

Cybersecurity & Working Remotely, p.8

"A New Normal," p. 6

Friday
October 8, 2021
Vol. 8, No. 5
ValleyWeeklyllc.com

FREE

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Parker Griffith, Jr., M.D.



Morehouse-Tuskegee Classic Moves to B'ham

Add another football classic to Legion Field this fall.

The Morehouse University-Tuskegee annual game which began in 1902 and is the oldest Historically Black Colleges and Universities (HBCU) rivalry in the nation, will be coming to "The Old Gray Lady" in Birmingham under a three-year agreement.

The deal calls for the city to provide up to \$500,000 per year in incentives and in-kind services to host the event.

The game has traditionally been played in Columbus, Georgia but will be



played in Birmingham Oct. 9, which is three weeks before the Oct. 30 Magic City Classic that features Alabama State University and Alabama A&M University.

Mayor Randall Woodfin, a Morehouse alumnus, told the council that organizers of the Tuskegee-Morehouse game "have not felt the support they need" to stay in Columbus. - B'ham Times

"Justice, like beauty, is in the eye of the beholder." - Zora Neale Hurston

Friends of the Bradfords to Hold "Motorcade Parade"

Persons throughout the local community are invited to participate in a Benefit Motorcade Parade honoring The Dr. Henry Bradford, Jr. and Mrs. Nell Lane Scholarship Foundation, Inc. on Saturday, Oct. 23, 2-4 p.m. at Louis Crews Stadium.

Participants should remain in cars; enter the Stadium from Industrial Drive and Taylor Road, follow route according to guidance; donate to Fund (optional); and "wave." For more info, contact Jacqueline McGlathery at (256) 651-6565.

A&M Names Wims 12th President

The Alabama A&M University Board of Trustees voted 7-4 Saturday, October 2, 2021, in favor of Dr. Daniel K. Wims as the 12th president of Alabama A&M University. President Andrew Hugine, Jr., will retire on December 31, 2021.

Among the finalists were Dr. Colette Pierce Burnette, president of Huston-Tillotson University in Austin, Tex., and Dr. Wims, provost and vice president for academic affairs and

for research, as well as professional of agricultural sciences at AAMU.

Dr. Wims has over 20 years of progressive administrative experience in various governmental and higher education organizations. Wims formerly served as the executive vice-president and vice-president for academic affairs, and professor of agricultural sciences at The Fort Valley State University.



Wims

Drake's Sims Joins 'Women of Impact'

in Downtown Birmingham on September 30.

The event honored

women who 'propel Alabama.' For info, visit www.alabamawomen.org.



Drake State's President Dr. Patricia Sims has been selected as a Yellowhammer 2021 Women of Impact recipient.

The awards celebration was held at the Florentine

Planning Commission Approves Site Plan

The City of Huntsville will have a new home in the form of a new City Hall. At its Sept. 28 meeting, the Huntsville Planning Commission gave unanimous support to a site plan for the seven-floor structure and adjoining parking garage.

The building will replace the more than 50-year-old current Municipal Complex at 308 Fountain

Circle. The new City Hall will be built directly across the street at the site of the current municipal parking garage, which will be demolished this year.

City Administrator John Hamilton noted several reasons that a new City Hall is necessary, but chief among them was efficiency. The new 175,000-square foot City Hall will have a ground-floor entrance



off Fountain Circle and a second-floor entrance at the intersection of Fountain Circle and Madison Street.

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 Senate is in session this week, while the House does not have floor votes scheduled until Oct. 19 – but that is subject to change. House committees will continue to meet this week. Last Thursday, the House and Senate avoided a federal government shutdown on Oct. 1 by approving a temporary stopgap measure, known as a continuing resolution (CR), to keep the federal government funded through Friday, Dec. 3, 2021. The CR also provides \$28.6 billion to address recent natural disasters, including Hurricanes Ida, Delta, Zeta, and Laura, wildfires, severe droughts and winter storms, and other natural and major disasters declared in 2021 and prior years and \$6.3 billion to support Afghan evacuees, which includes funding to temporarily house evacuees at facilities abroad, provide necessary security screenings, and resettle eligible evacuees in the U.S. The House last Wednesday also approved a separate bill to suspend the nation's debt limit through December 22, 2022 (the current debt limit suspension expired on July 31 and extraordinary measures being taken by the U.S. Treasury to avoid default on Social Security and Medicare benefits, military salaries, interest on the national debt, tax refunds, and other payments will reportedly be exhausted by October 18).

