

HAPPY THANKSGIVING! Bonus Section! Pages 9-12

FREE



LAKESIDE'S FOOD GIVEAWAY- p. 10

PRESTON: Replacing Bad with Good - p. 3

Friday
November 24, 2023
Vol. 10, No. 12
ValleyWeeklyllc.com

GLORIA B: "Reintroducing Yourself" - p. 5

The Valley Weekly

See Extensive List of Valley Events - p. 4

SALUTE!

Rosetta James Foundation
ELDER OF THE WEEK



Mother Betty Craighead

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." - Voltaire

Orion Announces 'Christkindlmarket'

Arts Huntsville and The Orion Amphitheater are excited to announce the return of Christkindlmarket Huntsville, a free community event. Combining German and European tradition with local flair, the Christkindlmarket Huntsville presented by Redstone Federal Credit Union will feature a unique holiday shopping experience with over 60 juried artists featured alongside a blend of holiday food, drink, and music at The Orion Amphitheater on December 8, 9 and 10, 2023.

Christkindlmarket Huntsville will be open to the community from 5 p.m. to 8 p.m. on Friday, Dec. 8 – from noon to 8 p.m. on Saturday, Dec. 9 – and from noon to 5 p.m. on Sunday, Dec. 10. The market is a free event with free onsite parking. The market will also feature German-themed holiday food and drinks from The Orion's specialty bars and the Church Street Test Kitchen. The amphitheater is located at 701 Amphitheater Dr NW, Huntsville, Ala. 35806. More: www.artshuntsville.org

DHI Lists Tinsel Trail Events

Downtown Huntsville, Inc. is excited to partner with the Huntsville Museum of Art for the first annual "Rockin' Around the Rocket City," featuring three holiday attractions in Big Spring Park: Tinsel Trail, Skating in the Park, and the Rocket City Tree.

The 2023 Tinsel Trail season kicks off in Big Spring Park on November 24 with a Tinsel Trail Market, hosting over 40 local artisan vendors, from 2-8 p.m. and a tree lighting ceremony for the Rocket City Tree at 6 p.m. The tree lighting ceremony will feature food trucks, free entertainment, photo opportunities, and Mayor Battle will be speaking at the event. Rockin' Around the Rocket City also includes Skating in the Park, which officially opened on November 17.

The rink will be open seven days a week until January 7. More information can be found on the museum's social media- @SkatingInThePark.

Black Cemetery Added to Nat'l Register

Huntsville's oldest surviving African American cemetery is now listed on the U.S. Park Service's National Register of Historic Places.



Glenwood Cemetery, located at 2300 Hall Avenue, is the City's 75th resource to be added to the federal registry. The nomination was prepared by Dr. Caroline Swope, a local historic preservation specialist, and supported by retired educator and historian Ollye Conley.

"We are thrilled to have Glenwood Cemetery listed to the National Register of Historic Places," said Katie Stamps, City Preservation Planner. "The bar for listing cemeteries to the National Register is extremely high. It is a testament to the historical significance of Glenwood and the hard work of people like Mrs. Conley and Dr. Swope ..."

Glenwood Cemetery was established in 1870 on 10 acres of land between Holmes and Clinton avenues. It is the resting place of people born slaves, emancipated, and who lived out the remainder of their days in the separate-but-equal South.

Nike Announces Pre-Launch of AAMU Shoe

Nike recently announced the special pre-launch of its new Alabama A&M University shoe. City G.E.A.R. launched a limited quantity of the intricately-designed Terminator High kicks at its 2250 Sparkman Drive NW Huntsville location on Friday, November 17 from 2-6 p.m.



brand's Yardrunners program (originally launched in 2020) designed to empower Historically Black Colleges and Universities (HBCUs), like Spelman and Tuskegee.

The event included a performance by the Alabama A&M Marching Maroon and White Band along with others special presentations and recognitions.

The first-ever AAMU Nike shoe is part of the

The Valley Weekly

INSIDE THIS ISSUE!

- Washington in One Minute, Page 2
- Preston Brown's "Spiritual Game Plan," Page 3
- "Jahni" Moore's PowerShots, Page 4
- Caldwell & Allston: Perspectives, Page 5
- Sunday Lectionary, Page 5
- Honoring Our Elders, Page 6



HOURS AT THE TOWERS! Following an inspiring intro by Chanda Glover, The Legacy Center's Chief Visionary Officer (inset), a team of spirited volunteers provided a Thanksgiving-themed meal for the residents of Huntsville Housing Authority's Johnson Towers on last Thursday, November 16. Visit Page 11. (Photos by J. Saintjones)

The Valley Weekly

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The Valley Weekly

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The Valley Weekly
Washington
One Minute

by Ron Hamm

Here is what's happening in Washington, D.C., the nation's capital, this week:

