

Provocative Art Captures Spirit of Times, p. 1

FREE

Friday

October 9, 2020

Vol. 7, No. 5

ValleyWeeklyllc.com

The Ministry, Misery & Mystery of the Thorn, p. 2

Doris Ellison, p. 2

"Whenever you find yourself on the side of the majority, it is time to reform."

- Mark Twain

The Valley Weekly

POSITIVE-INSPIRATIONAL-EDUCATIONAL



D5 Council Voters Choose New Direction

The residents of Huntsville City Council's District 5 have finally decided on their representative for the next four years.

This time, voters decided to go in a different direction and decisively selected challenger John Meredith (1,619 - 61.1 percent) over incumbent Will Culver (1,030 - 38.9%) in the Tuesday, Oct. 6, runoff. Meredith is the son of civil rights icon John Meredith.

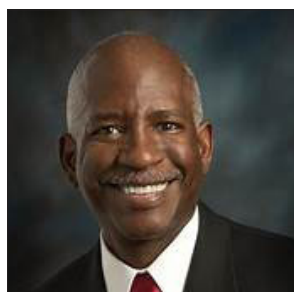
Culver had served as Councilman for District 5 since 2008 and was Chief

Magistrate Huntsville Municipal Court prior to that post.

Meredith stressed the importance of listening to the concerns of the district's constituents and of knowing the unique needs of various parts of the district.

In the campaign, Meredith also emphasized the pressing issues of infrastructure, police reform and controlled growth.

In his response to Rock-etCityMom.com, Meredith said he would "press for



developers to begin shouldering the financial burden of certain infrastructure projects connected with their developments."

He promised transparency on all matters before the council.

HPD Partners with FBI on Facility

A facility considered "unlike anything Huntsville has ever seen" has opened, bringing law enforcement from both the Huntsville Police Department and Federal Bureau of Investigation (FBI) together under one roof.

The new Huntsville Firearms Training Facility on 325 Wall Triana Highway has 14,000 square feet of indoor training and conference rooms, a fitness

center and seven training sites on approximately 40 acres. The facility is a model for quality police training across Alabama and the greater Southeast.

As the FBI has expanded its presence in Huntsville, Special Agent in Charge Johnnie Sharp, Jr. said its Birmingham division pitched in over \$5 million to make the project happen.

Madison County Absentee Ballot Application

Physical Address:
100 Northside Square,
Huntsville, Alabama,
35801

Mailing Address:
100 Northside Square,
Huntsville, Alabama,
35801

Phone Number:
(256) 532-3684

Popular Art Panels Move to Fellowship of Faith

The Rosetta James Foundation, The Valley Weekly and the Tennessee Valley Diversity Leadership Colloquium are co-sponsoring the much visited multi-panel collection of work by nearly 20 talented local artists addressing the themes of police brutality, racism, bigotry and intolerance. The exhibit is currently displayed at The Fellowship of Faith Church's Huntsville Campus at 3703 Memorial Parkway.

Coordinated by noted art educator John "Jahni" Moore, "aRtEVOLUTION" challenged artists, within the span of a week, to conceptualize and put to 4x8-foot provided boards their messages and imagery on select themes. The outcome is a stunning exhibit of thought-provoking art for public viewing free of charge.

The project is the brainchild of Dr. Dorothy Huston, a local businesswoman and community advocate, who teamed with Moore to assist in the underwriting of the ambitious venture. aRtEVOLUTION came to mind as Moore considered "these explosive times catapulted by the recorded murder of George Floyd."

aRtEVOLUTION is an open-air exhibition of the weather-ready, completed works. Moore aims to station the exhibit at other outdoor spaces in Huntsville in the months ahead. "This project provides an ongoing visual stand in the face of imposed atrocities on African American citizens," commented Moore. "Our hope is to unite viewers and help them find the sanctity, comfort and inspiration needed to heal a world in turmoil."

Schools Foundation Teams with City of Huntsville

The Schools Foundation is partnering with the City of Huntsville on an exciting new project. The Schools Foundation will manage the selling of the brick pavers in front of Johnson Legacy Center - The Education Pathway.

Proceeds from the brick sales will benefit the schools in the Jemison High feeder pattern.

Bricks will sell at two price points: \$50 for a 4x8" and \$250 for an 8x8". Additionally, sponsorship levels are available. Planners envision students, alumni, parents, staff and friends purchasing individualized bricks to

honor or to memorialize those that have a connection to the place. A lasting tribute to those paving the way, through

education, for years to come.

