

"I can't believe what you say, because I see what you do." - James Baldwin

"Maintain, Don't Gain" Challenge Targets Huntsvillians

Many have entered the "Maintain, Don't Gain," the annual challenge sponsored by the City of Huntsville and Huntsville Hospital Health System. Now in its 5th year as part of the City's Healthy Huntsville initiative, the six-week program begins Monday, Nov. 14.

In 2021, many participants not only maintained their weight, they lowered it. A combined 656

pounds were lost during the program. From Nov. 14-20, participants signed up and weigh in at one of several registration sites. Participants will weigh out at the same locations the week of Jan. 2, 2023. Those who weigh in and out will receive a participation prize. There will also be additional prize drawings for those who meet the challenge.

- HuntsvilleAL.gov



CAMPUS LIGHTS! A sizeable crowd of Alabama A&M University students, faculty, staff, administrators, community guests and members of the Marching Maroon and White created a festive evening on November 16. The groups were gathered for the annual Christmas Tree Lighting Ceremony on The Quad. Following the event, student leaders gave presents to local children. (Photo by J. Saintjones)

Galaxy of Lights Will 'Shine on' Through New Year

The Galaxy of Lights will continue at the Hunts-ville Botanical Garden through January 1.

Galaxy of Lights is a regional holiday tradition that takes place every November and December at the Huntsville Botanical Garden. For more than 25 years, HBG has welcomed guests from near and far to explore the magnificent lights and enjoy the Garden when it's decked for the holiday season. With both walking and driving experiences, Galaxy

offers guests of all ages the chance to experience the magic, share in the tradition, and make memories together.

With new immersive displays and more Walking Nights than ever before, you won't want to miss this year's Galaxy of Lights!

-DATES AND TIMES-Walking Nights: November 25-27 (Closed Thanksgiving Day) and December 17 – January 1 (Closed Christmas Day) 5:15 p.m. to 8:30 p.m. (Time of last admission)



Dog Walking Nights:
Every Monday and Tuesday during Walking Nights
(November 14-15, 21-22 & December 19-20, 26-27)
Driving Nights:
December 1-16
5:30 p.m. to 9:00 p.m.
(Time of last admission)
November 25, 2022 -

January 1, 2023 Recurring weekly on Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday Location: 4747 Bob Wallace Avenue, Huntsville, AL Time: Times May Vary Price: Admission Charged



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"Jahni" Moore's PowerShots, Page 4

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All for the Family, Page 5

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Local Church Honors Its Three Centenarians

To achieve the 100-year milestone in age is a monumental and marvelous blessing.

Church Street Cumberland Presbyterian Church in America - Huntsville, Alabama, a small, historic congregation, is the home of not one, not two, but three members who have reached that status. Mrs. Sylvia P. Scott (102), Mrs. Irene M. Thomas (100) and Mrs. Nell Lane Bradford (100) have each lived beyond the century mark.

During their 100-plus years, these stalwart Christians have seen and experienced many of God's rich promises and they are enthusiastic to enumerate when given the opportunity. Each has had productive and impactful careers through positions in education and/or federal government.

These women's lives, which encompass several historical eras, began not long after the end of World War I (1918). The 19th Amendment, which gave women the right to vote in the United States, was passed and ratified in 1919. The Great Influenza Epidemic spread through the world from 1918 to 1920. To add perspective, Scott, the oldest church member, was born in 1920. Each grew up during the Great Depression of the late 1920s through 1930s and they reached adulthood during World War II.

Mrs. Scott, a Birmingham, Alabama native and Tuskegee Institute (University) graduate, accompanied her husband, Warren Scott (deceased) to Huntsville in 1947. He was the Farm Agent of Madison County for the Alabama Cooperative Extension Service.

Scott served as an elementary teacher at Camden Academy in Wilcox County, Alabama, taught military veterans at West End School in Birmingham, and was secretary to the first principal of Councill Training School in Madison County, Alabama.