1. CONGRESS. The House and Senate are in recess this week. Last Friday, House Speaker Mike Johnson (R-LA) announced that the House would make available most of the 44,000 hours of security videos from the Capitol Riot of Jan. 6, 2021, excluding segments that contain sensitive security information or information that could lead to retaliation against private citizens. By Friday afternoon, approximately 90 hours of footage had been loaded onto the House Administration Committee's website: committee website. Also on Friday, House Ethics Committee

Chair Michael Guest (R-MS) introduced a privileged resolution of expulsion against Rep. George Santos (R-NY) after the Ethics Committee on Thursday released a report that found substantial evidence that Rep. Santos knowingly violated criminal laws and House rules. 2. THE WHITE HOUSE. Last Sunday, the President and First Lady traveled to Naval Station Norfolk, VA, where they helped serve an early Thanksgiving dinner to servicemembers and their families associated with the USS Eisenhower and USS Ford, which are both currently deployed to the Middle East. Biden, who turned 81 Monday, participated in the annual pardon of 2 turkeys (this year named Liberty and

Bell). On Tuesday, the President and his family traveled to Nantucket, MA, for their annual Thanksgiving vacation through Sunday at billionaire David Rubenstein's compound on Nantucket Harbor (per the Nantucket Current). Last Thursday, the President signed into law the new stopgap spending bill, H.R. 6363, keeping the federal gov't open at FY2023 levels through Jan. 19, 2024, or Feb. 2, 2024 (depending on the agency).

3. SUPREME COURT. Last Thursday, the Supreme Court, in an unsigned order, denied a request by the State of Florida to allow it to enforce a May 2023 state law banning drag performances where children might be present, while a lawsuit against the law proceeds through the courts. The law has been on hold since June 2023 when a federal judge issued an injunction in a lawsuit brought by the Hamburger Mary's restaurant chain, which hosts drag performances at its

restaurants. Last Monday, the court released its long-awaited Code of Conduct, signed by all 9 justices, reportedly in response to revelations about undisclosed luxury travel and receiving gifts of hospitality from persons with business before the court.

4. INFLATION REPORT. Last Tuesday, the Bureau of Labor Statistics announced that inflation fell sharply in October to an annual rate of 3.2%, down from September's 3.7%. The core inflation rate, which detaches food and energy costs, clocked in at an annual 4% rate, the smallest 12-month increase since September 2021. Housing costs, including rent, continue to be the largest contributor to overall inflation. 5. HIGHER EDUCATION. On Wednesday, the Department of Education (ED) Office of Federal Student Aid (FSA) provided an update on the launch of the new simplified FAFSA. FSA announced that students and families will be

able to fill out the FAFSA by December 31, 2023. However, they also announced that there will be delays in the processing for this upcoming cycle notably, institutions of higher education may not receive information from the FSA needed to put together financial aid packages for students until the end of January. This would delay when institutions can provide admitted students with their financial aid awards. FSA also announced they launched a 2024-25 FAFSA updates page, which will be populated as new developments occur. Finally, ED announced new state-by-state data, which shows a number of new Pell recipients that could benefit from the new FAFSA.

HAPPY THANKSGIVING!

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Deltas Start Virtual "Meals on Wheels" Support Fundraiser

Huntsville Alumnae Chapter of Delta Sigma Theta, Incorporated Day of Giving for Meals on Wheels for the Studio 60 Senior Center (formerly known as the Huntsville/Madison County Senior Center).

The Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. is hosting a virtual fundraiser on Saturday December 2, 2023, supporting the Studio 60 Senior Center located at 2200 Drake Avenue in Huntsville, Ala. To strengthen efforts to eliminate food insecurities, the chapter's President, Alexis Toney, and the event's coordinators (Rhonda Childress-Thompson, Kahala McCaskey, and Cherise Primm) are challenging all Greek letter organizations, clubs, churches, and community affiliates to help exceed its goal to raise \$24,000. The money collected will be donated to Meals on Wheels to ensure that the seniors who depend on the program will have festive and nutritious meals this holiday season.

The primary food provider for the Studio 60 Senior Center closes during the Christmas season. The organization's goal is to provide more than 1,000 hot meals during the holiday season and 250 boxed meals for Juneteenth.

For more information and to donate to this worthy cause, visit the Huntsville Alumnae website <https://www.dsthuntsville.org/events/>.

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Huntsville Council Meetings



Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m. For more information, call (256) 427-5011.

SHARE YOUR VIRTUAL FREE COPIES of The Valley Weekly Each Week! Visit ValleyWeeklyllc.com

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.



Replacing Bad with Good

Romans 7:19-21 says, *"For I do not do the good I want to do, but the evil I do not want to do this I do ... Although I want to do good, evil is right there with me."*

Sometimes, I wonder if most people want to do good. These days, it seems they can't. It's not enough to rid ourselves of evil desires and thoughts; we have to replace them with good thoughts and good desires.

In Romans 12:2, it says, "Don't be conformed to this world but be transformed by the renewing of your minds."

There is no way to have good thoughts and desires without a complete renewal of our minds. It is important to read God's word on

a daily basis. Remember, just because the devil leaves you alone one day doesn't mean he won't come after you and your family another day.