Please visit www.theschools-foundation.org/bricks.

by Gary T. Whitley, Jr.

The Valley Weekly

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Spotlight on Our Elders ... Featuring

Mrs. Doris Ellison

Huntsville, Ala., resident Doris Ellison attended and graduated from Councill High School. A retiree of Bellsouth AT&T, where she worked for 32 years as a service representative (business), Ellison and her husband, the late Perry Ellison, Jr., had five children.

Mrs. Ellison praised and glorified God for the fact that her five children completed college and became successful professionals in the world of work. As an active and productive member of the community, she volunteered with the Salvation Army, Huntsville Hospital and the Bellsouth AT&T Pioneers. On Wednesdays, she volunteered at the Huntsville Hospital, performing such duties as answering the telephone,

providing information to visitors and delivering flowers to patients' rooms.

With the Salvation Army, she answered the telephone and took requests for donations, such as furniture, clothing, etc. Additionally, as a volunteer with the Bellsouth AT&T Pioneers, she assisted with the screening of volunteers for the Pioneers and assisted Top of Alabama Regional Council with its Annual Senior Day. Following the death of her husband, Mrs. Ellison and her children established the Perry Ellison Scholarship Foundation. The Foundation sponsors an annual drama produced by her daughter, Mrs. Delanus Sharpe. The proceeds support scholarships.

Ellison was a long-time



and active member (more than 57 years) of Pine Grove Missionary Baptist Church. At Pine Grove, she served as a member of the Senior Usher Ministry and Senior Missionary Ministry. Also, she worked with the Youth Department, where she assisted youths with career development preparation.

OCTOBER 9 - NONA HENDRYX - Born in Trenton, New Jersey. Hendryx is known for her work as a solo artist as well as for being one-third of the trio Labelle, who had a hit with "Lady Marmalade." Her biggest commercial success as a solo artist was the 1987 single "Why Should I Cry?"

- BlackinTime.info



Called 2 Preach

by Pastor/Founder Michael D. Rice
Grace Gethsemane Mission Church

"The Ministry, Misery and Mystery of the Thorn"

2 Corinthians 12:7-10

When considering how the thorn ministered to Paul, the word "ministry" would not have been the first word that came to his mind. More than likely it would have been the word, "misery."

Paul described it as a gift given to him by God, with the goal of keeping him grounded because of the

temptation to be conceited given the heavenly experience that he had.

Not only was this gift given by God, but also guided and gauged by Him. Paul said that the gift was given to him "personally" and we know God gauged it because in refusing to remove it, He was going to give Paul the sufficient grace needed while the thorn mysteriously minis-



tered to him.

That is the truth that believers must keep in mind as they cooperate with their "personal" thorns that God gives in preparing them for ministry.

Paul's desire for its removal was met with a divine "no" that was based on God's will and wisdom.

In the end, he learned what all believers must learn: that is, rejoice, not "for" the process, but "in" the process.

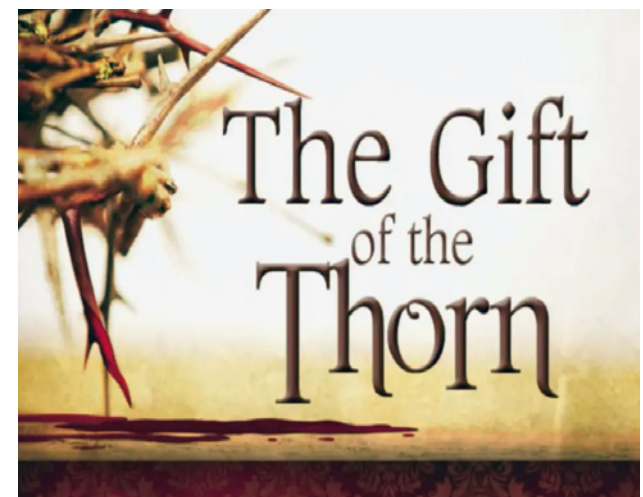
Listen to what he was rejoicing about:

Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me ...

I delight in weaknesses, in insults, in hardships,

in persecutions, in difficulties. For when I am weak, then I am strong.

Remember that "no" is also an "answer" to prayer



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"Mother Nature had a daughter;
I hear Karma is her name."

