

NEW Hub at AAMU Will Boost Minority-Led STEM Startups - p. 9

FREE

Valley's Data-Driven Road Safety - p. 8

Friday
January 10, 2025
Vol. 11, No. 19
ValleyWeeklyllc.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Dr. John Vickers



"Life is not a problem to be solved but a mystery to be lived. Follow the path that is no path; follow your bliss." - Joseph Campbell

MLK Unity Breakfast Scheduled

The 40th Annual Dr. Martin Luther King, Jr., Unity Breakfast will be held Monday, January 20, at the Von Braun Center's Saturn Ballroom at 8 a.m.

The celebration is the largest such event in the southeastern United

States, with over 1,300 attendees at the facility in Downtown Huntsville. For nearly four decades, the Delta Theta Lambda Education Foundation has served as the proud host for Huntsville's premiere event to honor the life and



legacy of the late Dr. King.

RJF Accepting Scholarship Apps

The Rosetta James Foundation (RJF) is accepting applications for its annual scholarship award program until Friday, February 14. Awards will be presented at the "Honoring Our Elders" event at 12 noon on Saturday, March 8, at The Jackson Center in Cummings Research Park. The

scholarships are awarded to deserving students who are committed to community volunteerism as part of their college experience. Scholarships are **not** awarded to graduate students

or previous recipients. Scholarship co-chairs Ja'Lissa Williams Cothron and Morgan Saintjones will be carefully selecting recipients of several Rosetta James Foundation endowed scholarships. Visit www.rosettajamesfoundation.org for a link to the Scholarship Application. All criteria are provided.



HAVING A BALL! The Alpha Kappa Alpha Sorority, Incorporated® Epsilon Gamma Omega Chapter is pleased to announce that the **66th Annual Debutante Presentation and Ball** will be held **February 21, 2025, 7 p.m. at the Von Braun Center Saturn Ballroom** in Huntsville, Ala. This year, the theme is "Cultivating Pearls of Exquisite Grace." Ms. Mildred Blackshear and Ms. Yawna Jones are serving as the Chairman and Co-Chairman of this year's ball. Mrs. Tonya Wood serves as the President of the Chapter. Throughout the debutante season, the young ladies participate in a number of activities, such as the Get Acquainted Reception, Community Service Projects, Enhancement Training Sessions, and a Multimedia Project. At this culminating event, Epsilon Gamma Omega will announce various college/university scholarships. From l-r: **First row:** Janiah Thomas, Amiyah Johnson, Kaitlyn Cheatham, Peyton Troupe, Justice Tolbert, Makenzie Stewart and Carter Crutcher. **Second row:** Cameron Wright, D'Asia Malone-Johnson, McKenna Davis, Eden Parker, Eden Murchison, Jaylene Whitaker, Briah Willie, Taryn Robinson, Mylah McDaniel, Destinee Musoke and Aniya Smith. **Third row:** Amara Primm, Lauren Jordan, Kelsie Ewing, Kiya Johnson, Ashlyn Friend, Quiyah Harris, Kendall Wright, Jordin Dunning, Marlaya Robinson, Jayda Fikes and Kennedy Thomas. **Fourth/standing row:** Lillian Jackson, Maliyah Crutcher, Kennedy Morris, Kennedy Forston, Zyan Watson, Kennedy Crutcher, Chyra McCrary and Lauryn Rice.



INSIDE THIS ISSUE!

- Cold & Flu Season, Page 2
- Preston Brown's "Spiritual Game Plan," Page 4
- Gloria B. & Tim: Perspectives, Page 5
- "Jahni" Moore's PowerShots, Page 6
- Sunday Lectionary, Page 7
- Honoring Our Elders, Page 7

Valley Weekly Washington One Minute

by Ron Hamm



Here are the latest top issues and events in Washington:

1. CONGRESS. The House and Senate convened the 119th Congress last Friday, at which time the House narrowly re-elected Speaker Mike Johnson (R-LA) on a 218-215 vote – but only after Donald Trump interrupted his golf game to phone 2 GOP holdouts to convince them to switch their “no” votes.

The House also adopted a Rules Package that limits suspension votes to Mondays, Tuesdays, and Wednesdays for the next 2 years. The 2025 session calendar can be accessed at www.hammconsulting.com.

On Monday, the House and Senate met in Joint Session to count and certify electoral votes – presided over by Vice President

Harris. From Tuesday to Thursday, President Carter was scheduled to lie in state in the Capitol Rotunda, with a service for Members of Congress at 3:00 p.m. on Tuesday.

On Friday, Punchbowl News reported that the 38 Members of the far-right House Freedom Caucus travelled to Mar-a-Lago to meet with Donald Trump, followed over the weekend by meetings with House GOP committee chairs and a group of Members who want to remove the cap on state and local tax deductions.

2. EXECUTIVE BRANCH. On Monday, President Biden travelled to New Orleans to meet with families of the victims killed or injured in the New Year’s Day terrorist truck attack on Bourbon Street and was also expected to issue 2 memo-

randums that would ban future oil and gas leasing under the 1953 Outer Continental Shelf Lands Act on 625 million acres of federal waters, including parts of the Atlantic and Pacific Oceans, the eastern Gulf of Mexico, and the Northern Bering Sea (an action that cannot be undone without an Act of Congress). On Tuesday, the President was in California to designate two national monuments on sites sacred to Native Americans. On Thursday, he delivered the eulogy for President Carter at his state funeral at Washington National Cathedral and then embarked on a 4-day trip to Italy to meet with Pope Francis and Italian government leaders.