In order for us to defeat the evil desires of life, we need plans. We need spiritual game plans. Look at the parable that Jesus tells us in Matthew 12:43-45 about an "evil spirit."

The evil spirit was driven out, but nothing good was added. Remember that it's always a spiritual battle as well as a physical one.

That's why I believe anytime we try to break a bad habit, like smoking, overeating, pornography, or anything else that is not good for us, we have to replace that bad habit with something good.

We can't be negative all the time without an equal balance of positive reinforcement. Trust me, there are people around you who want to hear something positive every once and a while.

That's why I believe we



can all learn to overcome any evil we are doing by learning a simple principle: you can't take something bad out without replacing it with something good.

May God grant you spiritual success with overcoming bad thoughts with good ones.

Question:

Do you think that most people want to do good? Why?

Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my book *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life* at amazon.com, Westbow Books or, if you have a PayPal account, e-mail me at prestonbrown81@gmail.com, and I will send you an autographed copy.

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Funeral service for DR. DOROTHY JOHNSON GURLEY (b. 1931) was held Monday, November 13, at First Missionary Baptist Church.

Funeral service for MRS. WILLIE ESTER PARRIS BOONE (b. 1934) was held Sunday, November 12, at New Jerusalem Missionary Baptist Church.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW
Huntsville, AL 35810 - (256) 534-8481 - www.royalfh.com

Funeral service for MOTHER EULA MAE TAYLOR CLAY (b. 1933) will be 11 a.m., Saturday, November 25, at the Pentecostal Lighthouse Church (6107 Blue Spring Rd NW, Huntsville, Ala.) with Minister Winfried B. Cross as eulogist and Elder Reginald Burrell officiating.

Funeral service for MRS. DOROTHY LEE GORDON (b. 1944) will be 11 a.m., Saturday, November 25, at the Mount Pisgah Missionary Baptist Church (793 Pisgah Bottom Rd, Canton, MS 39046).

Funeral service for MR. CORTEZ MAXLIN TONEY (b. 1986) was held Wednesday, November 22, at the Little Indian Creek Primitive Baptist Church (884 Indian Creek Rd NW, Huntsville, Ala.).

Funeral service for MR. EARL CLIFFORD CLEVELAND (b. 1954) was held Friday, November 17, at the Oakwood Seventh-day Adventist Church (5500 Adventist Blvd NW, Huntsville, Ala.) with Pastor Steven Norman as eulogist and Pastor Joseph McCoy officiating.

SERENITY FUNERAL HOME

2505 University Drive NW
Huntsville, AL 35816 (256) 539-9693 - www.serenityfuneralhm.com

Funeral service for MR. RAYMON "RAY RAY" HOLLOWAY (b. 1960) will be Saturday, December 2, at 2 p.m.

Funeral service for MR. MICHAEL "MIKE-MIKE" ANDERSON will be held Saturday, November 25, 11 a.m., at Church Street Cumberland Presbyterian Church.

Funeral service for MR. QUINTON "MOOKIE" MOTON (b. 1991) will be Saturday, November 25, at Serenity Funeral Home at 2 p.m.

Funeral service for MS. SHANTEL ERVIN (b.1972) was held Saturday, November 18, at Progressive Union Missionary Baptist Church, 1919 Brandontown Road NW.

The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

November 22
Unique Live Band
Wednesday Concert Series
Pourhouse
Stovehouse
Huntsville, Ala. - 6 p.m.

Huntsville, Ala.
7:30 a.m.-12:30 p.m.

Holiday Homecoming
The Orion Amphtheater
theorionhuntsville.com
4-10 p.m.

November 24
Black Friday Day Camp
Huemanity Studios
(\$40/child; Ages 6-14)
Registration Required
6200 Mastin Lake Road
Suite C

November 24-26
Comedy
DC Young Fly
Stand Up Live Huntsville
7 p.m.

November 26
Dance & Sip Line Dance
Edition
Madison Ballroom Dance
Studio, LLC
<https://linktr.ee/lacoledance> - 6:30 p.m.

November 30
"Sushi Class 101"
The New Gooch Place
500 Gooch Lane
Madison, Ala.
Vegetarian/Fruit Options
(No Raw Fish)
Jonathan Brumby
RSVP: (706) 363-2158

December 1
NEACA 2023 Christmas
Craft Show
Von Braun Center - 9 a.m.

