

The Valley Weekly

"If I love you, I have to make you conscious of the things you don't see."
- James Baldwin

FREE

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Special 10-Page Online Edition!!

Friday, November 29, 2019

Local CEO Will Address 400 at AAMU Commencement

A local CEO who is heavily involved in community, charitable and youth affairs will address more than 400 undergrads and graduate students slated for graduation at Alabama A&M University's fall commencement on Friday, December 6, at the Von Braun Center at 1 p.m.

Miranda Bouldin is president and chief executive officer of LogiCore Corporation, a Huntsville, Alabama-based company that provides systems engineering and technical assistance (SETA) services to

United States Department of Defense agencies.

The native Alabamian and Alabama A&M University alumna founded LogiCore in 2002. It gained certification as a woman-owned small and disadvantaged business through the United States Small Business Administration in 2003.



Bouldin credits LogiCore's success to an innovative, professional, team-oriented workforce. Each employee is dedicated to the country, servicemen, the customers and teammates.

Bouldin is a current board member with the Alabama Commission on

Higher Education, and she is a member of several organizations.

REPORT: Industrial Projects Gained Momentum

Industrial projects and a new recreation center in the Cove surpassed a list of non-residential projects permitted last month.

Residential permits and certificates of occupancy (CO's) increased year-over-year, according to City of Huntsville site huntsvilleal.gov.



Uplifting Celebration Planned at Center Grove

The Men of Center Grove are sponsoring "In the Middle of It," a celebration of uplifting scriptures, songs and Christmas carols, on Sunday, December 15, at 5 p.m. The activity will take place at 185 Plummer Road, Huntsville, Ala, and the public is invited.

This is without a doubt one of the highlights of the year at Center Grove, as people come to hear the Good News of Christ's birth celebrated through scriptures and beautiful songs, stated Jahazy Rooks of Center Grove. "Our celebration will be a musical commemoration of uplift-



ing songs, scriptures and Christmas Carols."

It is a great way for us to reflect and thank God for all the blessings that we have received for the entire year, said Rooks.

Valley Mourns Death of Noted AME Spiritual Leader



J. Sambors

The Tennessee Valley community is mourning the recent death of a stellar local religious leader who once marched with slain civil rights martyr Martin Luther King, Jr.

Rev. Dr. Homer L. McCall served the religious and higher education communities for decades. He was regarded as one who gave himself completely as well as one who valiantly inspired hundreds, if not thousands,

of young men and women throughout the world as a minister, educator and mentor.

Rev. McCall accepted his call to the ministry at an early age and, even as a child, found himself to be a major and effective consoler to individuals and family members during their times of loss.

A graduate of Morehouse College, like King, Rev. McCall went on to receive graduate degrees

from Vanderbilt University.

He served for many years on the faculty at Alabama A&M University in the Department of English, Foreign Languages and Telecommunications. He also served the institution as its University Chaplain.

As a "prayer warrior" he faithfully fed and led the flock at St. John AME Church in Huntsville, Ala., a church that shared with AAMU its founder, Dr. William Hooper Council.

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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 for the Thanksgiving holiday and will reconvene next week. On Saturday, it was reported that House Appropriations Chair Nita Lowey (D-NY) and Senate Appropriations Chair Richard Shelby (R-AL) reached agreement on the spending allocations for the 12 FY2020 appropriations bills, which means that from now and December 20, when the current stopgap measure expires, the House and Senate will work on finishing the 12 bills and send them to the President for his signature.

Last Thursday, President Trump signed the 2nd Continuing Resolution, which keeps the federal government open through December 20, and also funds a 3.1% military pay raise, provides \$7.3 billion for the 2020 census, and cancels a scheduled \$7.6 billion cut in state highway funds set to take effect on July 1, 2020.

2. According to The Washington Post, last Thursday before Congress adjourned for Thanksgiving President

Trump had a morning meeting with a group of allied GOP Senators (including Sens. Graham, Cruz, Cotton, Johnson, Lee, and Kennedy) to discuss the Senate impeachment trial and limiting it to 2 weeks (President Clinton's trial lasted 5 weeks) and a lunch with another group of GOP Senators (including Romney, Capito, Collins, Paul and Lankford), with whom he also discussed impeachment.