The Senate will attempt to move the debt bill this week on

the floor, although Republicans have threatened to continue to block it.

2. BIDEN AGENDA. House Democrats struggled last week, despite an unscheduled visit from President Biden on Capitol Hill on Friday, to get consensus on moving forward on the \$1.2 trillion Infrastructure bill and the \$3.5 trillion Budget Reconciliation bill, known as the "Build Back Better (BBB) Act," with Progressive Democrats seeking a firm commitment on the scope and timing of the BBB from the Senate before they will consent to voting for the Infrastructure bill. In a letter to House Democrats on Friday, House Speaker Nancy Pelosi (D-CA) said that her team is "still working for clarity and consensus" and that the "Infrastructure bill will pass once we have agreement on the reconciliation bill." In a subsequent letter on Saturday, Speaker Pelosi announced that the new deadline for the Infrastructure bill would be October 31, due to the 30-day extension of the Fast Act surface transportation law that was signed into law by the President on the same day.

3. THE WHITE HOUSE.

Last week, President Biden canceled his Wednesday trip to Chicago to focus on getting Congress to pass his two key agenda items: the Infrastructure bill and the Build Back Better Act, which included surprise visits to Wednesday's Congressional Baseball Game (Rs beat the Ds 13-12) and to the Capitol on Friday. This week, the President will host

Members of Congress at the White House to continue lobbying for the bills and will make stops around the nation to promote his agenda, starting with the trip to Howell, Michigan, this past Tuesday.

4. DOT FURLOUGH. The Department of Transportation furloughed 3,700 workers and interrupted road and transit projects on Friday after Congress failed to pass a new federal surface transportation authorization amid a stalemate in the House on the Senate-passed \$1.2 trillion Infrastructure bill. However, the House (on Friday) and the Senate (on Saturday) approved a 30-day extension of the current law, known as the Fast Act, which had expired at midnight on Sept. 30 – thereby allowing federal transportation workers to return to work.

5. NEW SUPREME COURT TERM. On Monday, the Supreme Court started its 2021-22 term with a water rights case, *Mississippi v. Tennessee*, which is the first time, according to the SCOTUSblog, that states have asked the court to weigh in on how they should share an interstate aquifer. The case will also be the court's first in-person argument since March 2020, when the justices stopped meeting in person due to the coronavirus pandemic, and, since then, all arguments have been conducted by phone. Last Thursday, Justice Kavanaugh tested positive for the coronavirus and, therefore,

will participate remotely in next week's oral arguments.

6. ARIZONA AUDIT

HEARING. On Thursday, the House Oversight and Reform Committee hosted a hearing on "Assessing the Election Audit in Arizona and Threats to American Democracy." On September 24, a GOP-led audit of the 2.1 million votes cast in the 2020 presidential election in Arizona's Maricopa County, won by President Biden, found only small variations in the vote totals, yielding 99 additional votes for President Biden and 261 fewer votes for ex-President Donald Trump.

7. NEW YORK MASK

RULES. Last Friday, Supreme Court Justice Sonia Sotomayor declined to block a requirement that all New York City's public school teachers and employees be vaccinated against COVID-19 by 5:00 p.m. on Oct. 1 or face being placed on unpaid leave until September 2022. Four New York teachers and teaching assistants had sought to halt the city's vaccine mandate while litigation over the dispute continued in the lower courts.

8. POSTAL SERVICE

DELIVERY CHANGES. On Friday, per Postmaster General Louis DeJoy's 10-year cost saving plan, the U.S. Post Service started changes in delivery service for first class mail, which will slow delivery from the current 3 days to up to 5 days, largely due to a sig-

nificant reduction in the use of airplanes to transport the mail. According to The Washington Post, the areas hit hardest by the change will be the states West of the Rocky Mountains and parts of southern Texas and Florida. Starting yesterday (Oct. 3) through Dec. 26, the Postal Service is imposing a special holiday season surcharge, which price hikes of 30 cents more for first-class package service, \$1 more for parcel-return service, and an additional \$5 for priority mail, priority express mail, parcel select and retail ground services for items weighing between 21 and 70 pounds.

9. HIGHER EDUCATION.

Monday through Friday, a federal rulemaking panel discussed more than a dozen topics during its debate of the Biden administration's sweeping overhaul of federal higher education policy. A key topic considered are the "borrower defense" rules governing loan forgiveness for defrauded borrowers. Last week, the Department of Education circulated draft proposals that will serve as a starting point for negotiations on the issues that will be discussed by the panel.