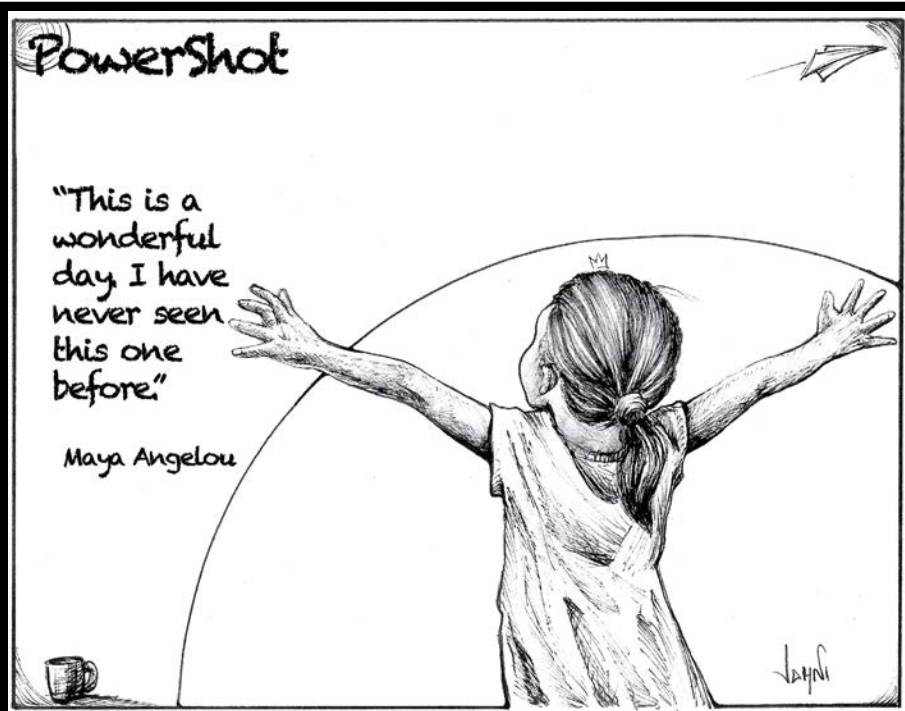
Candlelight Christmas
Burritt on the Mountain
Tickets
5-9 p.m.

NOTICE TO THE PUBLIC CITY OF HUNTSVILLE

The City of Huntsville's Community Development Department has completed its Consolidated Annual Performance and Evaluation Report (CAPER) for FY22. A draft copy of this report may be viewed on line at www.huntsvilleal.gov/residents/neighborhoods/housing/fair-housing/ and at the Community Development Department Office located in the Yarbrough Office Center, 120 E. Holmes Avenue, and the Huntsville-Madison County Public Library, located at 915 Monroe Street. Submit comments to Scott Erwin, City of Huntsville Department of Community Development, P.O. Box 308, Huntsville, AL 35804 or scott.erwin@huntsvilleal.gov. Deadline for comments is December 15, 2023. For more information regarding this public notice or to request special accommodations, please call (256) 427-5400. Hearing or speech impaired residents are encouraged to use the TTY line at (256) 427-7092 for requests.

AL PÚBLICO CIUDAD DE HUNTSVILLE

El Departamento de Desarrollo Comunitario de la Ciudad de Huntsville ha completado su Informe Anual Consolidado de Desempeño y Evaluación (CAPER) para el año fiscal 22. Una copia preliminar de este informe se puede ver en línea en www.huntsvilleal.gov/residents/neighborhoods/housing/fair-housing/ y en la Oficina del Departamento de Desarrollo Comunitario ubicada en el Centro de Oficinas de Yarbrough, 120 E. Holmes Avenue y la Biblioteca Pública del Condado de Huntsville-Madison, ubicada en 915 Monroe Street. Envíe sus comentarios a Scott Erwin, Departamento de Desarrollo Comunitario de la Ciudad de Huntsville, P.O. Box 308, Huntsville, AL 35804 o Scott.erwin@huntsvilleal.gov. La fecha límite para comentarios es el 15 de diciembre de 2023. Para obtener más información sobre este aviso público o para solicitar adaptaciones especiales, llame al (256) 427-5400. Se recomienda a los residentes con discapacidad auditiva o del habla que usen la línea TTY al (256) 427-7092 para las solicitudes.



"We can never be gods, after all--but we can become something less than human with frightening ease."

- N. K. Jemisin

“Reintroduce Yourself ...”

Milennia loment

by
Gloria B. Caldwell

Reintroduce yourself to yourself...

Life happens, right? Of course, it does. You get lost in the flow of it and forget there is a reason for your existence.

It is so easy to become mundane and wake up morning after morning enduring a mediocre routine that has just happened upon you by simple living.

Now, some of you may be okay with this; no judgment.

But notice how far you

ON THIS DAY



Mississippi passed the so-called “Black Codes” that barred blacks from jury service, testifying against whites in trials, bearing arms and attending white schools.

- Blackfacts.com



go living this way, moseying along, day-to-day, forgetting you are born

with greatness inside you. You aren't even thinking about that matter because

life is happening to you, not for you.

Stop!

Reach back and think of all of the gifts and talents God (or the Universe, whichever you choose to believe) has placed inside you. Smile about it. They are your superpowers. Dust them off and use them.

This wasn't happenstance, this was intentional. Spend the remainder of your life finding out what you're here for and utilizing those tools to provide a real, fulfilling life for yourself.

Reintroduce yourself to yourself! Hi I'm (insert your name) and I'm a big deal!

Now, act like it!

God loves you, and so do I. He has given you a gift; open it.