On Monday, the President hosted a meeting at the White House with Bulgarian Prime Minister Boyko Borisov, whom reportedly he pressed to buy U.S. liquefied natural gas and as a NATO member to spend more on defense.

On Tuesday, President Trump participated in the annual turkey pardoning ceremony and then traveled to Sunrise, Fla. (near Fort Lauderdale), for an evening campaign rally. He will spend the Thanksgiving holiday at his Mar-a-Lago resort in Palm Beach.

3. The House Permanent Select Committee on Intelligence completed its schedule of public impeachment hearings last week and this week

will work to compile a report summarizing its findings (the Committee's Republicans are expected to produce their own report). Once that has been completed, proceedings will move to the House Judiciary Committee, which will be tasked with drafting specific articles of impeachment and is also expected to have public hearings in December.

Politico reported on Friday that the House may hold a hearing in December on the Mueller Report, in view of Roger Stone's recent 7-count conviction that raised questions about whether President Trump provided false statements to the special counsel's team and perhaps featuring former White House counsel Don McGahn (U.S. District Judge Ketanji Brown Jackson is expected to rule today in a lawsuit by the House seeking to compel McGahn to testify).

4. Last Thursday, Senate Judiciary Committee Chair Lindsey Graham (R-SC) sent a letter to Secretary of State Mike Pompeo requesting therelease of any documents related to contacts between Joe Biden, Hunter Biden, and former Ukrainian President Petro Poroshenko. In addi-

tion, Senate Finance Chair Charles Grassley (R-IA) and Senate Homeland Security Chair Ron Johnson (R-WI) sent a letter to the Treasury Department on Nov. 15 seeking any suspicious activity reports (SARs) related to Hunter Biden, which banks are required to file with the Treasury when money laundering or fraud is suspected.

5. On Friday, the Trump administration took the regulatory action needed for the Education Department to resume providing the automatic loan forgiveness to severely disabled veterans that President Trump promised earlier this year. The department released the text of a new rule that eliminates a requirement for veterans to individually file an application in order to have their loans discharged on the basis of their "total and permanent" disability.

6. Last Friday, the Trump administration took the regulatory action needed for the Education Department to resume providing the automatic loan forgiveness to severely disabled veterans that President Trump promised earlier this year.

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7. On Sunday, Supreme Court Justice Ruth Bader Ginsburg, who is 86, was released from Johns Hopkins Hospital in Baltimore after being admitted on Friday for chills and fever.

8. Also on Sunday, former NYC Mayor Michael

Bloomberg, 77, announced his candidacy for President as a Democrat and will today make his first campaign stop in Norfolk, VA. He plans to self-fund his candidacy, including placing at least \$37 million worth of television advertising over the next 2 weeks in around 100 markets, according to data from Kantar Media/CMAG.

Bloomberg spent more than \$100 million to help the party take control of the House during the 2018 midterm elections. His current worth is estimated at \$54.1 billion.

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The Valley Weekly

UNCF, ProjectXYZ, Oakwood Host Women's Leadership Tea

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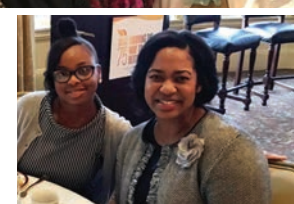
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The Valley Weekly

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The UNCF North Alabama Campaign, in conjunction with the Oakwood University Division of Advancement, hosted the annual United Negro College Fund (UNCF) Women's Leadership Tea, on Sunday, November 17, 2019, sponsored by Project XYZ, Inc. The sunny fall afternoon offered the perfect backdrop for attendees to sip tea at The Ledges of Huntsville. Oakwood University's First Lady Dr. Prudence Pollard welcomed everyone to the event, and reminded them that the work of the "UNCF makes it possible for us (Historically Black Colleges and Universities) to thrive today."