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THE VALLEY WEEKLY

CHAMPION GAME PLAN

PRESTON BROWN

"A NEW NORMAL"

Matthew 28:5-6: "The angel said to the women, 'Do not be afraid, for I know you are looking for, Jesus, who was crucified. He is not here; He has risen, just as He said. Come and see the place where He lay.'"

Everyone is talking about this "new normal" of how things are right now. For example, we have a new normal for communicating with one another. Also, in the way that we shake hands and give hugs. There is a new normal in the way that we do our shopping or participate in sporting events.

And, then there is a new normal of how we worship. This coronavirus has certainly taken a toll on our nation and the world.

The disciples also had to experience a new normal when Jesus was crucified on the cross and yet He rose again, just like He said He would. You see, sometimes it can be hard to believe in things when you can't see them, just like it was

for some of the disciples. However, this is one of the main emphasis of our faith. The substance of things hoped for and the evidence of things not seen. You see, Jesus had a purpose for coming to earth. First, to take back the authority

(Matt 28:18) that was given to man in the Garden of Eden when Adam and Eve sinned. Second, to be a "sin offering" by dying on a cross so that all of our sins would be forgiven. And, finally, to be Emmanuel, which means *God is with us*. You see, we all have this blessed assurance that God is with us, especially in difficult times, even when we don't feel

His presence near. I'm sure the disciples perhaps were feeling the same way. But I believe that God has a way of bringing about changes by creating certain situations. Consider this possible conversation between Satan and Jesus written in 1942 by C. S. Lewis. Satan says, "I will cause anxiety, fear and panic. I will shut down businesses, schools and



places of worship, even sporting events. I will cause economic turmoil." But Jesus says this: "I will bring together neighbors. I will restore the family unit. I will bring dinner back to the kitchen table. I will help people slow down their lives and appreciate what really matters. I will teach my children to rely on me and not the world. And I will teach my children to trust me and not their money and material resources."

You see, in case you didn't realize it, when we follow Jesus and trust Him, we will discover a new normal for our lives ... Stay encouraged, my brothers and sisters.

Make sure you purchase a copy of my book, "A Champion Game Plan For Life," at [amazon.com](https://www.amazon.com).



October 9

Bulldog Football
AAMU vs. Jackson State
Louis Crews Stadium
2 p.m.

October 12

Boz Scaggs
Mark C. Smith Concert Hall
Von Braun Center
7:30 p.m.

October 14

Three Dog Night
Mark C. Smith Concert Hall
Von Braun Center
7:30 p.m.

October 15

Victor Wooten/Wooten Brothers Band
Mars Music Hall
Von Braun Center - 8 p.m.

October 16

Bulldog Football
AAMU vs. Florida A&M
Louis Crews Stadium
1 p.m.

October 17

Chicago
Mark C. Smith Concert Hall
Von Braun Center
7 p.m.

October 24

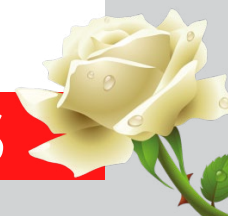
Historic Marker Dedication
Recognizing Huntsville's Black Suffragists
Sponsor: Historic Huntsville Foundation, WHCAA
William Hooper Councill Memorial Park
620 St. Clair Street
Huntsville, Ala.
2 p.m.

December 11

Retirement Banquet
AAMU President Andrew Hugue, Jr.

THE VALLEY WEEKLY

VALLEY DEATHS



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW - Huntsville, AL 35816 - (256) 539-8189
Funeral service for MS. CAROLYN A. SMITH'S (b. 1953) immediate family was held Sunday, October 3, 2021 at the Saint Mark Baptist Church with Pastor Jeremiah Chester officiating.

Funeral service for THE REVEREND ROY E. WILLIAMS, SR., (b. 1937) was held Saturday, October 2, at Hopewell Missionary Baptist Church with Pastor Hernandez Ford officiating.

Funeral service for MS. MARY ANN MALONE (b. 1949) was held Saturday, October 2, at the Indian Creek Primitive Baptist Association Tabernacle with the Elder Dr. Mario Ford officiant and the Reverend Clifford Malone Hollins eulogist.

Funeral service for MR. MARVIN PHILLIP CARROLL, JR. (b. 1959) was held Sunday, September 26, at Nelms Memorial Funeral Home Chapel with Pastor Ricky Sykes officiating.