- Nona Hendryx

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Washington in One Minute



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

1. The House and Senate are in recess this week. Last Thursday night, the House passed a \$2.2 trillion Coronavirus Relief bill (a downwardly revised version of the \$3.4 trillion HEROES Act it passed in May) by a vote of 214-207, with 18 Democrats crossing the aisle to vote “no” with the GOP. House Speaker Nancy Pelosi (D-CA) and Treasury Secretary Steven Mnuchin are continuing talks on a deal to get the relief bill enacted,

with funding for state and local governments remaining as one of the last issues to be resolved. Politico reports that the latest offers traded were Democrats at \$436 billion and Mnuchin countering at \$250 billion on the state and local aid. House Majority Leader Steny Hoyer (D-MD) announced that, if a deal is reached, Members will be given 24 hours’ notice to return to DC for a vote. The Senate, which was scheduled to reconvene this week, abruptly cancelled its session

until October 19 in view of 3 Senators who announced they have tested positive for the coronavirus.

2. Last Thursday morning, President Trump signed H.R. 8337 to keep the federal government open through December 11, 2020. On Sunday, White House physician Sean Conley stated that the President could be released Monday from Walter Reed National Military Medical Center, where he was admitted on Friday evening after testing positive for the coronavirus. Dr. Conley newly volunteered that the President has been given supplemental oxygen and dexamethasone, a corticosteroid typically given to patients with severe Covid-19 cases. The President reportedly has also been treated with the antiviral agent remdesivir and the polyclonal antibody cocktail, REGN-COV2.

3. On Monday, Democratic presidential candidate Joe

Biden traveled to Miami to participate in a nationally-televised town hall, hosted by NBC Nightly News anchor Lester Holt. Bloomberg reported on October 1 that the Biden campaign broke its own record of \$365 million raised in August for its September fundraising haul, raising an undetermined amount in the neighborhood of \$400 million. In related campaign news, Politico reports that a record 3.2 million Americans have already cast early ballots in 21 states (in the 2016 election, approximately 135 million votes were cast).

4. The Supreme Court began its 2020-21 term and will continue hearing oral arguments by telephone as a result of the coronavirus pandemic. Members of the public will once again be able to listen to oral arguments live through a feed provided by the court to the media. Last Friday, the court agreed to hear an Arizona voting rights case regarding a current state ban on out-of-precinct voting and ballot harvesting. By taking up the cases of Arizona Republican Party v. Democratic National Committee and Brnovich v. Democratic National Committee, the court will review the 9th Circuit Court’s ruling that struck down the ban, but the ban will stay in place in Arizona through the Nov. 3 election. This week, the court will hear an important drug pricing case in Rutledge v. Pharmaceutical Care Management Association, concerning whether Arkansas has the right to regulate the reimbursements from pharmacy benefit manager companies that pharmacies receive when they sell prescription drugs.

5. On Wednesday, Vice President Mike Pence faced off against Senator Kamala Harris (D-CA) in the Vice Presidential Debate at the University of Utah in Salt Lake City, moderated by USA Today Washington Bureau Chief Susan Page. Due to heightened COVID concerns, the principals stood 12 feet apart.

6. Last Thursday, the

second- and third-ranking House Democrats, Majority Leader Steny Hoyer (D-MD) and James Clyburn (D-SC), testified before a House Rules Committee hearing that the House should bring back congressionally-designated project earmarks next year, because in their view too much spending power has been ceded to the Executive Branch. Earmarks have been banned in the House since 2011. The Hill newspaper reported that earmarks likely would be accompanied by new transparency rules, such as: (1) prohibiting for-profit entities from receiving earmarks; (2) requiring publication of earmarks in the Congressional

Record, the Appropriations Committee website, and bill reports; (3) establishing a searchable database that will be publicly available; (4) requiring the Government Accountability Office to submit an annual audit on projects’ public benefits and effectiveness; and (5) directing agency inspectors general to review annual spending bills for waste, fraud and abuse.