"A seat at the table" was the theme of the afternoon's panel discussion. In addition to being HBCU graduates, each panelist was asked to take part because of her unique perspective and leadership in the Huntsville and Madison County communities. The distinguished panelists included: dentist, Dr. Teneshia Daniels; NASA Program Manager, Ms. Tawnya Laughinghouse; pediatric surgeon, Dr. Zaria Murrell; and Vice President of Employee Experience, Ms. Juanita Phillips. Each shared experiences from their unique leadership journeys, lessons on leadership, and how they pay it forward.

When asked what she has learned about leadership throughout her career, Laughinghouse shared with the audience that, above all, she strives to "be

a leader of conviction." Acknowledging that the road to her great successes has not been easy, Murrell reflected on the many sacrifices made by members of her family, as they "walked the journey" alongside her. She feels that it is important to apply your talents so you may "grow where you are planted," if you want to truly be successful.

The women serve in various industries, but each agreed with the advice of Phillips when she said it is not enough to just have a seat at the table; we must think about how we use the opportunities presented to us and, "sow into someone to help them see themselves differently." Daniels emphasized the importance of providing a model for her daughter to understand, so that "she is able to stand on her own two feet."

The event provided an afternoon of inspiration, delightful conversation, delectable pastries, and beautiful music. The musical trio included Oakwood Adventist Academy students, cellist Wayne Bucknor, Jr., and violinist Cameryn Bucknor, accompanied by their father, Oakwood University professor of Music, Dr. Wayne Bucknor.

The Tea is just one of a series of events during the UNCF North Alabama Campaign. The culminating event is the annual UNCF Gala. For more information about the UNCF Gala, scheduled for April 9, 2020,

Local Sororities Partner with Wreaths Across America



Members of Epsilon Gamma Omega Chapter, Delta Gamma Omega Chapter and Mrs. Joy Parker gather after the Wreaths Across America presentation for community participants.



Prospective Debutante participants of the 62nd Debutante Presentation and Ball prepare wreaths for the wreath-laying ceremony.

The members of Epsilon Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Inc., along with the Prospective Debutantes of the 62nd Debutante Presentation and Ball and members of the Delta Omega Zeta Chapter of Zeta Phi Beta Sorority, Inc., joined forces for a worthwhile cause.

The groups placed wreaths on more than 150 gravesites to honor

fallen U.S. Veterans on Saturday, November 16, at the Northside Cemetery, located in Huntsville, Ala. In many homes, there is an empty seat for one who made the ultimate sacrifice for country.

The organizations came together because of their conviction that there is no better time to express appreciation than during the hustle and bustle of the holiday season.

An enormous amount of appreciation and gratitude is extended to Mrs. Joy Parker, liaison for Wreaths Across America, for all of her assistance in spearheading this endeavor, whose organizational mission is to coordinate wreath-laying ceremonies at more than 1,600 locations across the United States, at sea and abroad.

Photos: Dominique Jefferson

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Oakwood University Post Office

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Rocket City Barber Shop

Sam and Greg's Pizza

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Sneed's Cleaners

The Fellowship of Faith Church

Union Chapel Missionary Baptist Church

Woody Anderson Ford

Perspectives on EGO-holism

by tim allston

Making Billions by Saving Millions: Experience Life Coaching

Read Ecclesiastes 4:9,10

Impeachment inquiry witnesses, Oprah Winfrey, Presidents Clinton and Obama, Tiger Woods, Leonardo DiCaprio and, yes, even Metallica all share one common experience: each has benefitted from hiring a coach - a.k.a., a "trainer".

You and I can too or better yet, even become a certified life coach. "Everyone needs a coach. We all need people to give us feedback. That's how we improve," endorsed Bill Gates.

The International Coach Federation: Approximately 53,000 persons work as life coaches in this multi-billion worldwide industry, "and demand only keeps growing. Some experts predict that coaching will grow at a rate of 6.7% through the year 2022. . . (with a) 99% client satisfaction rate, with 96% willing to repeat the process."

There's a trained life coach for virtually every imagined need - e.g., career transition, stress relief, wellness/fitness, defensive driving, cancer recovery, post-divorce co-parenting, communication, spiritual development, . . . Southern cooking!

Certified Life Coaching Benefits

Whether you choose to coach or be coached, industry experts claim:

- Certified life coaching can save coachees from two to five years of "getting unstuck" - i.e., moving them from where they are to where they wish to be; and

- Telephones, video chats, texts and emails both maximize coaching time and minimize the geography of needing face-to-face communication.