ROYAL FUNERAL HOME

4315 Oakwood Avenue - Huntsville, AL 35810 - (256) 534-8481
Memorial service for MS. HEDDA L. WADE (b. 1950) will be held at 12:30 p.m., Sunday, October 10, at Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.) with Pastor Roger A. Bernard officiating.

Graveside service for MRS. CATHERINE LOUISE SUGGS-DOZIER (b. 1951) was held Sunday, October 3, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.) with Brother Waymon Moore officiating.

Memorial service for ELDER CHARLES BINFORD was held Sunday, October 3, at the Oakwood Seventh-day Adventist Church (7000 Adventist Boulevard NW, Huntsville, Ala.) with Dr. Carlton P. Byrd officiating.

Funeral service for MR. TIMOTHY MCCLURE (b. 1949) was held Sunday, October 3, 2021 at the New Life Seventh-Day Adventist Church (3912 Pulaski Pike NW, Huntsville, Ala.) with Pastor Nelson Stokes officiating.

Funeral service for MS. LETA LARESSA BONE (b. 1979) was held Saturday, October 2, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.) with Pastor April Smothers officiating.

SERENITY FUNERAL HOME

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

A private memorial for MR. JIMMY GARLAND WALKER (b. 1944) and MS. BRITTANY BROOKS (b. 1982) will be held at a later date.



2505 University Dr. NW
Huntsville, Alabama 35816
(256) 539-9693

A New Generation Of Service



by Margaret Jan Kelly, Ph.D.



The turbulence of the times, instigated by the COVID-19 pandemic, has generated traumatic consequences for many individuals and families. According to the National Association of Mental Health, mental disorders have increased by 19%, almost 43 million, 20% of our society. Since the onset of COVID-19 in March

2020, it is estimated that one in four (1 in 4) adults will experience a mental health disorder in a given year. Mental illnesses can affect anyone, regardless to race, ethnic or socioeconomic status.

There is a stigma about mental illnesses ... Mental illness is defined as a health condition involving changes in emotions,

thinking and behavior. It is associated with distress and/or problems functioning in social, work and or family activities.

MOST COMMON TYPES OF MENTAL ILLNESSES

1) Clinical Depression; 2) Anxiety Disorder; 3) Bipolar Disorder; 4) Dementia; 5) Attention Deficit Disorder; 6 Schizophrenia; and 7) Obsessive Compulsive Disorder.

Our father abandoned my sickly mother, two younger sisters and two younger brothers and me when I was eight years old. Four days after my 11th birthday, our 30-year-old mother passed. Follow-

ing our mother's untimely death, my two younger sisters and I (ranging in age from 2-11) went to live with our maternal grandparent. Our two younger brothers (age 5 and 7) were raised by our paternal grandparents. Both sets of grandparents had less than an elementary school education and worked low-paying jobs.

During the summer after completing my first year of college at Alabama A&M University, a first-generation college student, I was diagnosed with a form of muscular dystrophy known as myasthenia gravis--a grave muscular weakness. The neurologist told my grandmother and me that I WOULD NOT BE ABLE TO ATTEND COLLEGE AGAIN NOR HOLD A JOB, because I would get progressively weaker.

Since that diagnosis, by the abundance of ongoing GRACE, MERCY and our

Omnipresent, Omnipotent and Omniscient God, and unending love and support from my matchless family and friends, I earned my BS., M.S. and Ph.D. degrees with honors by age 30. Four months after the death of my maternal grandmother, who succumbed to ovarian cancer in 1979, I experienced my first severe clinical depression while pursuing my Ph.D. at Iowa State University in the fall of 1980.

Since that time, I have been the victim of eight additional depressions; breast cancer twice, requiring the mastectomy of my right breast; four major lower surgeries--one leaving me crippled and with a deformed back; hip replacement; rotator cuff surgery; and now impending left knee and shoulder replacement.

Causes of depression have been identified: I have encountered all of the above causes during my

71-year long journey called life.

Ongoing prayer, an unshakeable faith in God, seeking professional help early, taking strong medications including a steroid daily (which contributed to my numerous health challenges), a strong support system, a positive attitude, undaunting determination to never give up, and the assurance that "I could do all things through Christ who gives me strength," combined to usher me into recovery and to live my life for God. Through It All, "Still I Rise."