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www.hammconsulting.com



LearningQUEST Webinars Living Well While “Sheltering in Place” FREE and OPEN to the PUBLIC Three (3) Tuesdays at 7:30 pm

October 13: “Mental Wellness”

Presenter: **Dr. David Barnhardt**

October 20: “Eating for Energy, Health & Happiness”

Presenter: **Pam Frazier**

October 27: “Keeping Kids Safe”

Presenter: **Pam Clasgens**



Register at LQUEST.org

Champion Game Plan for Life

by Preston Brown



“GETTING THE WEEDS OUT”

Matthew 13:27-28 says, “*Sir, didn’t you sow good seed in your field? Where then did the weeds come from? An enemy did this, he replied.*”

The other day I was pulling up weeds that had grown in my yard and plant bed. The reason that they had grown up was because I neglected them and allowed them to grow. I didn’t do what I needed to do on a daily or weekly basis to keep them out. When you are dealing with weeds, you have to stay on top of things or they will get out of control. The same can be said about our spiritual growth. When we allow the enemy to plant weeds in our lives, it will “choke out” our growth. When we allow worry, bitterness, complaining and

unwholesome talk to be planted in our lives, it ends up being like a weed that needs to be pulled up and eliminated from your life. If we don’t, we won’t have the beauty that God wants us to have.

Since pulling weeds out of my plant bed, everything is beautiful and the way that God wants it. By getting the weeds out of your life, you can bring God the glory that He is worthy of. Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my book, *A Champion Game Plan for Life*, on amazon.com.



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A New Generation Of Service



New Facility Monitors Air Quality

The City of Huntsville has a new state-of-the-art, 2,500-square-foot Air Pollution Monitoring Station at John Hunt Park. It replaces the current, much smaller building there and complements a station on Capshaw Road.

The station also accommodates increased monitoring space for a growing Huntsville population. The new station has labs for weighing filters, space for monitoring instruments and office and storage space.

“The old building is strictly air monitoring,” said Scott Cardno, director of natural resources. “Everything is combined at the new facility. We have labs to do sample analysis and storage space.”

Previously, the staff collected samples at the old building and had to go downtown to do the analysis, according to HuntsvilleAL.gov.

“The monitoring staff will be spending more time at John Hunt Park,” he said.

“They will likely be spending about 50 to 75 percent of their time there. This (new center) is a time saver, a travel saver.”

The daily air quality index data are recorded electronically and sent to ADEM and airnow.gov, an EPA website.

As with other municipalities, Huntsville follows standards set by the Clean Air Act and the EPA. The National Ambient Air Quality Standards are for pollutants that are common in outdoor air, considered harmful to public health and the environment, and that come from numerous and diverse sources.

The statute established two types of national air quality standards: primary standards and secondary standards. Six criteria pollutants are particle pollution, ozone, carbon monoxide, nitrogen dioxide, sulfur dioxide and lead.

“We’re pretty fortunate we’ve got clean air,” Cardno said. “Our air quality is

really good. Our pollutant concentrations are below all of the standards set by the EPA.” Cardno said there are around 70 industrial facilities in the City but “we don’t have a lot of heavy industry. We’ve got lots of industry, but it tends to be clean industry.”

Cardno added that vehicle traffic is a key source of air pollution here but the technological advances have helped clean the air.

These advances include emission controls on vehicles and gasoline vapors being reclaimed at the pump “so they’re not vented into the air.” There are some 150 gas stations in the city – all have permits for the required vapor recovery systems.

Huntsville, which prides itself on setting standards high, is actually below the standards set by the EPA. However, that is a good thing.

“That’s exactly what you want,” Cardno said. “We’ve been very fortunate.”

- HuntsvilleAL.gov

PUBLIC NOTICE

DISADVANTAGE BUSINESS ENTERPRISE (DBE)

PROGRAM GOAL

FY 2021-2023

FOR

ALABAMA A&M UNIVERSITY (AAMU)
DEPARTMENT OF TRANSPORTATION (DOT)



Notice is hereby given that Alabama A&M University Department of Transportation (AAMUDOT), is submitting to Federal Transit Administration (FTA), as required by Title 49, C.C.F.R., Part 26, as amended, the Disadvantaged Business Enterprises (DBE) program goal for the fiscal year 2021-2023. A goal of 17.91% has been established has been established for federally funded contracts.

AAMUDOT has prepared a document outlining the methodology used to calculate this goal. This document is available for review online and or in person by appointment.

https://www.aamu.edu/about/administrative-offices/bulldog-transportation-services/_documents/aamu-dbe-goal-methodology-document.pdf

Marshall P. Chimwedzi
DBE Liaison Officer
Alabama A&M University
Department of Transportation
315 Patton Hall
Normal, AL 35762
(256) 372-4760
Marshall.chimwedzi@aamu.edu

ABSENTEE VOTING ASSISTANCE

- Register to vote
- Get an absentee ballot
- Learn how voting works
- Received your ballot, what's next?