Coaching vs. Counseling?

Whereas counseling and therapy are state-licensed to address clients' past pains, coaching starts with one's present-day self-assessment tools and future-focused action steps, aided by the accountability to a trained, often certified life coach.

"Life Coaching" parallels an athletic coach - i.e., that trained, credentialed professional who travels the sidelines beside the athlete on the playing field - NOT stepping on to the field itself, however - yet stretching them with self-improvement exercises and a game plan that when followed bring results.

However, when a coaching session uncovers an unresolved past hurt, an immediate referral to a counselor or therapist is required.

Certified Christian Life Coaching (CCLC) = Jesus 2.0

CCLC mirrors Jesus' three-year earthly ministry. Yes, he preached sermons, but most of his time was spent walking alongside persons, asking them provocative questions and telling related stories (object lessons).

"Coaching" his 12 disciples resulted in Christianity now being the world's largest religion, claiming one-third of its population.

My CCLC practice will begin in January 2020, focussing upon "Mining GEMS (God's Ego Management System)" and "Being #1 @ Being #2" (Leading from the Middle).

tim allston is the author of the free book, *7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else,"* free and downloadable now at www.GetEgoHelpNow.org.

AAMU 50th Anniversary Banquet to Feature Michael Eric Dyson

In 1969, two landmark events occurred as part of the chronicles of now 144-year-old Alabama A&M University (AAMU). In that year, what once was Alabama A&M College became Alabama A&M University. Additionally, it was the same eventful year that college officials, alumni and community persons came together to establish the Alabama A&M University Foundation.

Alabama A&M University will be "Celebrating 50 Years of Making a Difference" on Thursday, December 5, 2019 with a 50th Anniversary Banquet scheduled to take place on



a professor of sociology at Georgetown University in Washington, D.C., and he has authored numerous books on diverse subjects.

campus in the T.M. Elmore Gymnasium at 7 p.m. The guest speaker will be the motivational academician, author, minister and radio host Michael Eric Dyson.

Educated at Carson-Newman College and Princeton University, Dr. Dyson is a Detroit, Mich., native, born to an Alabama mother who migrated north and who received his surname upon adoption by his stepfather. Dyson currently serves as

A minimum quantity of individual tickets are available for the black-tie event at \$150 each via andrea.cunningham@aamu.edu or by calling (256) 372-5550. A reserved table of 8 is \$1,500. For sponsorship opportunities, visit <https://secure.qgiv.com/for/50thbanquet/>. All proceeds from the event will be used for scholarships as part of the University's retention efforts.

Champion Game Plan for Life *by Preston Brown*

"WHY LIFE SEEMS TO BE UNFAIR"


In Matthew 20:12-15, one of the hired men said to the landowner, "These who were hired last, worked only one hour and you have made them equal to us who have borne the burden of the work and the heat of the day." But the landowner answered one of them saying, "I am not being unfair to you, friend. Didn't you agree to work for one denarius? Take your pay and go. I want to give the one who was hired last the same as I gave you. Don't I have the right to do whatever I want with my money? Or are you envious because



I am generous?" Does it ever feel like to

you that life is not fair? As we read here in the text we see that God blesses whoever He wants to bless and there is no rhyme or reason to it. But the problem that so many of us have is we try to look at the fairness of it all. For example, how many of us felt like those who worked the longest should have been paid the most. Let's face it, most of us see life from our own limited experiences and our own perceptions. So when we feel that life is not fair, perhaps we need to look at the reason we feel that way. One of the reasons we feel that life is not fair is because of "comparisons". In other words, we are constantly comparing ourselves to others. This is a trap by the enemy, who will always make you feel like what you did or what you have is not enough. I pray that you don't fall into this trap. There is nothing wrong with trying to aspire to be like

someone else, but that is completely different from the parable that is being explained in this scripture. When we make comparisons, it will keep us from the blessings that God wants us to have. Also, our pride will make us feel like life is not fair. Pride has always been the "downfall" of man. The pride of these hired workers made them feel like they were better than the people who worked for only an hour. Even though they agreed to the conditions and the pay. I believe that whenever we feel that life is not fair, we may need to check our perspective and ask God for wisdom in this area ... Stay encouraged, my brothers and sisters. Remember: you can purchase my book "A Champion Game Plan for Life" at amazon.com or contact me at pbrown@damson.com



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Memorial service for *MS. SHERYL STINSON* (b. 1960) will be Sunday, December 1, at the Nelms Memorial Funeral Home Chapel with Elder Dennis Green officiating.