~Think About It~

If you have or think you, or a loved one is suffering from depression, I strongly encourage you to seek professional help immediately. My spirituality, strong support system, ongoing therapy and medication helped me to recover. I profoundly believe it will help you, as well.

Legacy Center Receives Vehicles Via Toyota, AARP



RIBBON CUTTING: Participating in a Legacy Center ribbon cutting program to accept two Toyota Sienna Hybrid vehicles were (l-r) Candi Williams, state director of AARP (Montgomery, Ala.); Morgan Saintjones, executive director, Legacy Center; Chanda Mills Crutcher, Legacy Center board chair; Jason Puckett, president of Huntsville-based Toyota Motor Manufacturing Alabama, Inc; and Legacy Center board member, Rev. Jeremiah Isaiah Chester.

The power of partnerships was displayed recently at The Legacy Center at 2212 Jordan Lane SW in Huntsville, Ala., at a brief ceremony to formally present new vehicles that will significantly further the nonprofit Center's mission.

Candi Williams, state director of AARP based in Montgomery, Ala., stated that her organization has been working with the Legacy Center for several years and has been well-attuned to its needs.

The Legacy Center is a 501(c)3 faith-based nonprofit

that offers intergenerational programming that urges youth to play a key role in serving and protecting the senior population.

When Williams saw that The Center could better transport seniors and even carry out its vaccination initiatives if only it had adequate transportation for its clients, she connected with her local corporate contacts and—before long—Toyota Motor Manufacturing Alabama, Inc., was stepping in to fill a void.

According to Bekah Schmidt, corporate com-

munications analyst, Toyota Motor North America, Inc., the gift included two (2) eight-person 2021 Toyota Sienna Hybrid vehicles valued at nearly \$80,000.

Topping off the ribbon cutting ceremony were greetings and words of encouragement from Jason Puckett, president of the Huntsville-based Toyota Motor Manufacturing Alabama, Inc., and Chanda Mills Crutcher, chair of The Legacy Center's board of directors.

5th Annual Beulah Toney Benefit Scheduled

Join us on Sunday, October 10, at 2 p.m. at HC Blake Art & History Museum, 2007 N. Memorial Parkway, for the outdoor 5th Annual Be-

ulah Ballard Toney Scholarship Benefit. Masks are strongly encouraged.

The keynote speaker will be LaTosha Brown, activist, philanthropist,

and co-founder of Black Voters Matter! The program is free and open to the public. Questions? E-mail Dr. Jacob Savage at jacob.savage@att.net.





Harvesting Notable Quotables

“... when the wise is instructed, he receives knowledge” - Proverbs 21:11.



Here King Solomon compliments us when we harvest good advice.

As autumn introduces now the season for harvesting, here are some of my life's harvested pickings, ...

Here are a few, ...

- (October 1970) ex-Seventh-day Adventist, future Basketball Hall of Famer Bob Lanier: “Stay in the church, and do the will of God”;
- (September 1973) Poet Haki Madhubuti (nee Don L. Lee): “Brotha: if she has nothing on her body, she has nothing on her mind”;
- (June '74) Dad/namesake Thomas Allston: “Timmy, there are two kinds of people in this world: one who has to say something, and one who has something to say; think thrice before you speak once”;
- (April '75) Essence Magazine Editor-in-Chief Emerita Susan L. Taylor: “Don't be so busy that when Love comes you won't recognize it”;
- (April '76) Minister Louis Farrakhan: “My brother: study hard, stay focused; God/Allah has plans for you, ...”;
- (September '78) Hampton Institute (now University) president, Dr. William R. Harvey: “My mother taught me, ‘if you have \$1, you can't buy \$1.52 worth of groceries”;
- (April '81) Rev. Jesse Jackson, Sr.: “The reason I get more media coverage than other Black leaders is that I understand the science of the media: I talk in 90-second ‘sound bites,’ and not like I'm preaching in a pulpit”;
- (March '91) Illinois State 1991 Young Entrepreneur of the Year Nolan W. McCants: “A big shot is simply a little shot who just kept on shooting!”;
- (March '97) Motivational speaking legend Zig Ziglar: “Are you practicing, and are you studying? If you are, Tim, then I'll see you OVER THE TOP”;
- (May '97) Speak & Grow Rich author Ms. Lily Walters: “Want to become an expert? Start right where you are, and never stop learning, growing!”;
- (April '98) UCLA basketball coaching legend John Wooden, best advice (scribbled instead on giving his autograph): “1st Corinthians 13”;
- (December '98) Grammy Awards-winning Take 6-er David Thomas: “You can have the world's best product, but if you don't have distribution, it's like having a Picasso sitting in your garage”; and
- (Forever) Jesus Christ, to me toward ministry: “Don't be afraid; from now on, you will catch men” (Luke 5:10).