Locations / Dates

9/26 10AM-1PM	House of Hope 2525 Aspen Ave. NW
9/27 Noon-5PM	OakWood U. Blake Center 7000 Adventist Blvd NW
9/30 10AM-Noon	St. Luke Christian 1800 Sparkman Dr. NW
10/3 1130-5PM	VG V Biker Rally 7200 Stringfield Rd NW
10/4 Noon-4PM	Beaver Dam PBC 785 Beaver Dam Rd #A, Toney, AL
10/4 1130-5PM	Zion Progress MBC 788 Oscar Patterson Rd
10/10 9AM-1PM	Maitland Conservatory 5045 Memorial Pkwy NW

Richard Showers Center:
4600 Blue Spring Rd NW

Saturday 10AM-12PM:
10/17, 10/24, 10/31

Sunday 2AM-4PM:
10/11, 10/18, 10/25, 11/1

Questions?

Call Vote Huntsville: (256) 384-8787
All events: outside Masks required.
All events: are CDC compliant, social distancing observed!

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

The Valley Weekly

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Full Page	10x10 inches	\$800
3/4 Page	7.5x10 inches	\$600
Half Page	Horizontal 5x10 inches	\$400
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Fourth Page	5x5 inches	\$200
Eighth Page	2.5x5 inches	\$100
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Classified	1 col.x1 inch (4 col. in. minimum=\$24)	\$50/Flat Fee
	6 Month/1 Yr.-10% & 20% Discount!	

Tennessee Valley
Calendar of Events

October 7
"2020 SBDC: DCAA Incurred
Cost Submissions"

Huntsville Madison County
Chamber of Commerce
Contact: Michelle Kloske,
(256) 824-6880
Huntsville, Ala. - 9-11 a.m.

October 8
"HodgeTwins Live"
YouTube Stars
Stand Up Live Huntsville
huntsville.standuplive.com

October 10
11th Annual Fall Plant Sale
Huntsville Botanical Garden
8 a.m.-1 p.m.

October 13
LearningQuest Webinar
"Mental Wellness"
Dr. David Barnhardt
Free and OPEN to the Public

Register at LQUEST.org
7:30 p.m.

October 16
Socially Distant Food Truck
All Stars 2020
Downtown Huntsville - 4 p.m.

October 17
Dog Days Outdoor Mar-
ket (Fresh vegetables, salad
greens, herbs, watermelon,
peaches, peppers, heirloom
tomatoes, cantaloupe, baked
goods, home canned jams,
jellies and salsas, or even non-
food items such as cut flowers
and skin care products)
30444 Gowen Road
Ardmore, Tenn.

October 20
LearningQuest Webinar
"Eating for Energy, Health &
Happiness"

Pam Frazier
Free and OPEN to the Public
Register at LQUEST.org
7:30 p.m.

October 22
Master Artist Workshop
Lian Quan Zhen
"East Meets West: Chinese &
Watercolor Painting"
Huntsville Museum of Art
\$525 Non-members
Huntsville, Ala.-9 a.m.-4 p.m.

October 26-30
City-Wide Revival
First Missionary Baptist
Church
3509 Blue Spring Road, NW
Huntsville, Ala.

October 27
LearningQuest Webinar
"Keeping Kids Safe"
Pam Clasgens



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State Farm



Valley Deaths

NELMS MEMORIAL FUNERAL HOME -

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(256) 539-8189

Graveside service for MRS. LEONA S. MCCRARY (b. 1935) was held Saturday, October 3, at Meadowlawn Garden of Peace.

Graveside service for MS. AGNES PAM POWERS-RICE (b. 1952) was held Saturday, October 3, at Northside Cemetery with Reverend Troy L. Garner officiating.

Graveside service for DEACON MOSE ("ZET") GIDEON (b. 1940) was held Friday, October 2, in Valhalla Memory Gardens with Elder Dwight Clark officiating.

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

Funeral service for REV. HORACE J. FITCHARD, JR., (b. 1955) will be held at 12 noon, Saturday, October 10, at the Saint John African Methodist Episcopal Church (229 Church Street NW, Huntsville, Ala.) with Pastor Maurice Wright officiating.

Funeral service for MR. RICHARD L. CHANDLER (b. 1935) was held Tuesday, October 6, at the Saint Joseph Catholic Church (2300 Beasley Avenue NW, Huntsville, Ala.) with Father Joe Lubrano officiating.

