System will receive \$8.1 million in grant funding for upgrades, expansion of facilities, solar energy storage, and other projects. The grant will help the AAMU transit system transition to zero emissions.

"Our goal was to achieve a 100 percent green transit system," said Director and principle investigator Marshall Chimwedzi. "This grant will allow us to reach that milestone in 2024. That's huge for Alabama A&M and the entire community."

Chimwedzi says

AAMU was successful in the competitive grant process thanks to the momentum and commitment the University has shown toward being a responsible community member. "We are a high-tech city, and Alabama A&M should be a leader in championing innovative initiatives," said Chimwedzi. "This grant helps us to do that, while building on the work we've already started on the Hill."

AAMU Vice President for Business and Finance Carlton Spellman calls the grant transformational. "We're excited about what this means for the University and our community," Spellman said. "As one of only three universities and the only HBCU in the group of FTA grant awardees, it also allows A&M to help lead the way in creating greener

campuses and healthier environments for people to learn, work, and live."

Of the awards from President Biden's Bipartisan Infrastructure Law, AAMU was the only Alabama awardee. In addition to expanding the University's bus fleet by more than 60 percent, the project will make several key impacts:

- Transitions the Bulldog Transit System to 100 percent zero emission by 2024

- Creates a new microgrid using a battery electric storage system (BESS) to store excess solar energy

- Expands the footprint of the AAMU solar farm to 3 megawatts of solar power generation

- Generates at least 30 percent of campus electric energy consumption

- Provides AAMU-led

green energy workforce development opportunities

- Expansion of the State's largest Level 3 charging station

In addition to investing in the future of transit, the awards also invest in America's workers. Twenty-two of the funded projects will operate with project labor agreements to ensure their efficient and timely completion, and 34 projects have committed to the gold standard model of registered apprenticeship, with supportive services such as childcare for employees.

In addition, the zero-emission bus grants include millions of dollars in funding for workforce programs that will train today's internal combustion mechanics to become tomorrow's



electric motor technicians and the projects will include millions of dollars in funding for workforce programs that help transition today's diesel mechanics to tomorrow's electric motor technicians.

New systems at

AAMU will create greater efficiency (e.g. new charging stations will reduce full-charge times from 4 hours to 15 minutes for buses).

For additional information, visit "news releases" at [www.transit.dot.gov](http://www.transit.dot.gov).

## For the Caregivers: Good Ways to Prioritize Self-Care, Avoid Burnout

(BPT) - Whether you're a parent, spouse, sibling, grandparent or other relative or friend caring for a loved one, you play a vital role in their well-being. Caring Bridge - a nonprofit that provides no-cost dedicated, private, ad-free space for communication, support and connection for a loved one's health journey - is bringing awareness to the role of

family caregivers and how they can care for themselves. Read on to learn about the three signs that you may be in a caring role and tips on nurturing yourself today and beyond.

Do you care for a loved one?

Often, family carers don't realize they're in a caregiving situation ... Whether a medical condition is temporary

or permanent, many family members become care participants in their loved ones' lives without knowing it or meaning to. Here are three signs that you may have transitioned into a care role.

- \* You have increased responsibilities for the well-being and care of a loved one.
- \* You've had lifestyle adjustments.
- \* Relationship changes

with the person and others. Here are five ways you can care for yourself while participating in care for others.

1. Practice stress management
2. Care for yourself
3. Prioritize your health
4. Maintain relationships

5. Find community

If your financial situation allows, enjoy a spa day, get a manicure and pedicure or book a massage. These forms of self-care can get you out of the house and allow you space and time to focus on nourishing yourself.

Don't wait until you feel burnt out to enjoy some self-care. If your schedule and budget

allow, set regular weekly or monthly appointments that you can look forward to and know that you can also receive care.

### Prioritize your health

It's easy for carers to ignore their health when they're busy helping others with daily tasks. However, you can't neglect your health. Visit [Caringbridge.org](http://Caringbridge.org)