Q: Who/what are your “notable quotables”?

Send them to me at info@timallston.com - to share with other TVW readers.

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November–March: Tuesday – Saturday: 10am – 4pm & Sunday: noon – 4pm

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UNITED WAY COVID-19 Assistance Fund

Donate:
www.uwmadison-county.org
Get Assistance: Call 211

SMALL BUSINESSES

disastercustomerservice@sba.gov
(800) 659-2955

COVID-19-RELATED UNEMPLOYMENT

Alabama Department of Labor
(866) 234-5382
labor.alabama.gov

MADISON COUNTY HEALTH DEPARTMENT

(256) 539-3711

LATEST COVID-19 INFORMATION

Alabama Department of Public Health
www.alabamapublichealth.gov

Centers for Disease Control and Prevention
cdc.gov

TAKEOUT/ DELIVERY RESTAURANTS

<https://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/>

THE VALLEY WEEKLY

CALL 2 PREACH

REV. MICHAEL RICE

When God Is Silent

Habakkuk 1:13; 3:17-19

All of us at some point on our journey have experienced this reality. The prophet Habakkuk was faced with this challenge and his words are left on record to help in knowing what to do *when God is silent*. It was a dilemma for Habakkuk because he was comparing the power and pureness of God with the putrid conditions around him. Habakkuk knew of

the power of God's words, for after all, that is how He created the heavens and the earth. He also knew that God's purity should not have been able to "see" the conditions and not "say" something or do something about them.

God taught him that His silence is not an indication of His "signing out." The lessons that Habakkuk learned are the same that are available still. One lesson is that He is

working out His *purposes*. Secondly, He is working within His *providential prerogatives*. Thirdly, He is waiting for us to get in the right *position*. Habakkuk was told to go up to the watchtower and 'wait it out.'

After Habakkuk took his position in the tower, he was then ready to add a new hymn to the "Order of

Service." By faith Habakkuk caught a glimpse of God's office. He discovered that there were no

computers, no Google, or Google maps, or any other "search engines." There was no need for them, for

God is Omniscient. The next time God is silent, listen for the song.



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No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.

OCTOBER 8 - REV. JESSE JACKSON Jesse Louis Jackson, Sr., is an American civil rights activist, Baptist minister and politician. He was a candidate for the Democratic presidential nomination in 1984 and 1988 and served as a shadow U.S. Senator for the District of Columbia, 1991-97. - BlackCelebrityBirthdays.com





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

Parker Griffith, Jr., M.D.

Born August 6, 1942, Dr. Rolf Parker Griffith, Jr., is a retired American physician, entrepreneur and politician in Huntsville, Ala., who served in the Alabama State Senate from 2006 to 2008 and then as the U.S. Representative for Alabama's 5th congressional district from 2009 to 2011.

Griffith was born in Shreveport, La. He taught math for a short time at T.H. Harris Junior High School (later Middle School) in Metairie in Jefferson Parish in suburban New Orleans prior to being admitted to medical school. He received his medical degree from the Louisiana State University Medical School in 1970 and served in residency at the University of Texas M. D. Anderson Cancer Center.

After serving at the LSU Service Charity Hospital in New Orleans and a year of neurosurgery at the University of Texas Medical Branch (UTMB) in Galveston, Texas, Griffith began preparing to become a radiation oncologist, one



who specializes in using radiation to cure cancer, training in radiation oncology through a combined program between UTMB and M.D. Anderson Cancer Center in Houston.

He served as a Medical Corps captain in the U.S. Army Reserve from 1970 to 1973, while continuing his medical training at the LSU Service Charity Hospital in New Orleans.

Griffith was recruited on a "cold call" to Alabama and established the Huntsville Cancer Treatment Center. As a physician, he provided discounted care to patients who lacked insurance. Griffith also conducted several clinical

trials in conjunction with the University of Alabama School of Medicine, and partnered with St. Jude Children's Research Hospital in Memphis, Tenn. He retired from medicine in December 1992, though he still holds a license to practice in both Alabama and Texas.