Graveside service for MOTHER MARY CRUTCHER LESLIE (b. 1919) was held Saturday, October 3, at Pine Grove Memorial Gardens (759 Pine Grove Road Unit A, Harvest, Ala.) with Dr. Willie B. Jacobs officiating.

Graveside service for MRS. M. JUNE JACOBS DOUGLAS (b. 1937) was held Friday, October 2, at the Valhalla Memory Gardens (698 Winchester Road, Huntsville, Ala.) with Dr. Carlton P. Byrd officiating.

Graveside service for MRS. MARY LEE PEOPLES (b. 1945) was held Friday, October 2, at Beulah Land Cemetery (9130 Lucas Ferry Road, Tanner, Ala.) with Pastor Willie M. Byrd officiating.

Funeral service for MR. SAMUEL O. OJEWOLE (b. 1949) was held Friday, October 2, at the Hope Aglow Embassy Church (2721 Winchester Road NW, Huntsville, Ala.) with Pastor Leon Willis officiating.

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

Funeral service for MR. DENIS CROUGH (b. 1950) was held Friday, September 24, at The Church of Jesus Christ of Latter-day Saints, 2110 Byrd Spring Road SW, Huntsville, Ala.



What Happens When Caesar Tells Caesar, "No"?

Jesus said, "Give Caesar what is his, and give God what is his." - Mark 12:13-17 MSG.

Here Jesus, when the opposing Pharisees sought to trick him into prioritizing his loyalties, counseled that both God-mandated and just and fair man-made laws should be obeyed.



The only to-be-paid guarantees in this life we have been told are death and taxes.

But who forgot to remind "Caesar" - oops, correction: President Trump?

Sunday's New York Times expose <https://nyti.ms/33d8R9l> chronicled Donald Trump's 20-year history of paying minimal or no God- or man-mandated taxes.

When the leaders of men disobey the just laws from the leaders of men, it's illegal; but when they also disobey the only true "rule of law," God's Word, then it's additionally immoral with divine consequences.

We humans err when we lean to our own understanding (Prov. 3:5), and disregard God's law. As the earlier text indicates, we honor God by submitting to his law, then obeying God-inspired and just man-made laws. Failing to do either is criminal, but disrespecting both robs us of both God's and man's favor.

To avoid such a double error, our task is to follow the Jesus model of Luke 2:52: "And Jesus increased in wisdom (intellectual development) and in stature (physical development), and in favor with God (spiritual development) and man (social development)."

Only then can you and we emulate Jesus' charge from the Sermon on the Mount, to "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" Matthew 5:16.

tim allston is the author of the printed/digital/audiobook, *The U.S. Coronavirus Crisis and the Rise of the "Silver-Mettle" Leaders*, available now at <https://amzn.to/3kF2PnK>.



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The Valley Weekly COVID-19 Assistance

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/>

Valley's Autumn Growing Season Well Underway



and happy yellows are traditional autumnal hues that add energy to your gardens as temperatures turn. A classic coneflower and pollinator favorite, like the Sombrero Echinacea from Darwin Perennials, will brighten your space even as temperatures fall.

Available in a variety of colors, Sombrero Baja Burgundy and Fiesta Orange are ideal for bringing vibrant fall color to sunny spaces and for attracting bees, songbirds and butterflies to your yard. Tip: Leave the older blooms of Echinacea on their stems to feed wildlife into the winter. Then cut them back after their feast to put new energy into the plant for spring.

Flowers that Thrive

Another colorful and easy care option are Cool Wave Pansies, a fast-growing, long-lasting trailing pansy available in a variety of bold colors perfect for revamping your outdoor space for fall. A cool-season gardener's dream, you can feel confident that these blooms will thrive even as fall temperatures ebb and flow. Check out Cool Wave Raspberry Swirl with cheerful magenta and white petals and

a delightful yellow center. Tip: Place your Cool Wave Pansies where you've also planted bulbs. Their hardiness will make them the first pansy to reappear next spring for two seasons of enjoyment.

Enjoy Homegrown Vegetables

In addition to adding style to your space with fall flowers, incorporate seasonal vegetables to enjoy fresh, healthy produce straight from your backyard or patio. Burpee Sweet Thang Cabbage adds beauty to any garden with its attractive dark green leaves. A touch sweeter than collards or kale, this non-heading cabbage delivers a delicious bite to round out autumn dishes.

