

# How to Become Winter Smart in the Fall, p. 8

**FREE**



## “Making Thoughts Behave,” p. 6

Friday  
October 15, 2021  
Vol. 8, No. 6  
ValleyWeeklyllc.com

# The Valley Weekly

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



Mrs. Bhavani Kakani

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

### PICK A ‘PUMPKIN’

Huntsville Animal Services is encouraging the public to drop by soon to ‘pick a pumpkin’ and to take that furry friend home with them. Through the end of October, most dogs and cats can be adopted for as little as \$10 or \$35, while some exclusions apply. Adoptable pets are vaccinated, spayed/neutered, microchipped and come with a City license and free bag of pet food. Call (256) 883-3782.



## Brown Receives National Service Award

The Elaine Whitelaw Volunteer Service Award is the most prestigious award March of Dimes presents to recognize distinguished volunteer service. This national award honors Miss Whitelaw’s outstanding leadership over more than five decades of unprecedented vision, energy, and service to the March of Dimes.

Brown serves as the National Liaison to the March of Dimes for Alpha Phi Alpha Fraternity, Inc., where he also chairs the March for Babies’s Coordinators. Under his leadership, Alpha donated approximately \$700,000.00 during this pandemic in 2021. He also serves on the Bir-

mingham Market (State Board), chairs Alpha’s state contributions, and coordinates the Delta Theta Lambda Chapter’s donations. Delta Theta Lambda was recently recognized at their National Convention for being ranked the number 4<sup>th</sup> chapter in all of Alphadom. Locally, this more than twenty year March of Dimes Volunteer and retired education administrator chairs the Delta Theta Lambda Education Foundation and the Union Chapel Christian Academy Foundation.

The award includes a \$5,000 grant to the Birmingham Market through the Elaine Whitelaw Endowment. This



grant is to be used for programs, interventions, system change strategies, or community mobilization activities that drive action to improve equitable outcomes for mothers, infants and families in their community. Brown feels that such funds would enhance the mission in underserved areas in Alabama.

## A&M Small Farms Research Center Receives Grant

The Small Farms Research Center (SFRC) based at Alabama A&M University has received some \$545,228 from the USDA National Institute of Food and Agriculture (NIFA) to continue its work of educating and empowering socially disadvantaged, new and beginning farmers. The grant impacts farmers on Food Safety Moderation Act (FSMA) programs in rural Alabama, Georgia and Mississippi through August 2024. The monies are part of \$10 million allotted through 21 grants awarded nationally.

SFRC will execute the program with the collaboration of Extension programs at Alcorn State University (Miss.) and Fort Valley State University (Ga.).

The FSMA training program will assist in providing a practical program vital for the success of small farmers’ operation. With the many racial and economic barriers



faced by limited socially disadvantaged minority farmers, this project will be implemented through experimental learning by providing hands-on food safety demonstration, computer literacy training, local farm field workshop all strategically located in rural communities.

Through this project, AAMU and collabora-

tors will educate and train yearly small, limited resource socially disadvantaged farmers, new and beginning producers, and veterans directly and indirectly promoting food safety from farm to table programs.