Funeral service for *MR. BRIAN L. KELLUM* (b. 1984) was held Wednesday, November 27, at Blackburn Chapel Cumberland Presbyterian Church in America (CPCA) with Pastor Tramaine D. Snodgrass officiating.

Funeral service for *MRS. JOAN E. RAY* (b. 1958) was held Wednesday, November 27, in the Nelms Memorial Funeral Home Chapel.

Memorial service for *MR. CARL TIBBS* (b. 1941) was held Monday, November 25, at First Seventh-day Adventist Church with Pastor Debleaire Snell officiating.

- Royal Funeral Home -

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

Funeral service for *REV. DR. HOMER L. MCCALL* (b. 1941) will be Saturday, November 30, at 11 a.m. at First Missionary Baptist Church, 3509 Blue Springs Rd., Huntsville, Ala., with Bishop Frank Madison Reid III, eulogist, and Rev. Maurice Wright II officiating.

Funeral service for *MRS. CAROLYN JEAN CORDELL* (b. 1936) will be at 1 p.m., Sunday, December 1, at the Oakwood Seventh-day Adventist Church (5500 Adventist Blvd., Huntsville, Ala.) with Dr. Carlton P. Byrd officiating.

Funeral service for *MR. JOSEPH JOHN "JOE BOY" UBI* was held Tuesday, November 26, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.) with Pastor Maurice Wright officiating and Pastor Peter Oyediran eulogist.

Funeral service for *MOTHER EARTHEL BANKS JACKSON* (b. 1937) was held Tuesday, November 26, at Bethany Primitive Baptist Church (280 Beth Road, New Market, Ala.) with Pastor James L. Battle officiating.

Funeral service for *MRS. MABEL FINLEY DAVIS* (b. 1922) was held Saturday, November 23, at New Beginnings Christian Church (604 Jordan Lane NW, Huntsville, Ala.) with Pastor Errol Davis eulogist and Reverend Earl Johnson officiating.

- Serenity Funeral Home -

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

Memorial service for *MRS. ANNA GLASGOW* (b. 1960) will be held on Saturday, November 30, 2019 at noon at Serenity Funeral Home, located at 2505 University Dr. NW, Huntsville, Ala., with Pastor Linda Parham officiating.

Memorial service for *MRS. GLORIA JEAN HILL*, 61, of Converse, Texas, will be held Sunday, December 1, at First Missionary Baptist Church, located at 317 3rd Avenue S.E., Winchester, Tenn., with Pastor Phillip Buchanan officiating.



Ivory W. Reedus, LUTCF

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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.



City 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. People can sign up for notices of Council meetings and special sessions online at <https://signup.e2ma.net/signup/1825550/1780821/> For more information, call (256) 427-5011.

City of Huntsville Garbage Schedule

No Collection on
Thursday, Nov. 28
Thursday's garbage will be
picked up Friday, Nov. 29

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.

Called Preach

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

The "Hem" of "Him"

Matthew 9:20-21

There was a woman with an issue of blood for twelve years and had suffered many things from many physicians. She had spent all that she had and was not better... When she heard about Jesus, she came behind Him. She surmised that her prob-

lem could be solved with a better proximity to Him. She sought to grab hold to His hem. She wanted to touch the hem of Him. She believed that would make her whole. When she did indeed touch that healing hem, Mark records in his gospel that Jesus raised the question; "Who touched my clothes?" His disciples

saw only the crowd, but Jesus knew that someone credible had touched Him. He felt power leave His Personhood. The word touch here means, to fasten one's self to.

Her clinging was more than a physical thing.