However, Scott spent most of her work life in the U. S. Postal Service that included an appointment as interim postmistress of the post office at Normal, Ala. (Alabama A&M's campus) during

her 30 years in federal service.

She joined Church Street CPCA (then, Second Cumberland) in 1950 when the church was under the pastoral leadership of Reverend E. D White, Sr. At that time several building restoration projects occurred that had been delayed due to lack of resources during The Depression.

During the Civil Rights Movement of the 1950s and 1960s the church served as headquarters for local sit-in demonstrations. Local civil rights leaders held meetings there. Dr. Martin Luther King, Jr. attended a meeting.

Since then, Scott has been involved in church ministries under Dr. Henry Bradford, Jr. and Dr. Mitchell Walker, Sr. (current pastor). She has participated in many programs to provide historical perspectives such as the groundbreaking service for the new church, the construction of which was completed in 2018.

Mrs. Nell Lane Bradford is a Gary, Indiana native. She earned a bachelor's degree from Sherwood Music School in Chicago, a master's degree from Oberlin College in Ohio, and engaged in further study at Oakland University in Michigan. She first moved to the Huntsville area to teach music in the laboratory high school at Alabama A&M.

Later, she returned with her husband, Dr. Henry Bradford, Jr. (deceased), chairman of the music department and chaplain at A&M College. Regarded by many for her "no-nonsense" approach to teaching and choir leadership, she served as choir director and music teacher for







more than 40 years.

To celebrate Bradford's 100th birthday, former University choir members gathered at Church Street for an afternoon of songs and words in tribute to their "beloved teacher, friend and mother."

For the entirety of her husband's 36 years as pastor of Church Street CPCA (formerly, Second Cumberland), Mrs. Bradford was a loving and supportive first lady, as well as role model and friend of the membership. She organized and directed various choirs and musical productions. The cantatas and other productions

were attended by members, persons from the Huntsville-Madison County community and beyond.

Mrs. Irene M. Thomas moved to

Huntsville with her husband, Dr. Winfred Thomas (deceased), an agronomy teacher who was later named dean of the School of Agriculture and Environmental Sciences.

She is a graduate of Prairie View A&M College (now University). An engaging and creative teacher, Thomas taught third grade at Councill Training School and fourth grade at Riverton Elementary School. Her sought-after leadership skills led her to serve as one of the facilitators, assisting the state of Mississippi to transition from segregated to

integrated schools. For her dedicated service of laying the educational foundation in the lives of countless children in Madison County, Thomas was nominated as one of the Most Outstanding Teachers in America.

In 1977 she retired from teaching but not from learning. Mrs. Thomas has faithfully rendered services through various Church ministries. Before her illness, she enjoyed participating in Sunday School and Morning Worship.

The Church Street family, which honored each centenarian on her birthday or during the month, is truly grateful that these ladies chose Church Street CPCA to be their church home/family. We pray God's richest blessings on these centenarians.

By: Bernice C. Richardson and R. Sirvell Carter



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Valley Weekly

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DEATHS



NELMS MEMORIAL FUNERAL HOME

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

Funeral service for MR. CHARLES TONEY (b. 1952) was held Sunday, November 20, at the Nelms Memorial Funeral Home Chapel.

Funeral service for MRS. THERESA W. SMITH (b. 1960) was held Saturday, November 19, at the Nelms Memorial Funeral Home Chapel with The Reverend Lester Baker officiating.

Funeral service for MR. BOBBY WAYNE BATTLE (b. 1953) was held Friday, November 18, at Saint Mark Baptist Church.

Graveside service for MRS. DEBORAH R. STRICKLAND (b. 1965) was held Saturday, November 12, at Meadowlawn Garden of Peace with The Reverend Leroy Harris officiating.

ROYAL FUNERAL HOME

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

Funeral service for MS. SHIRLEY ANN WHITE (b. 1952) will be 2:00 p.m., Saturday, November 26, at the Royal Chapel of Memories (4315 Oakwood Ave NW, Huntsville, Ala.).