This Sunday's Lectionary



Sunday, November 26, 2023

Last Sunday
after Pentecost

(Track 2, Year A)

First Lesson:
Ezekiel 34:11-16, 20-24

Psalm 95:1-7a

Second Lesson:
Ephesians 1:15-23

GOSPEL:
Matthew 25:31-46



Be Grateful, and Give Thanks!

“This is the day the Lord; We will rejoice and be glad in it” - Psalm 118:24

In our world of endless daily turmoil, we can see there, for example, atrocities of war happening worldwide, soaring prices for household necessities, and senseless murders and shootings.

Therefore, it might seem as though this Thanksgiving season holds little or no reason to celebrate or give thanks.

Yet, against these and other misfortunes, I am nonetheless comforted by words I once read attributed to Mrs. Charles E. Cowman in her classic devotional book *Streams in the Desert*, to paraphrase: “God never sends thorns without sending accompanying roses.”

Buoyed up by such words and images, may I share with you why I am thankful for this 2023 Thanksgiving holiday season?

I am grateful and giving thanks that:

The two-year pandemic phase of COVID-19 is over, thanks in part to vaccinations, mask-wearing, and conscientious citizens;

Yes, the pandemic claimed 1,182,259 fellow American folks leaving empty chairs around Thanksgiving tables, some of whom you might've known - but it didn't claim you or me!

Ukrainians continue to defend successfully their democracy against Russian war criminals;

November voters across several states preserved our democracy against those seeking to dismantle it;

Cracks continue to appear in the political glass ceilings as Rhode Island elected Gabe Amo as its first Black representative to Congress, and Philadelphia elected Cherelle Parker as its first female and fourth Black mayor;

There are still more Black men in colleges than in prisons!

What's more?

And yes, our family and well-wishers on November 3rd funeralized but celebrated our family matriarch Mrs. Zeola Bell Germany Allston, and her legacy of teaching for 64 years and across eight consecutive decades, <http://valley-weeklyllc.com/ValleyWeekly11032023V10N9.pdf>!

And as Dad used to say so regularly, Mom later memorialized it by inscribing it on a poster with her calligraphic penmanship, from 2 Thessalonians 5:18: “In every thing, give thanks.”

Tim Allston, Leadership Coach and Three-time Amazon Best-selling Author, Leading from the Middle (256) 212-0949 - www.timallston.com <https://www.timallston.com>

“Knowing yourself is the beginning of all wisdom.”

- Aristotle



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

Mother Betty Craighead



Mother Betty Joyce Ford Craighead is a native Huntsvillian who is the first of four children born to the late Walter and Lucy Steele Ford. She attended Winston Street Elementary School, Councill High School and Alabama A&M University.

She married Willie Mack Craighead, her high school sweetheart, and they are the

parents of Karen Craighead McGlathery and Roderick T. Craighead; two grandsons, and three great-granddaughters.

She joined Huntsville Hospital as a unit secretary in the Pediatrics, Medical/Surgical Unit, and Labor & Delivery in 1965. Exposed to every facet of medicine, she gained a great love for and knowledge of the medical profession. However, the Labor & Delivery area was truly her passion, recording and witnessing the births of many babies in Huntsville.

In 1970, Medical Center Hospital was opened by a group of doctors and Mrs.

Community Health Plan due in part to her work in health insurance and her affiliation with the Stitching and Quilting Ministry. She is indeed a dedicated leader who loves people.

Among her many community service projects are her service as director of Rural Senior Services (Union Chapel Center); advisor, Alabama Cooperative Extension System-AlabamaA&M

University Successful Aging Initiative, 14 years; representative, Alabama Alzheimer's Campaign, 2010; St. Jude Children Research (Campaign for a Cure); and others.

Mrs. Craighead enjoys sewing and creative arts. She has traveled throughout the United States and several foreign countries, including Israel, Bahamas; Cozemul, Mexico; Ontario, Canada; Tanzania; and Nairobi, Kenya, where she was adopted by the Kuria tribe and given the tribal name of "Robi." She has been abundantly blessed by God.

Craighead was hired, taking her to another level in the medical field. Medical Center was later purchased by Humana Hospital but kept her in the same position as operating room secretary.

Mother Caraighead was promoted to customer service representative and then to customer service supervisor, retiring from Humana in 1996.

A faithful member of Union Chapel Missionary Baptist Church for over 45 years, she has served in positions ranging from the Stitching and Quilting Ministry to Superintendent of the Sunday School.

In 2012, she was asked to do a commercial for First



"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.rossettajamesfoundation.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.



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Ten Ways to Show Gratitude to a Caregiver

(BPT) - Chances are you know a caregiver. It could be the teacher at your child's school, balancing classroom duties and caring for an aging parent after the bell rings. Maybe it's your coworker who also takes care of a chronically ill spouse at home.

With caregivers playing such a vital role for loved ones (a spouse, child, parents or even a friend), it is important that caregivers be supported, too. Becoming a fulltime caregiver is usually not a role anyone is prepared to take on and can often come with challenges and emotional hardships. However, creating connection and building support networks can provide a safety net for caregivers and give them somewhere to turn when navigating new or difficult situations.