Her faith had grabbed Him, and His power went forth and healed her. The crowd was indeed "brushing up" against Him, but only the woman touched Him. He turned to her to let her know that her faith had made her well.

The luminous language of the story reminds read-

ers that it is the "object" of one's faith that is crucial. Initially the woman's faith was in a great number of physicians and then shifted to the Great Physician. Her determination turned into devotion. Her tenacity was not tenuous. She came from behind, but Jesus called her out front; all because she touched the hem of Him.



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

Spotlight on Our Elders ... Featuring

Mrs. Frances Jones Harris

Born in Helena, Ala., Frances Jones was the second oldest of four children. She and her late husband, Judge Harris, are the proud parents of three children: one son (DeLonzo of Huntsville) and two daughters (Kimberly Johnson of Austin, Texas and Judise Lanier of Madison, Ala.). She is a blessed and doting grandmother, with two granddaughters and one grandson.

Harris was born to a locomotive engineer and a homemaker. She is a retired educator who taught mathematics at levels ranging from middle school to college for over 31 years. Reared and educated in Birmingham, Ala., Harris graduated from Western-Olin High School. She also served as an associate reference librarian, Upward Bound math and science teacher and

adjunct faculty member in mathematics at her alma mater, Alabama A&M University. She has volunteered and presented in-service educational and cultural workshops with the community and at the collegiate level for many years.

From 1967 to 1969, Harris supervised students in the personnel department of the SHARP program at the U S Army Corps of Engineers. She has also served as an advisor counselor in mathematics at Calhoun Community College in Decatur. An ordained Elder and Church Treasurer at Fellowship Presbyterian Church under the pastoral leadership of Rev. Gregory Bentley, she is a dedicated Christian and has served in various capacities in the church all of her adult life. Harris maintains active in-



volvement in a number of organizations, including Delta Sigma Theta Sorority, Inc.; the Board of Directors of the North Alabama Sickle Cell Foundation; and Fellowship Presbyterian Church.

She enjoys traveling and has travelled around the United States.

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NOVEMBER 29 - American actor, author director and producer Don Cheadle was born in Kansas City, Mo. He was nominated for an Academy Award for Best Actor for his lead role as Rwandan hotel manager Paul Rusesabagina in the historical genocide drama film Hotel Rwanda (2004). - BlackinTime.info

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Caring for the Caregiver: Managing *Your Own* Health While Helping Others



(BPT) - Caring for a loved one with a chronic illness is something millions of Americans do every day. Whether it is a parent, spouse, extended family member or friend, the stress of caring for another adult can take a toll. “I have to do absolutely everything for her,” explains Anthony Cowels, whose 71-year-old wife, Florence, was diagnosed with multiple sclerosis in 1986. As he watched her disease progress, his caregiver responsibilities grew. What’s more, for some of the years Cowels also cared for his elderly parents, compounding his responsibilities.

“It has been a long journey of caregiving,” says Cowels, 70. “I try not to let it overwhelm me. I always look for ways to do better.” Cowels learned to care for both himself and his wife better through useful tools, education and friendship and by joining a caregiver support group. He says he can “interact with others who identify with my situation.”

Family caregiving: A growing trend

Cowels represents a growing number of Americans who care for older or aging loved ones. About 41 million family caregivers in the United States provided an estimated 34 billion hours of care to an adult with limitations in daily activities in 2017, notes the AARP report Valuing the Invaluable: 2019 Update. What’s more, as the population ages, caregiving demands are increasing while the pool of potential caregivers is decreasing.

As the Valuing report states, “Americans will have more older relatives or close friends to potentially care for than children in about 15 years. The U.S. Census Bureau projects that, by the year 2035, adults ages 65 and older will outnumber children under the age of 18 for the first time in U.S. history. This fundamental demographic shift is the result of the aging of the U.S. population, increasing longevity,

and a declining birth rate.”

Caring for yourself

In addition to helping with self-care activities like bathing, dressing and going to the bathroom, family caregivers today often perform complex medical tasks, including wound care, giving injections and handling medical equipment. The tasks that were once provided in hospitals and health care clinics are increasingly the responsibility of family and friends, who are often given little training or support.