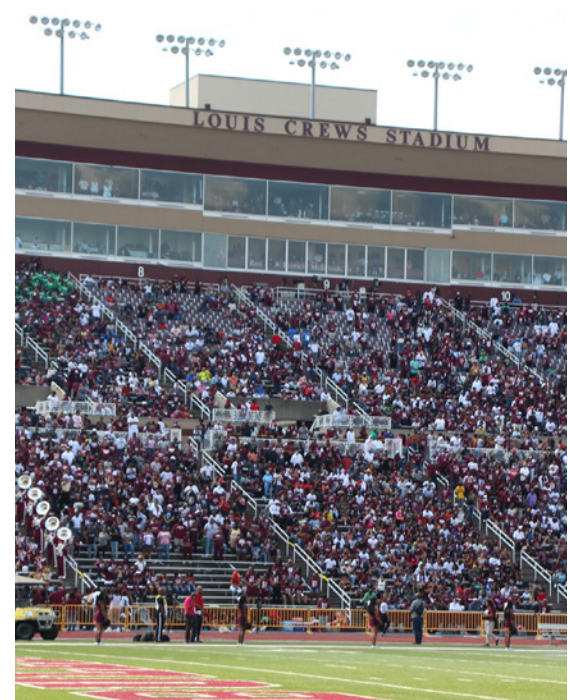
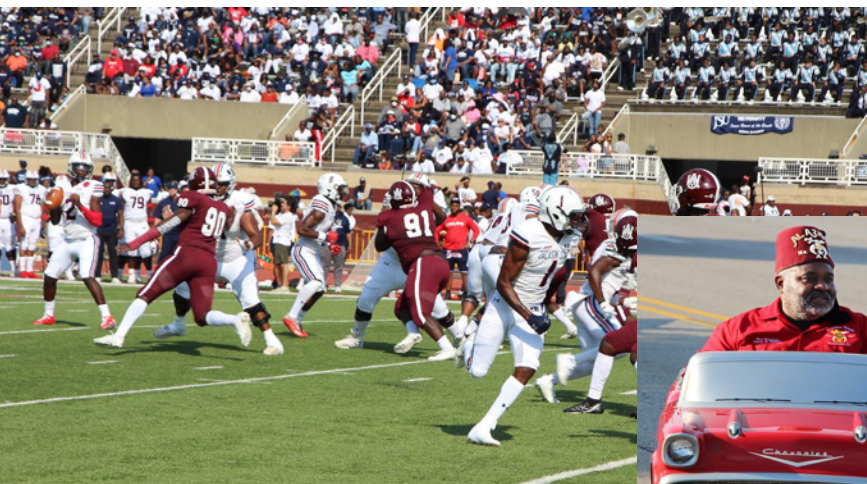
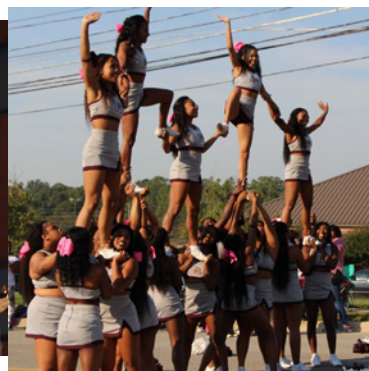
Funding also will allow facilitators to host an Annual State-Wide Advance FSMA Conference in each of the three states. For additional information, contact E’licia L. Chaverest, assistant director, SFRC, at (256) 372-4958 or e-mail elicia.chaverest@aamu.edu.

# The Valley Weekly

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# Scenes from Homecoming 2021 Alabama A&M University



THE VALLEY WEEKLY

# CHAMPION GAME PLAN

PRESTON BROWN

## “A TIME TO CELEBRATE”

Luke 15:25-28:  
*“Meanwhile the older son was in the field. When he came near the house he heard music and dancing. So he called one of the servants and asked him what was going on? ‘Your brother has come home,’ he replied, ‘and your father has killed the fattened calf because he has him safe.’ Then the older brother became angry and*

*refused to go in.”*

You know, when we read this scripture that talks about the parable of the lost son, we can't help but realize that not everybody is going to be happy and ready to celebrate your “homecoming.”

For example, just recently, we all witnessed a football game between the New England Patriots against the Tampa Bay Buccaneers. Now, the significance of this game was that Tom Brady played quarterback for the Patriots for 20 years, but now he was coming home as the quarterback of the visiting team, the Buccaneers, and I can imagine that the feelings of the “hometown fans” were mixed.

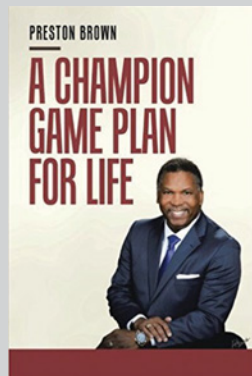
In other words, some



people cheered while others were not so happy. Just like we find with the Prodigal Son's homecoming. His father cheered, while his brother hated it! -- even though this wayward son was doing the right thing by coming home and leaving a life of sin.