Funeral service for REV. CHARLES EDWARD GLOVER, SR., was held Tuesday, November 22, at the St. John AME Church (229 Church St NW, Huntsville, Ala,. with Pastor Maurice Wright II officiating.

Funeral service for MR. STEPHEN PARKER (b. 1980) was held Monday, November 21, at the Royal Chapel of Memories with Brother Arthur Reeves officiating.

Funeral service for DEACON REUBEN M. FLANAGAN (b. 1920) was held Saturday, November 19, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.).

Funeral service for MRS. BETTY DENISE BURKS HEN-DERSON (b. 1961) was held Saturday, November 19, at Lakeview United Methodist Church (9130 Lucas Ferry Road, Tanner, Ala.).

Funeral service for MRS. JACQUELINE GAIL WILLIAMS (b. 1963) was held Saturday, November 19, at Round Island Creek Mission Center (13829 Lucas Ferry Road, Athens, Ala.) with Pastor Shawn Moore officiating.

SERENITY FUNERAL HOME

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

Funeral service for CATHERINE MCCANTS (b. 1958) will be announced at a later date.



THE VALLEY WEEKLY

Happy Thanksgiving and Season of Giving!

There is nothing more valuable than having the presence of God in your

When you have God's anointing on your life, there is something different about you.

You have character, you have integrity, you have honesty, you keep your word, you

have a certain temperament about you, and people notice. Now this anointing comes from grace and mercy. It is a gift from God.

The Bible tells us that you have an anointing from the Holy One. But in another way there is a sacrifice price that we pay for the our time anointing. And the price that we pay comes to God. from our Obedience, our Sacrifice and our Brokeness.

There is power connected to obedience. Anointing is released when we are willing to and our resources

PRESTON BROWN

And, we become broken when we get rid of

our selfish, independent attitudes ... Stay encouraged,

> and sisters! Please consider purchasing a copy of

my brothers

my book, "A Champion Game Plan Life," available at amazon.com.



TARCOG SenioR Program Partnership for Medication Access

Seniorx helps seniors lower their prescription drug costs by enrolling individuals in Patient Assistance Programs directly through the pharmaceutical companies. If approved, this allows individuals to receive their name-brand prescriptions for free or at a discounted rate.

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- You are 55 or older.
- You (at any age) have been deemed disabled by Social Security, or have applied for disability and are awaiting a decision, or have a doctor's declaration of disability.
- You are in the 24-month Medicare waiting period.
- You lost your job due to Covid-19, no insurance and on unemployment.



Call (256) 716-2666 for more information or to make an appointment.



www.tarcog.us



THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE

Thru January 2023

Huntsville Museum of Art Presents "Donato Giancola" Downtown Huntsville

November 24

Thanksgiving Day

November 27

"Black Friday Weekend" The Foundation Coffeehouse Maker's Market (Makers and Farmers) 4701 Meridian Street K Huntsville, Ala. Vendor Spots Available 12-4 p.m. TheFoundationHunts-ville.com

November 30

Pop Up Parks Historic Square Downtown Huntsville https://www.downtownhuntsville.org/pop-upparks

December 8

ROTC Commissioning Ceremony Alabama A&M University Contact: Wenona Brown-Hamilton, (256) 372-4021 Knight Center 1 p.m.

December 9

Fall Commencement Alabama A&M University Event Center 10 a.m.

December 10

Sneaker Ball Gala Purpose Event Venue 8760 Madison Boulevard Suite J -\$65/\$100 Attire: Formal (21+) 8 p.m.-1 a.m. www.purposeeventvenue. com

December 18

"WinterFest"
The Foundation Coffeehouse Maker's Market
(Makers and Farmers)
4701 Meridian Street K
Huntsville, Ala.
Vendor Spots Available
12-4 p.m.
TheFoundationHuntsville.