While many family caregivers often report positive feelings in their role such as a sense of purpose or connection with their loved one, it often comes with feelings of being overwhelmed. Exhaustion, worry, loneliness and financial stress are common challenges caregivers face. If you also work a full-time job, it can be even more difficult to balance your needs and responsibilities.

While you may not achieve perfect balance, it is important to prioritize your

These first steps can help you find some balance as you navigate your caregiver journey:

- * Join a support group. Ask your health care provider about local options. Community centers are another good resource. If you live in a remote area or have difficulties commuting, online support groups are another useful way to connect with others in similar situations.
- * Make time for yourself.

When you care for another person and have your own life demands, it can feel as though there is little time left in the day for yourself. Even if it is just 15 minutes, make time to do something you enjoy, such as walking or reading.

- * Don’t be afraid to ask for help. No one person can do it all. It takes a team to care for someone, especially those with complex medical conditions. You can start by asking your

provider about local health care resources and reach out to family and friends for assistance.

It is important for family caregivers to stay mentally and physically healthy so they can provide the best care possible to the growing number of people who need support. For helpful tips and caregiver resources, visit www.aarp.org/caregiving.

HUNTSVILLE BIBLE COLLEGE
presents
LAUGHING ALL THE WAY’S
An Old Fashioned Christmas
Featuring songs from Mahalia Jackson, Nat King Cole, and others

Friday, December 6, 2019 · 7:00 p.m.
(Dinner served at 6:00 p.m.)

Featuring
COMEDIAN BRODERICK RICE
From Los Angeles, California
(Appeared with Kirk Franklin, Mary Mary, Donnie McClurkin, Yolanda Adams, CeCe Winans, Bishop Hezekiah Walker, etc.)

and so much more!

Tickets
Reserved Table of 10: \$400
Single Ticket: \$40

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(NEAR THE FAIRGROUNDS)
2180 Airport Road
Huntsville, Alabama 35802

FOR TICKET:
CALL THE COLLEGE AT 256-469-7536

The Valley Weekly Calendar of Events

December 1

Candlelight Vesper Service
Alpha Omega Chapter, Eta
Phi Beta Sorority, Inc.
Speaker: Elder Ted Dixie
New Market PCUSA
1725 New Market Road
New Market, Ala.
4 p.m.

December 2

Rosa Parks Tribute
Press Conference
Sponsors: Reps. Laura Hall
and Anthony Daniels
Transportation Depot/Con-
vention & Visitors Bureau
500 Church Street
Huntsville, Ala. - 11 a.m.

December 5

50th Anniversary Celebration
of University Designation
and Founding of the AAMU
Foundation
Alabama A&M University
Speaker: Dr. Michael Eric
Dyson

Author, Scholar, Activist
T.M. Elmore Building- 7 p.m.

December 6

Fall Commencement
Alabama A&M University
Von Braun Center Arena
1 p.m.

December 7

Meals on Wheels Broadcast
on 94.1 FM (with Toni Terrell)
Huntsville/Madison County
Senior Center
2200 Drake Avenue, SW
Huntsville, Ala.
10 a.m.-12 noon

December 8

Rosa Parks Tribute - "I Am
Rosa Parks" Youth Essay Win-
ners Announcement
Sponsors: Reps. Laura Hall
and Anthony Daniels
Church Street Cumberland
Presbyterians Church
226 Church Street
Huntsville, Ala. - 4 p.m.

January 27

Osher Lifelong Learning
Institute (OLLI) at UAH (A
Learning Community De-
signed for Adults 50+) Day-
time and Evening Courses
Begin for
Winter Term
For additional information,
contact Osher.uah.edu/Cata-
log or call
(256) 824-6183

100 Black Men Gala Set

The 100 Black Men
of Greater Huntsville,
Inc., will host its Annual
Holiday Gala on Saturday,
December 21, at the Von
Braun Center North Hall
at 6 p.m. Tables are \$500
each. For more informa-
tion, call Charles Hyder at
(256) 651-0134.

United Way of Madison County Help Break Reading Record

*United Way of
Madison County
Leads the Charge:
5,188 adults and
children heard ONE
STORY IN ONE
DAY!*

For the 11th year,
United Way of Madison
County brought the com-
munity together to break a
reading record: on Novem-
ber 7, 10th, 4,370 3-8 year
old children and 818 adults
heard one story in one day.