That's why we should be glad that we don't serve a God that's a “fair weather fan,” who only supports us when we are doing well. God loves us no matter what we have done or where we have been and He is always willing to take us back and celebrate our homecoming with open arms ... 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 15

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

### October 16-17

CASC Huntsville Gun Show  
 Von Braun Center  
 9 a.m.-4 p.m.

### October 16

1st Annual Kid's Civic Engagement Day  
 Madison Public Library  
 142 Plaza Boulevard  
 Madison, Ala.  
 12-3 p.m.

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

Huntsville Dragway  
 502 Quarter Mountain Road  
 Harvest, Ala.  
 4:15 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 Council Memorial Park  
 620 St. Clair Street  
 Huntsville, Ala.  
 2 p.m.

### October 30

Magic City Classic  
 Legion Field  
 Birmingham, Ala.  
 2:30 p.m.

THE VALLEY WEEKLY

# VALLEY DEATHS



## NELMS MEMORIAL FUNERAL HOME

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

Funeral service for *EVANGELIST JACQUELINE DIANE BRIGGS* (b. 1953) was held Saturday, October 9, at Nelms Memorial Funeral Home Chapel with Pastor Theodis Acklin officiating.

Graveside service for *MR. TYRON L. WILLIAMS* (b. 1966) was held Saturday, October 9, at Valley View Memorial Gardens with the Reverend Theromiles Flowers officiating.

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.

## ROYAL FUNERAL HOME

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

Funeral service for *MRS. ARGARET JEAN SATCHER STORY BURWELL* (b. 1952) was held Thursday, October 14, at West Mastin Lake Baptist Church (4705 Mastin Lake Road, Huntsville, Ala.) with Pastor Willie L. Hinton officiating.

Funeral service for *MRS. LILLIE PEARL LIGHTFORD* (b. 1938) was held Tuesday, October 12, at Beaver Dam Primitive Baptist Church (785 Beaver Dam Road #A, Toney, Ala.) with Pastor Larry Smith officiating.

Memorial service for *MS. HEDDA L. WADE* (b. 1950) was held Sunday, October 10, at Royal Chapel of Memories with Pastor Roger A. Bernard officiating.

Funeral service for *MS. NINA MARIE JOHNSON* (b. 1993) was held Sunday, October 10, at the Saint John African Methodist Episcopal Church (229 Church Street NW, Huntsville, Ala.) with Pastor Maurice Wright officiating.

Graveside service for *MR. CARTER PATTON* (b. 1957) was held Friday, October 8, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.) with Pastor Georgia Mae Vance officiating.

## SERENITY FUNERAL HOME

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

Services for *MS. KIMBERLY POPE* will be announced at a later date..



SERENITY  
 FUNERAL HOME

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

A New Generation Of Service

THE VALLEY WEEKLY  
**ALL FOR  
 THE FAMILY**

The power of family is universal. It transcends time and borders, and connects people of every age, race, gender, religion, and socioeconomic status. Yet, the unprecedented and mysterious onset of COVID-19 has negatively impacted even the strongest families. October is mental health awareness month.

**Sunday, October 10, 2021 is World Mental Health Day. The theme for this year is: "You Are Not Alone."**

Three mental disorders are dramatically disrupting the normal functioning of families.

**1. Attention-Deficit Disorder.** A range of behavioral disorders, including poor concentration, hyperactivity and impulsivity. Begins in childhood and persists into adulthood. Contributes to

low self-esteem, troubled relationships, and difficulty at school and work. An estimated three million suffer with it.

**2. Dementia.** A group of symptoms affecting memory, thinking and social activities, so severe that it interferes with normal daily life. It can occur in younger people as well as the elderly. The most common cause is Alzheimer's disease. An estimated 55 million live with it.

**3. Post-Traumatic Stress Disorder.** A condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, such as a serious car accident, war/combat, sexual violence, and/or witnessing murder or suicide. Women tend to have PTSD twice as much as men. Approximately 3.5 individuals struggle with it.