Griffith unsuccessfully ran for mayor of Huntsville against the three-term incumbent, Loretta

Spencer in 2004. He then won a seat in the Alabama State Senate, representing the 7th district. He carried 66% of the vote to his opponent's 34%. During his term in the State Senate, he sponsored bills to promote investment in alternative fuels, cut taxes, and establish a Statewide Trauma Care System to speed critical medical care.

Griffith and his wife Virginia have five children and 11 grandchildren. He co-founded the Griffith Family Foundation, which awards cash grants to elementary school libraries in northern Alabama.

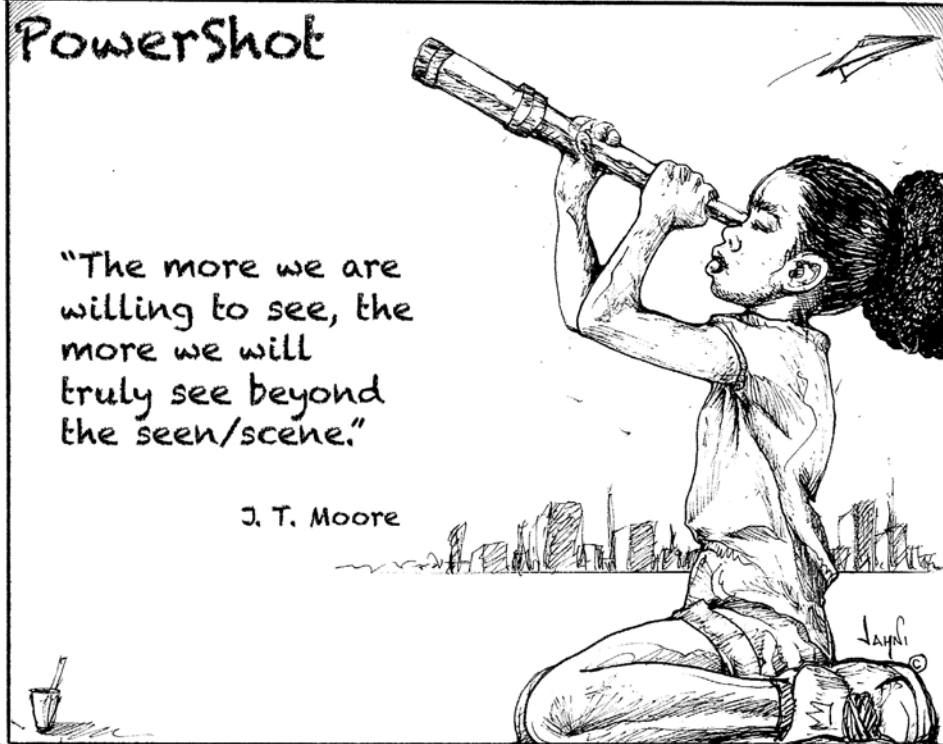
"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at www.rosettajamesfoundation.org. Know an outstanding elder (70+)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



PowerShot

"The more we are willing to see, the more we will truly see beyond the seen/scene."

J. T. Moore



"Every parent is at some point the father of the unreturned prodigal, with nothing to do but keep his house open to hope." - John Ciardi

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What You Need to Know about Cybersecurity and Working Remotely

(BPT) - If you are employed in the US, it's more likely than not that you worked remotely this past year.

About 52% of Americans have done part or all of their jobs from home during the pandemic. That's even more than the number of Americans with a college degree.

Over time, we've perfected some aspects of remote and hybrid working - from comfortable chairs to Zoom happy hours.

But there's one thing that remains a major problem for most people: cybersecurity.

A Homegrown problem

Work-from-home arrangements have contributed to a 238% increase in global cyberattack volume during the pandemic. And the attacks haven't simply grown in amount - they're more costly, too. The average cost of a data breach rose by 10% to a staggering \$4.24 million.

Why? Because em-

ployees aren't following cyber standards and best practices. For instance, the vast majority of employees are using work devices for personal tasks and personal devices for work. Some of you might even be thinking, "What's wrong with that?"

Now, more than ever, we all need to take cybersecurity seriously. "Cybersecurity is a top priority because our clients entrust us with their sensitive information and personal finances," says Bashar Abouseido, Managing Director and Chief Information Security Officer at Charles Schwab. "We make it everyone's business. We train every employee on best practices so that our clients can rest assured that their money, investments and financial futures are safe."

Cybersecurity Is Everyone's Business

You might be thinking, "Another lecture about compliance? Did my IT department pay you to write this?" But everyone has a



stake in cybersecurity.