United Way of Madison
County, with the help of a
record number of commu-
nity collaborators, shared a
multi-generational, multi-
cultural story, Thank you
Omu, by Oga Mora. The
breadth of outreach was
made possible by United
Way with key support
from the Junior League
of Huntsville, Hexigon
and Allied Printing plus
a team of ten dedicated
community volunteers.
United Way guest readers
left a book and participa-
tion certificate at every
site. Since 2008, more than
5,500 books entered local
classrooms and libraries
through this initiative.

The level of collabora-
tion was unprecedented.
Over 250 local public
school classrooms, private
schools and childcare
facilities plus long-time
partners Early Works Child-
ren's Museum, Huntsville
Botanical Gardens, Hunts-
ville Children's Hospital,
Huntsville Madison Coun-

ty Public Library, Learning
Express Toy Store, Madison
City's HIPPIY program,
Neighborhood Concepts,
and UAB Children's Clinic
were involved.

New participants in-
cluded Rocket City Book
Lady, Inner City Learning
City, Childwize, and Kids
and Kin. United Way
partners The Care Center,
Girls, Inc., Heart of the
Valley YMCA, the National
Children's Advocacy Cen-
ter, United Cerebral Palsy,
and Village of Promise
helped reach even more
children. Volunteers from
the community adopted
schools or grades within
the local public school sys-
tems (most notably Adtran,
Bancorp South, The City
of Madison, Redstone
Federal Credit Union, and
the Rotary Club of Greater
Huntsville).

Clay Vandiver, CEO of
United Way of Madison
County, spent the morn-
ing with his wife reading
at a local school. "We
had a great time with the
children and appreciate our
community being a part of
this big day. I'll remember
for a long time the look on
a special child's face that
sat in the front of the room.
She was eager to hear and
eager to learn and that's the
type of life United Way is
dedicated to investing in.
When you give to your lo-
cal United Way, you invest
in quality of life, you find a
way your dollars, no matter
how big or small, build up
our community and keep
it strong. Teddy Roosevelt
once said, "The country

will not be a good place for
any of us to live unless we
make it a good place for all
of us to live.' That's a con-
cept we take seriously."

Vandiver continues,
"There are lots of ways to
be involved year-round.
Volunteer through <https://thevolunteercentermc.org>, give online (<https://uwmadisoncounty.org>), or make it fun by being a part
of our social media Giving
Tuesday event December
3 (<https://www.facebook.com/uwmadisoncounty/>). You may also call
256-536-0745 to schedule
a one-time or monthly
donation via credit card.
No matter how you give to
United Way, your dollars
open doors for local chil-
dren, not just for one day,
but all year long."

About United Way of
Madison County
Since 1943, through the
Community Wide Cam-
paign, the United Way
of Madison County has
invested \$200 million
throughout the community
to those least able to help
themselves through invest-
ments in three key areas:
EDUCATION, allowing
children and youth to
achieve their full potential;
FINANCIAL STABILITY,
promoting family financial
stability and independence;
and HEALTH, encourag-
ing healthy habits and
choices.

by Cathy Miller
Community Impact
Director
United Way of Madison
County

Union Chapel MB Church to Present 'Christmas in Oz'

The Worship Arts Min-
istry of Union Chapel Mis-
sionary Baptist Church,
located at 315 Winchester
Road N.E., will present
its encore Musical Christ-
mas Production entitled
"CHRISTMAS IN OZ" on
Saturday, December 14,
at 3 p.m. in the Church
Sanctuary.

Don't miss it this year! A
dynamic cast of characters

put a Christian Twist on
an old family favorite, "The
Wiz," with lots of drama,
singing, dance and a live
band, presented in a man-
ner that everyone from the
youngest to the oldest will
surely enjoy!

Come celebrate the true
spirit of Christmas and wit-
ness Dorothy's revelation
as she discovers the true
meaning of Christmas!



**"Belief compelled through fear is not belief;
it is blind and forced obedience."**

- Carlton Pearson