Dr. Margaret J. Kelly

~Think It Over~

A mental health disorder is an illness just like diabetes, high blood pressure and heart disease. Please do not allow fear and shame prevent you from seeking professional help for your or a loved one, who continue exhibit any of the symptoms discussed.

**Sources**

American Psychiatric Association  
 Mayo Clinic  
 National alliance on Mental Health  
 The Center for PTSD  
 U.S. Department of Veterans Affairs  
 World Health organization

*"The price of hating other human beings is loving oneself less."*

- Eldridge Cleaver

## 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.

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## Friends of the Bradfords to Hold "Motorcade Parade"

Friends and supporters around North Alabama and beyond are invited to participate in a Benefit Motorcade Parade honoring The Dr. Henry Bradford, Jr. and Mrs. Nell Lane Scholarship Foundation, Inc., on Saturday, October 23, 2-4 p.m. at Louis Crews Stadium.

Participants should remain in their 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.

## Huntsville City Council Meetings

Huntsville City Council Regular Meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th

Thursday of each month at 5:30 p.m., Downtown Huntsville.

Watch the meetings live via HuntsvilleAL.gov/HSVTV or on the

City of Huntsville Facebook page (@huntsvillecity).

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



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## My Ego-holism's New Roommate: Diabetes (Part 1)

*"... a thorn in the flesh was given to me, ... lest I be exalted above measure." - 2 Cor. 12:7b, NJKV.*

On November 14, 2019,\* my own recovering ego-holism got a wake-up call - and a roommate.

During my quarterly doctor's appointment, he informed me from my blood testing that I was now a diabetic, as I had just reached its 6.5 floor. He then began to outline some attack strategies for recovering.



However, . . .

The primary attack strategy that he failed to cover was one that he was not trained in medical school to address. Diabetes itself then spoke up.

As if a U.S. Marine Corps drill sergeant, Diabetes came nose-to-nose with me, barking, "Well, well, new recruit allston: You're mine now. Welcome to boot camp.

"Ah, don't tell me: You thought that all your Bible-quotin', church-goin', vegetarian-meat-in'/vegan-eatin', 10,000-steps-walkin', signifyin'-bout-other-folks piety would somehow exempt you from me. Well, think again, . . .

"You're no different, son. . . just the one out of your 10 fellow Americans, one out of your seven fellow Alabamians, and one out of your four fellow 65 and older AARP-ers - all with diabetes. You need to kiss your 'ol self-righteous arrogance good-bye, . . ."

### Roommate Déjà Vu?

I was somewhat familiar with diabetes, from my ongoing bouts with ego-holism. They're mirror-twin roommates, both housed in my body. Yours, too. For example:

#### Diabetes

A progressive disease in which our bodies produce excessive sugar/glucose that cannot be used, thus causing serious problems

Each of us has "diabetes potential" within us which, like cancer, surfaces when excessive levels are reached

"There is no cure for diabetes, but it can be managed" (Living with Type 2 Diabetes" booklet, American Diabetes Association)

Join me in subsequent columns, where I parallel my ego-holism and diabetic recovering journeys.

Certified life coach tim allston is the author of the free book, 7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else," downloadable now at [www.timallston.com](http://www.timallston.com).

*\*Hmmm, what a coincidence that the day of my quarterly appointment on which my doctor announced that I had diabetes, again, was November 14, World Diabetes Day. Albert Einstein: "Coincidence is God's way of remaining anonymous."*

Perspectives on  
God Views  
+  
Current News

by tim allston

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

## COVID-19 Assistance

### UNITED WAY COVID-19

Assistance Fund

Donate:

[www.uwmadison-county.org](http://www.uwmadison-county.org)

Get Assistance: Call 211

### SMALL BUSINESSES

[disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov)

sba.gov

(800) 659-2955

### COVID-19-RELATED UNEMPLOYMENT

Alabama Department of Labor

(866) 234-5382

[labor.alabama.gov](http://labor.alabama.gov)