* It impacts the employer. Businesses can lose more than money - their reputation, customers and even ability to stay open are at stake. In fact, 60% of small and mid-sized businesses that are hacked go out of business within six months.

* It impacts the employee. Not only can hackers unlawfully access company data through employees, but personal data can also be compromised. From social media accounts to personal finances, sensitive information becomes vulnerable without proper safeguards in place.

* It impacts the client. It takes a lot of trust to put your own data in someone else's hands. Sometimes,

the stakes are incredibly high. Financial services companies, for instance, are entrusted with everything from employment information and income to Social Security numbers and retirement savings.

What's Next?

Here are four ways remote employees can protect themselves, their clients and the companies they work for:

* *Don't mix business and personal devices:* Using personal devices for work-related activities can easily put company data at risk if there is a breach. And that goes both ways: If the company is hacked, personal data may also be stolen.

* *Avoid public Wi-Fi:* It's

great when you don't need a password to connect to the internet at your local coffeshop or airport, right? Hackers agree! Public Wi-Fi networks are inherently insecure, and that means it's best to avoid them if at all possible.

* *Get a virtual private network (VPN):* These networks provide encrypted connections, ensuring that sensitive information is safely transmitted.

* *Use multi-factor au-*

thentication (MFA): When transmitting sensitive information over the internet, look for websites that ask you to verify your identity by receiving an email, text or call. Microsoft recently found that MFA prevents an astonishing 99.9% of all cyberattacks.

Visit <https://www.aboutschwab.com/cybersecurity> to learn more about cybersecurity and how to keep yourself safe.

Software Offers Citizens Voice in Redistricting

Huntsville residents who would like to be involved in the ongoing redistricting process can now create their own plan using free software, provided by the City of Huntsville.

The software, available here, gives constituents a voice in how City Council districts will be redrawn.

"While we have always welcomed input and the ability to meet with the Redistricting Team to create a plan, we wanted an online option so residents could draw plans on their own,"

said Amy Kenum, Huntsville GIS Manager and part of the Redistricting Team. "This gives more residents the ability to be a part of the redistricting process."

The software will be available for the public to use until the redistricting process is complete. The City Council is scheduled to vote on a final plan at its Dec. 16 meeting.

Kenum said the user-friendly software is designed to work on all browser platforms.

"It can be a little tricky

learning which buttons to click and when," she said. "That's why we created a step-by-step tutorial that can be found on the redistricting website."

Users with questions or who experience software issues can contact the Redistricting Team at 256-427-5100 or Redistricting@HuntsvilleAL.gov.

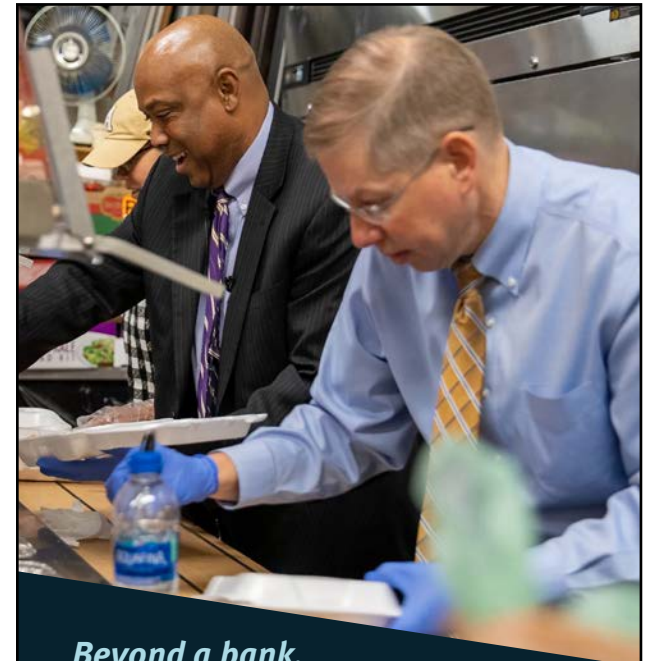
Residents who are uncomfortable using the software can also make an appointment and a team member will assist in the creation of a plan.

Plans submitted to the City's Redistricting Team that meet guidelines previously approved by the City Council will be presented at public hearings scheduled for October and November.

Those hearings are set for Oct. 19 and 25 and Nov. 9, 16 and 22.

Mayor Tommy Battle's plan will be presented to the City Council at its regularly scheduled meeting Oct. 14.

- HuntsvilleAL.gov



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