A wonderful option for fullsun gardens is Bright Lights Swiss Chard, a stunning AllAmerica Selection-winning mix that produces delicious, mildly flavored stems in a rainbow of colors - including yellow, gold, orange, pink, violet, green, white, red and even striped! Tip: Harvest the tender bronze to dark green leaves young to enjoy in salads or eat like spinach or beet greens.

There are many plants that thrive in the fall weather, adding style and life to your outdoor space to enjoy for many months. For more tips and gardening ideas, visit burpeehomegardens.com and wavegardening.com.

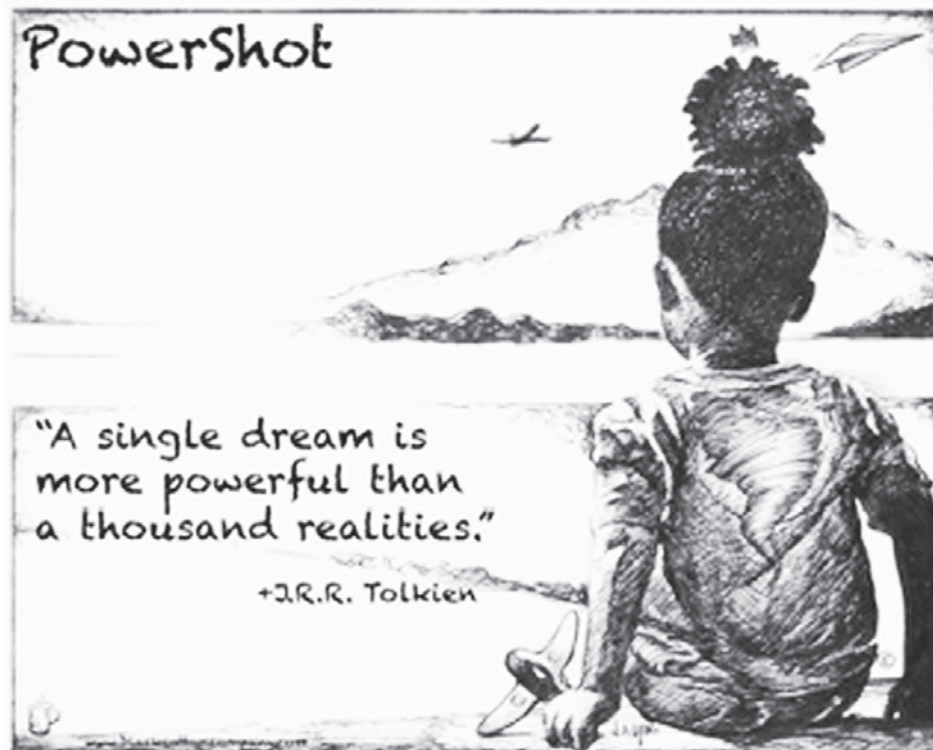
(BPT) - The changing season offers a new opportunity to grow fall-friendly plants. Gardening is a great way to decorate your space with beautiful blooms, grow fresh vegetables that produce delicious cool season harvests, and is a safe, healthy activity to engage in while practicing social distancing and enjoying the outdoors. Whether you have a small patio, high-rise rooftop, quaint sunny corner of your yard or even a balcony, the experts at Ball Horticultural Company share their fall gardening insights for growing a successful and stunning garden this season.

Prepare for Planting

If you have plants that have matured from the summer gardening season, it's time to clean up to prepare for new growth. Remove surface plants and use a tiller or hand tools to remove root matter under the soil. Add compost or gardening soil to pots, window boxes and other garden spaces, so they are ready with rich nutrients to support fall plant growth. If you've grown hardy perennials, just a brief tidy-up is needed. Clip away any brown foliage or spent flowers and provide a light covering of mulch at the base of the plant to ready them for frosty temperatures.

Embrace Fall Hues

Rich reds, vivid oranges



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October Is Health Literacy Month

Since 1999, the Health Literacy Month observance has brought needed attention to the importance of making health information easy to understand, as well as making the health care system easier to navigate. The annual event was founded by Helen Osborne, consultant and author.

According to the Institute for Healthcare Advancement, many people have trouble reading, understanding and implementing health information in their lives. Age, basic literacy skills, cultural context, disability, emotional responses and language can affect the way some people receive and process information, which impacts health outcomes and cost, notes IHA.

Additional information is available through IHA.



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