### MADISON COUNTY HEALTH DEPARTMENT

(256) 539-3711

### LATEST COVID-19 INFORMATION

Alabama Department of Public Health

[www.alabamapublichealth.gov](http://www.alabamapublichealth.gov)

Centers for Disease Control and Prevention

[cdc.gov](http://cdc.gov)

### TAKEOUT/ DELIVERY RESTAURANTS

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

THE VALLEY WEEKLY

# CALLED 2 PREACH

REV. MICHAEL RICE

## Making Thoughts Behave

In my days as a lad growing up, behavior (good, of course) was explained, expected, and expedient. In other words, we were told the kind of behavior that was acceptable and unacceptable. This was not optional.

Our parents literally “made” us behave with a combination of looks and licks that let us know where “not to” cross the line. That is why when I view children sometimes in public

settings being very disrespectful to their parents, it becomes painfully obvious that their parents or guardians are not exercising their ‘authority.’

In the same way, a believer’s life can portray the same thing regarding their spiritual maturity. The Apostle Paul informs every believer that he/she has the authority to *make thoughts behave*. The father of lies is constantly sending thoughts to the mind



of the believer with the intent of causing doubt and discouragement, mainly by trying to convince a believer that he/she does not belong to Christ or that though they once did, they do no longer. When those thoughts are allowed to continue without interruption, they set up what Paul called ‘strongholds.’ When this happens, believers do

not have to throw up their hands in frustration like I have viewed some parents do when their children are

out of control. When I see that happen, I literally want to “grab” them and make them behave. Paul says that

is what we are to do with those thoughts; grab them and make them behave.

# MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.



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**OCTOBER 15 - KEYSHIA COLE** - American singer, songwriter, record producer, business woman, and television personality. Born in Oakland, Calif. Her career began when she met MC Hammer at the age of 12, and later met rapper Tupac Shakur. At the age of 18, she moved to Los Angeles and was later introduced to A&M Records. - BlackCelebrityBirthdays.com





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

## Mrs. Bhavani Kakani

For over 45 years, Mrs. Bhavani Kakani has brought a unique combination of healthy compassion, strong commitment, sharp business acumen and servant leadership skills to empower people and organizations in Huntsville, Ala.

Her vision for "building bridges" led her to found and lead AshaKiran. AshaKiran is a non-profit organization dedicated to educate, empathize, and empower foreign-origin/culturally diverse individuals who are experiencing "crisis" situations.

Kakani is also a founding director/secretary of the board for Progress Bank and Trust. She has served as a senior staff supervisor in international finance for Intergraph Corporation; and a cytologist.

As a trailblazer in building healthier communities, she educated, raised funds and advocated for better health for all persons by providing leadership for Madison County Medical Alliance (president), Alliance to the Medical Society of the State of Alabama (president), Southern Medical Association Alliance, Alliance to the American Medical Association, Huntsville Hospital Foundation,

Statewide Health Planning Council, and ambassador to the Hudson Alpha Institute and Hospice.

To solidify her commitment to empower abused children and their families, she served on the Board of Voices for Alabama Children and as treasurer of Human Trafficking and Coordinated Community Task Forces. She also served on the National

Children's Advocacy Center in various capacities for many years, including two years as board chairperson. Her belief in providing a second chance through education and mentoring to increase self-worth and to excel the careers of the less fortunate is demonstrated through mentoring for Women's Economic Development Council Foundation. She was an active participant on boards of Randolph School, UAH Foundation, Women's Business Center of North Alabama, Alabama Space Education Commission and Women's Economic Development Council Foundation.

Her dedication for community inclusiveness and betterment is displayed through her leadership as a graduate of Leadership Alabama, Mayor's Advisory Council on Diversity and

Inclusion Committee, Board Chair of Leadership of Huntsville/Madison County and service on the boards of Southern Cord, Botanical Garden, International Society of Huntsville (founding board member) Huntsville India Association, Huntsville Telugu Association (founder and initial president), Women's Guild of the Huntsville Museum of Art (president), Arts Council, Huntsville International Society (founding member), and many, many others.