National Family Caregivers Month (November) is centered around connectedness - focusing on the importance of supportive communities and resources for caregivers. An easy first step in showing up for the caregivers in your own life is to express gratitude and establish yourself as a means of support and understanding.

Need help getting started? Consider these 10 ways to say thanks to a caregiver in your life:

1. Write a thank-you note.

Whether short and sweet or long and detailed, a simple letter expressing gratitude and recognizing everything care-

givers do is an easy way to say thanks and create connection.

2. Send them a personal gift.

Gift cards and other small tokens of gratitude are a great way to express thanks and urge self-care and well-being.

3. The gift of time, so they can do self-care.

Another way to encourage self-care is by stepping in for a caregiver for a few hours, allowing them some free time.

4. Make regular visits.

Caregiving can often be an isolating role, as many of the people receiving care may have limited mobility or spend most of their time at home. In this, it's important to physically show up for the caregiver in your life and spend quality time with them.

5. Gift them a journal or planner.

An important role of caregivers is to keep track of appointments, medication schedules and more.

6. Express your gratitude with food.

Not only does cooking a meal for a caregiver help alleviate some of their workload, but it also is an effective way to connect with those around you and spark meaningful conversations.

7. Exercise together.

Many studies suggest that

exercising with a caregiver and the person receiving care can improve both mental and physical health.

8. Plan a movie night.

Express thanks by arranging a movie night, setting aside time to connect and bond over a favorite movie.

9. Have a portrait taken.

A powerful way to create connection and meaningful memories is by having a portrait taken of caregiver and care recipient, gifting an image that will always remind them of the vital role they play.

10. Create a team of support.

One of the best ways to support the caregiver in your life and express consistent gratitude for all they do is by surrounding them with a network of resources and creating a Caregiver Support Team.

Whether it's by saying thanks, helping to establish a caregiver support network or simply spending quality time, showing up for the caregivers in your life can have an immense impact on their well-being, and in turn, can improve the quality of care they provide.

For additional resources and to learn more about how you can ensure the caregiver in your life feels supported at every turn, connect with Careforth.

AAMU Student Wins Madden NFL x HBCU Qualifier Tournament

AAMU junior finance major Jaeveon Jordan battled 62 other HBCU students to win the Qualifier Tournament #2 in the NFL's fourth annual EA SPORTS™ Madden NFL x HBCU Tournament. The seven round tournament lasted seven hours and pitted Jordan against students from across the nation competing to advance in the competition.

"I feel ecstatic about winning and I also feel I earned it," said Jordan. "I pushed through fatigue and hunger and was still victorious. I'm also glad we can all come together as HBCU students to enjoy doing what we love."

"The tournament itself was definitely challenging," said Jordan. "My greatest competitors were gamers from Morgan State University and North Carolina A&T State University."

Jordan will now represent AAMU in the Finals Tournament on December 2 where the top three students will earn a trip to the 2024 NFL Pro Bowl Games in Orlando, Florida,

on February 4, 2024.

"My goal is to win first place in the finals," he said. "But I also I want to bring recognition to Bulldog Es-

ports and Alabama A&M University's Gaming Club."

ports and Alabama A&M University's Gaming Club." "My plans after graduation are to become a financial advisor," says Jordan.



ports and Alabama A&M University's Gaming Club."

The AAMU Gaming Club is a Registered Student Organization. The Bulldog Esports Team is the competitive strand of the club with five active members: Eric Anderson, Allan Johnson, Esaul Rodriguez, Maurice Brooks, and Jordan.

"We are all experienced gamers and we're competitive," adds Jordan.

Jordan adds this win to

"I would like to not only take care of my family, but also show others how to build sound businesses and financial plans to take care of their families. For now, I hope to win this tournament and get the opportunity to learn more about the business of sports at the 2024 Pro Bowl Games. Wish me luck!"

More: <https://hbcutournament.nfl.com/>



THE VALLEY WEEKLY

ALL FOR THE FAMILY

In Everything Give Thanks

During the autumn season, thoughts of ways to give thanks tend to emerge. When I stop and count my blessings, they are so abundant that I cannot count them all. While we should give thanks to almighty God and others who graciously and generously give to us daily, the fourth Thursday in November is recognized as the national holiday when we celebrate Thanksgiving.

I constantly search for scriptures to begin my "thank you" notes. Following are some favorites that you might consider.

1. "Devote yourselves to

prayer, being watchful and thankful." ~Colossians 4:2

2. "Praise the Lord. Give thanks to the Lord. For His love endures forever." ~Psalm 106:1

3. "Let them give thanks to God for His unfailing love and wonderful deeds for mankind." ~Psalm 103:21

4. "Oh give thanks unto the Lord; call upon His name; make known His deeds among peoples." ~1 Chronicles 16:8

5. "Rejoice in the Lord, Oh ye righteous, and give

thanks to His holy name."