WWW.wjab.org

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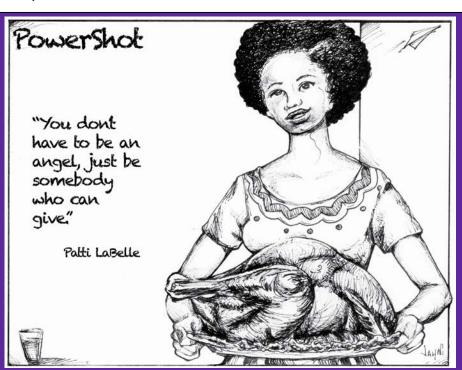
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NOVEMBER 25 - JAMIE GRACE is an American contemporary Christian musician, singer, rapper, and songwriter from Atlanta, Georgia. In 2010, TobyMac found her songs on YouTube and signed her to his label Gotee Records for two albums. She released



the song "Hold Me" in 2011 which landed her a nomination at the 2012 Grammys and won the 2012 Dove Award for New Artist of the Year. - *BlackCelebrityBirthdays.com*



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Reimagine Your Future

"We shall not move back to what was. We move to what shall be ..."

- Amanda Gorman

THE VALLEY WEEKLY In All Things Give Thanks!

ties.

Most historians believe that it was late President Abraham Lincoln who declared the fourth Thursday in November as Thanksgiving Day in America in 1863.

Many families and friends join together to enjoy a festive meal with golden roasted turkey, ham, amazing sides, not to mention scrumpious desserts, favorite dishes like dressing/stuffing, mashed potatoes/potato salad, green beans/green bean casserole, greens, cranberries, homemade bread, pumpkin pie are incredible delights.

Just before breaking bread together, many families ask each member to share the one thing they were most thankful for that year.

Watching football and



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playing games together are often a part of the festivi-

In the gospels, Jesus was recorded eating meals with others at least 14 times. The Last Supper was the final meal Jesus had with His disciples. Jesus often used meal times as opportunities to bring people closer to God. He understood that gathering around and sharing a meal together was a powerful experience to interact with others.

On Thursday, November 24, many of us will gather at the dinner table with

families and friends to celebrate a grand Thanksgiving feast and strengthen our relationships.

Take time to focus on what makes this day so special. Who will you invite to join or who will you carry a meal to on this Thanksgiving?

Following are some notable bible verses that may help emphasize the value of giving thanks.

- "Oh, give thanks unto the Lord; for He is good: for His mercy endureth forever."~Ps.136:1~
- "It is good to give thanks unto the Lord."
- ~ Ps. 92:1~
- "I have not stopped giving thanks for you, remembering you in prayers."~Ephesians 1:16~



- "I thank my God every time I remember you." ~Philippians 1:3~
- "...Give thanks in all circumstances..." ~1 Thessalonians 5:18~ May You Have a Happy

Sources:

Thanksgiving!

biblegateway.com biblehub.com The Holy Bible, KJV

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A New Generation Of Service



Perspectives on **God Views Current News**

Be Grateful, and Give Thanks!

"This is the day the Lord hath made; 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 2022 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 1,070,000 fellow Americans, leaving empty chairs around Thanksgiving tables, some of whom you might've known, but it didn't claim you!
- Ukrainians continue to defend successfully their democracy against Russian war criminals;
- Mid-term voters preserved our democracy against those

seeking to dismantle it;

Cracks continue to appear in glass ceilings such as Maryland elevated its 1st Black



governor, Massachusetts both its 1st female governor and 1st Black female attorney general, and Ketanji Brown Jackson the Supreme Court's 1st Black female justice;

- Former Congressional Black Caucus chair Karen Bass was outspent 11:1 by challenger and billionaire developer Rick Caruso, but won the Los Angeles mayoral contest, making her the first woman mayor of the nation's 2ndlargest city;
- College student debts are on track to be waived;
- Your Social Security and Medicare benefits remain intact, un-repealed;
- There are still more Black men in colleges than in prisons;
- With the launching of the Artemis program to return to the moon as we return to our exploration of the moon, it's good to see that the future Artemis 3 will send the first woman and the first person of color to the moon.