She is a recipient of numerous awards, including the Girl's Inc. "She Knows Where She is Going" award, National Conference for Community and Justice's "Brotherhood and Sisterhood" award, Arthritis Foundation's "Humanitarian" award, Women Honoring Women's Health and Human Services award, The Soroptimist International's Ruby Award-Women Helping Women, InterCultural Community Leadership Award and others.

Kakani earned a B.S. degree in finance, summa cum laude and a Master of Administrative Science in Business Administration and Finance from the University of Alabama in Huntsville. She is married to Dr. Rao Kakani, retired general and vascular surgeon, and they have three children and two grandchildren.

"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@valleyweeklyllc.com](mailto:info@valleyweeklyllc.com).



## PowerShot

"There is no  
"them", only  
us and the  
rest of us."

J. T. Moore



*"Your sacred space is where you can  
find yourself again and again."*

- Joseph Campbell

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# Gearing up for the Valley's Winter with Efficient Heating Solutions

The Valley Weekly

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## The Valley Weekly Ad Rates Single Issue

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|-----------------------------------|--|---------------|
| Back Cover                        | 10x10-inches                               | \$1,000       |
| Full Page                         | 10x10 inches                               | \$800         |
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(BPT) - Many Americans are looking forward to the cooler temperatures that fall brings. However, it won't be long until harsher winter months arrive and homeowners across the country are faced with keeping their indoor air temperatures comfortable and consistent.

It's a daunting task - one that can be both frustrating and expensive - but homeowners can rest assured knowing they can help stabilize their home's temperature. As the temperatures begin to drop, now is the perfect time to assess your winter heating plan to ensure you're operating at maximum energy efficiency.

Don't overlook the draft: An inch-wide gap may seem minor, but a small amount of space can drastically impact heating. Simply caulking the windows and applying weatherstrips to doors can help you save on your monthly heating bill.

Fans aren't just for summer: Yes, your traditional ceiling fan can help with your heating woes. By running the fan counter-clockwise, warm air will be pushed up to the ceiling

and then down along the walls, providing an extra layer of heat that otherwise would just be stagnant.

Upgrade your heat pump: Heating is typically the largest energy expense for households, accounting for nearly 45% of residential energy bills, so choosing an efficient whole-home heating system is not something to put off. Carrier, the inventor of modern air conditioning, offers the Infinity® 24 Heat Pump with Greenspeed® intelligence with high energy-efficiency ratings to create long-term financial savings.

\* There's nothing worse than stepping inside your home only to realize it's not at the temperature you set it to. The Infinity 24 provides superior in-home comfort with features that enable more precise temperature control for the ideal atmosphere at home.

\* Whether it's to save money or to lower your environmental footprint, no one wants to waste energy. As the most efficient and advanced heat pump from Carrier with ratings up to 24 SEER, the Infinity 24

allows homeowners to keep more money in their pockets over time, especially during the winter months.

\* With sound performance up to 50% quieter than the nearest competitor, depending on model combination, the Infinity 24 is a quiet outdoor unit that won't intrude on a peaceful night's sleep. (Based on laboratory testing of Carrier's Infinity 24 heat pump models by Carrier engineers in Fall 2019 and AHRI sound level data for competitors' variable-speed outdoor units, published as of December 2019.)

Insulation is your friend: There's a reason to bundle up when you venture outside, so why not give your home the same protection? Ensuring your attic and/or basement has sufficient insulation will mitigate unnecessary heat loss.

Cooler months can be a lot more bearable if you and your home are properly prepared. Find unique, innovative ways to optimize your home's temperature control system by reaching out to a Carrier dealer to determine what residential

heating options from Carrier are right for your home.



**Beyond a bank.  
Beyond expectations.**

At Bryant Bank, our vision is to see every Alabamian experience a financially stable future and live in a thriving community.

We are invested in your success and the success of the place we both call home. We're here to be a trusted partner, to exceed your expectations, and to help both you and our community invest in its full potential.

**BRYANT BANK**

Downtown Huntsville & Southeast Huntsville  
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