~Psalm 97:12

6. "Give Thanks in all circumstances, for this is the will of God in Jesus Christ for you." ~ 1 Thessalonians 5:18

7. "Do not be anxious for anything, but in everything by prayer and supplication, with thanksgiving, let your requests be known to God."

~Philippians 4:6

8. "I thank my God in all my remembrance of you..." ~Philippians 4:3

9. "Oh, give thanks unto the Lord for He is good ..." ~Psalm 107:1

10. "We give

thanks to God always for you all, making mention of you in our prayers." ~1 Thessalonians 1:2

Source

The Holy Bible, KJV



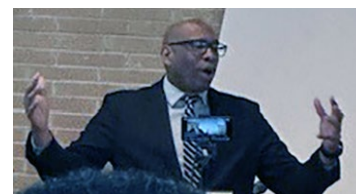
Dr. Margaret J. Kelly

Celebrating 123 Harvest Observances

November 12, 2023, marked a day of traditional observances in the annals of Lakeside United Methodist Church.

The Sunday worship service commemorated 123 yearly "Harvest Celebration" observances. The first such occasion began November 3, 1901. It was a day of thanksgiving for the blessings of Mother Earth in the bountiful crops and a prosperous harvest of souls.

This year's theme, "Moving Forward by Offering Christ Everyday," continues



the church's focus of the original design. Many of the traditions of that first Harvest are replicated year



after year.

Dr. Clarence Sutton, Superintendent of Huntsville City Schools, delivered an inspiring and challenging message from Philipians 3:13-14. He skillfully addressed the theme as minister and educator, with dual concern for the soul of man and the souls of those in the community for whom he is dually responsible and has grave concern.

Sutton emphasized the importance of everyone in the community striv-

ing together to prepare for the future by moving forward through becoming involved.

Also, highlighting the morning was the 73-year tradition of the Sheave Bearers, a pantomime by children, to the familiar, "Bringing in the Sheaves," and the recognition of past sheave bearers in the audience. The day was filled with jubilation as the Lakeside Church community looked back on its rich 123-year-old Harvest history.

- Laura Clift

Edwards Holds Campaign Kickoff for Commissioner Seat

Violet Edwards has officially launched her campaign for reelection as a Madison County Commissioner, seeking her second term in office.

Edwards held a kick-off banquet on Monday, November 13, to mark the occasion, touting the results she's achieved for her constituents and her goals for the future. Edwards has represented the sixth district since 2020, when she became the first Black woman elected in the 200-plus year history of the County Commission.

"In 2019, I promised my family that if we were to do this - I wouldn't be about just talk. I would strategize and focus on the results,"

Edwards said. "And that is exactly what I've done over the last three years."

Edwards highlighted commission partnerships with Calhoun Community College, Alabama A&M, and Drake State and the positive results those partnerships have had on economic growth, career readiness, and job opportunities. Due to redistricting, five institutions of higher learning now sit in District 6. She also spoke on initiatives dealing with honoring and supporting veterans and addressing homelessness in Madison County.

"I believe people of all ages, abilities, and backgrounds should have the opportunity to work hard



Photos by Anthony Gibson

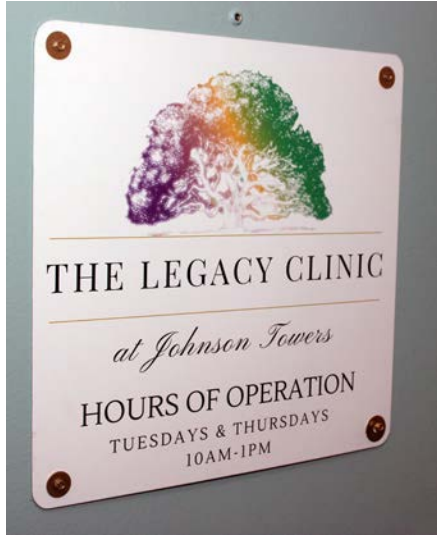
and flourish, and I'm committed to making that a reality in Madison County."

Edwards vowed to continue seeking funding sources to strengthen the quality of life in the district through investments in infrastructure, public spaces, and recreation opportunities. Edwards is in a league of her own, being the only Democrat in county government.

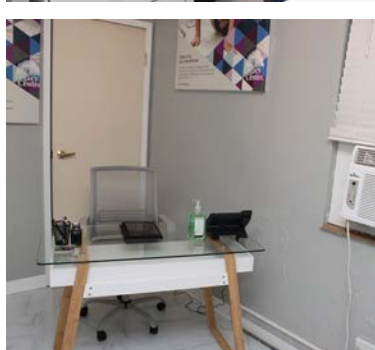
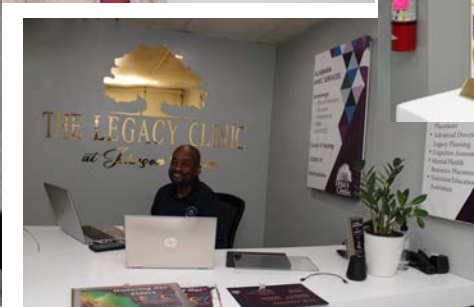
"Together, we can not only win this race, but we can put our county, our region, and our state on notice that the party of progress is alive and well in Alabama. And we are just getting started!"