What's more?

And yes, on this Thanksgiving Sunday, November 27, my wife and I will celebrate 28 years of our marriage!

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



AAMU Holds Ribbon Cutting Ceremonies for Two New Buildings

Thursday, November 17, 2022

elcome Center

Alabama A&M University























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

Mrs. Marion Barley Hall

Marion Barley Hall was born in Madison County, Alabama, on December 10, 1936, to the late Daniel and Orell Draper Barley. She attended Councill Training High School and graduated in 1954. Upon completion of high school, she enrolled at Alabama A&M University, where she was an active member of the Marching Band (1954-1955). Hall also received a business school-business education certificate from Manpower in 1963. She was later employed by Marshall Space Flight Center, where she was a Documentation Analyst for over 18 years.

A lifelong member of Center Grove United Methodist Church, Hall served in various ministry areas, including Chancel Choir member, president of United Methodist Women, chairperson and cochairperson of the Harvest Committee, chairperson of King's Care, chairperson of Stewardship, member of the Finance Committee, and chairperson of Burns-Northside, to name a few. In 1978, she established the first Mother-Daughter Luncheon at Center Grove United Methodist Church.

She also served in various civic organizations in her community that include member, Elk Lodge #977



(Daughter of Elk); member, Corner's Homemaker and Community Club; member, ABWA (American Business Women Association); member, Red Hatters (Hill Top-Rough Chapeaux); and member, Eta Phi Beta Sorority, Inc.

Hall's greatest joy in life was caring for the sick and underprivileged, and her adopted motto was, "Let My Work Speak For Me." Her work has spoken, and it is still speaking for her through the tireless care

she gave to her family and friends. She always made herself available to assist others with their needs. Whether it was doing laundry, preparing meals, driving to doctor visits, administering medication, and/ or any other personal needs they required.

She and her husband of more than two generations, Richard Hall, had two adult children, two grandchildren and three great-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. 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.

This Sunday's Lectionary



Valley Weekly

Sunday, November 27 First Sunday of Advent

(Track 2 - Year A) Isaiah 2:1-5 Romans 13:11-14 Matthew 24:36-44 Psalm 122

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Huntsville City 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.

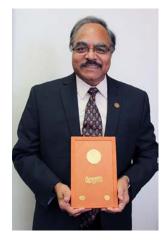
Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

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

Professor Receives Honors in United Arab Emirates

A recent international academic, medical and scientific awards ceremony in Abu Dhabi not only attracted learned men and women from all over the world, but it also relied on the many attributes of an Alabama A&M University faculty member, who was sought to serve as an expert.

Dr. Srinvasa Rao Mentreddy, AAMU professor of biological and environmental sciences, was invited to play a key role and to help ensure the integrity of the 2nd Sheikh Zayed International Award for Traditional, Complementary and Alternative Medicine in October 2022 in the United Arabs Emirates (UAE). The major award is named in honor of the late Sheikh Zayed bin Sultan Al Nahyan, the UAE founder and statesman



credited for major contributions to healthcare around the world.

The award for which Mentreddy determined deserving recipients is designed to both foster and recognize excellence among academics, physicians and scientists for their unique roles in improving the quality of

201 Williams Ave | Huntsville

life through one of the key aspects, or modalities, of medicine.

For his valuable contribution to the success of the ceremony as a reviewer on the Scientific Committee for Research, Dr. Mentreddy was presented a coveted award by conference organizers, including officers of the Lo-

tus Holistic Institute and the International Conference on Quality and Evidence-based in Prophetic Medicine.

Taking advantage of his proximity to Kuwait, Mentreddy also visited the Kuwait Institute of Scientific Research, where he visited the Center and discussed research collaborations focusing on turmeric and basil.

A few years prior to serving on the scientific committee, Dr. Mentreddy reviewed a 400-page encyclopedia of medicinal plants in the United Arab Emirates published by the Sheikh Zayed International Center for Traditional, Complementary, and Alternative Medicine.



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