The primary election is Tuesday, March 5, 2024.

To Your Health: The Legacy Center Targets Quality of Life at Johnson Towers



The Legacy Center provided a walk-thru of its long-awaited Clinic on the premises of Johnson Towers. Below, Executive Director Morgan Saintjones, begins a brief tour of the new facilities, which will open to residents on Tuesdays and Thursdays.





Lakeside United Methodist Church Thanksgiving Food Giveaway

Saturday, November 18, 2024

3738 Meridian Street NE -Huntsville, Alabama

Dr. Randy B. Kelley, Pastor

(Photos by Jerome Saintjones)

Pre-Thanksgiving Scene from Johnson Towers

Sponsored by The Legacy Center Team

(Supporters and Volunteers: Dr. Ricardo Hill, Dr. Willie Diggs & Students, Alabama A&M University College of Education, Humanities and Behavioral Sciences)

Thursday, November 16, 2023



Taking Control of the Finances: Improving Your Financial Journey

(BPT) - If you're just beginning your financial journey, it might feel overwhelming. Finances are one topic many are unwilling to talk about, leaving you on your own to figure out basics like budgeting, building your credit score or negotiating your first salary.

To help young women develop skills so they won't have to sweat the stress, Secret Deodorant has gathered resources and partnered with financial experts to provide young women the tools they need not just to survive, but thrive. Through their "No More Financial Secrets" initiative, Secret Deodorant is offering free resources, and tips from a diverse group of financial experts at [Secret.com/MoneyMoves](https://secret.com/moneymoves).

One of these experts is Carmen Perez, creator of the MUCH budgeting app, which helps individuals manage their money and paychecks.

"While finances may seem intimidating when you're just starting out, remind yourself how far you've come," said Perez. "Don't be afraid to face finances head on, talk to trusted people and use resources available to you."

Here are some tips to help empower you on your journey to financial wellness.

Get a clear picture of your finances

While the word "budget" can sound scary, it just means making a plan for how to best use your money. You need to understand your financial picture

before planning where you want to go. It begins with two steps: know how much money is coming in (what you earn) and how much is going out (tracking all your spending). Budgeting apps can help you get started.

"Always make sure your needs are being met before spending on wants," Perez recommended. "If you spend more than you earn, you'll need to make some changes, or you could end up in debt." If you find yourself in a situation where you have more bills than income, your first focus should be on increasing your income. Increasing your income could look like taking on a side hustle temporarily, learning a new in-demand skill, asking for a raise, or changing jobs to get a bump in pay.

After tracking your spending for a few weeks, you'll see areas where you could cut back. Some costs are essential (like rent and utilities, food and debt repayment), but other areas may be possible to trim, like going out to eat and non-essential purchases.

How to build your credit score

Having a good credit score makes it possible to open new credit cards or get loans, to buy a car or home - and can even impact your ability to rent an apartment. From a lender's point of view, a good credit score means you'll be reliable when paying your



bills.

To build a good credit history, you need to use credit (make occasional purchases on a credit card), then pay your bills on time every month (preferably in full). You shouldn't use over 30% of your available credit, so if a card is maxed out, it's time to pay down debt more aggressively.

"Building a good credit score takes time," advised Perez. "But the habits you need to get a good credit score, like paying bills on time and not over-using credit, are financial habits that will benefit you throughout your lifetime."

Use your digital calendar or a bill payment app to help you monitor due dates so you don't miss payments, because even one late payment on a credit card can negatively impact your credit score for years.

Negotiating your first salary

Negotiating your first salary can be nerve-racking, but it's a crucial part of the job process. Start by researching the typical salary range for your position in your area. Understand-

ing your own value is key; think about what skills and experiences you bring to the table.

Be prepared to describe the skills, knowledge and experience that make you a valuable employee and do your research! Understand-

ing the salary range for the role and what types of salary packages are common for someone with your level of experience will help you during the negotiation period. If the offer seems low, ask about other benefits, which can be part of your overall compensation package. If your skills meet or

exceed the requirements of the position, it's reasonable to ask for 10-20% more than the initial offer.

Remember, they are expecting you to negotiate and you don't have to accept the job offer immediately. Tell them you'd

like to take a day or two to consider it, then take time to weigh the pros and cons, and consult trusted friends or family members.

"Talking about salaries and money can seem uncomfortable, even with good friends or relatives," added Perez. "But discussing your offer with others who've been through similar situations is very helpful. Don't be afraid to ask questions when you're dealing with new circumstances."

Developing the ability to achieve your financial goals is within your reach. Visit [Secret.com/MoneyMoves](https://secret.com/moneymoves) to access free educational resources and tips to help you on your financial journey.

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