3. SUPREME COURT. On Friday, the Supreme Court will hear expedited oral arguments for TikTok’s appeal to block enforcement of a federal law that would require TikTok to shut down in the U.S. unless its parent company ByteDance can sell off the U.S. company

by January 19. The law will remain in place while the justices consider TikTok’s request, as well as a separate request filed by TikTok users.

In other legal news, Donald Trump will be sentenced on Friday in New York on 34 counts of falsifying business records, although New York Supreme Court Justice Juan Merchan has signaled that he will not sentence Trump to serve time in jail or on probation.

4. HIGHER EDUCA-

TION. On December 30, the U.S. Department of Education announced final regulations requiring colleges to report which students receiving federal financial aid are enrolled in distance education or correspondence courses. The distance rule will go into effect on July 1, 2027, a year later than the department originally proposed. The department said the change would give colleges the time needed to comply.

The department’s action Monday notably

excluded an expansion of eligibility for some federal TRIO programs to undocumented students. TRIO had been part of the bundle of draft rules along with distance education announced in July.

Hamm Consulting Group
300 New Jersey Ave, NW
Ste. 900
Washington D.C. 20001
T: 202-596-8384
rhamm@hammconsulting.com
www.hammconsulting.com

DEWAUN STEPHENS
200 OAKWOOD AVE NE SUITE L
HUNTSVILLE, AL 35811
224.308.8329
FOXHOLELOUNGE@GMAIL.COM

TAKE THE FIRST STEP...

SPRING REGISTRATION IS NOW OPEN.

Scan to get started!

DRAKE STATE
COMMUNITY & TECHNICAL COLLEGE
drakestate.edu

ON THIS DAY

On January 10, 1957, Martin Luther King Jr. invited about 60 Black ministers and leaders to Ebenezer Church in Atlanta. This was after the Montgomery bus boycott victory and consultations with Bayard Rustin, Ella Baker, and others.



**Dedicated To You.
Delivering Results.**

Personal Injury | Auto Accidents | Probate & Estate Administration
Corporate Law | Real Estate Law | Divorce | Criminal Law

Contact Us

Phone: 256-533-1667

Fax: 256-533-1696

info@martinsonandbeason.com

www.martinsonandbeason.com
facebook.com/martinsonandbeason



No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.

The Valley Weekly

Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston, Ph.D.

Editorial Consultant/ Senior Editor

Jerome Saintjones, Ed.S.

Editorial Assistant

Linda Burruss

Advertising Associate

Phyllis Chunn

Contributing Editors -

tim allston

Minister Preston Brown

Gloria B. Caldwell

Ron Hamm

Gary T. Whitley, Jr.

Photographers

Anthony "Gip" Gibson

Jerome Saintjones

Website Administrator

Calvin Farier

Mailing Address:

The Valley Weekly

P. O. Box 893 - Huntsville, AL 35804

(256) 651-9028

www.valleyweeklyllc.com

Copyright 2024

Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@valleyweeklyllc.com. Items published do not necessarily reflect the views of The Valley Weekly, LLC.

Submissions to TVW do not necessarily reflect the beliefs of the editorial staff, and TVW is not responsible for the authenticity of submissions.



The Valley Weekly

Ad Rates Single Issue

| | | |
|----------------|--------------------------|---------|
| Back Cover | 10x10-inches | \$1,500 |
| Full Page | 10x10 inches | \$1,200 |
| 3/4 Page | 7.5x10 inches | \$900 |
| Half Page | Horizontal | \$600 |
| | 5x10 inches | |
| Fourth Page | Vertical | \$600 |
| | 10x5 inches | |
| Eighth Page | 5x5 inches | \$300 |
| | 2.5x5 inches | |
| Sixteenth Page | 2.5x2.5 | \$75 |
| | Classified 1 col.x1 inch | |

Whew! Baby It's Cold Outside!

Stay Safe and Cozy This Winter!

Y'all, as I sit here writing this, the temps are about to take a nosedive—down to a teeth-chattering 19° over the next few nights. Can you believe it? While we've had a pretty easy winter so far, with just a little rain here and there, this kind of cold reminds us that Old Man Winter is not playing. And if you're hitting the road, the Alabama Department of Public Safety is reminding folks in North Alabama to "use caution when traveling." Wise words!

Thinking back on winter's past, I remember heading off to Normal, Alabama, in 1975—just 16 and full of dreams. That summer, I stayed with my sister Mary and her husband Walter, working a job at the Community Action Agency (CAA). Oh, those were the days! The CAA's mission to uplift folks and help families become self-sufficient really left its mark on me. I'll never forget Mr. Edwin S. Hill, the executive director, and his one-of-a-kind humor.



Growing up in Monroeville, we didn't have a lot of fancy programs like that. Life in a small town was about survival—making sure there was food on the table, the lights stayed on, and the crops or livestock kept us going. As a teenager, a lot of it flew over my head. Our biggest employer back then was Vanity Fair Mills, and let me tell you, I worked there one summer alongside my late sister Vanessa. But honey, it didn't take long for us to figure out that factory life wasn't part of our plan. We had dreams, and college was calling!

Fast forward to today, and let me tell you, this cold weather is not my friend. I don't remember it being this frosty back in my college days on Normal's Hill—or maybe I was just too busy focusing on my studies to notice. Besides, hardly anyone had cars back then, so slick, icy roads weren't even on my radar.

These days, though, we don't have the luxury of ignoring the weather, especially when we've got to be out here driving in it. But we can be smart and safe. If you

don't see me out and about when it's this cold, just know I'm wrapped up, hibernating at home, staying warm and taking the state troopers' advice to heart.

So, stay safe out there. Keep warm, check on your people, and remember to slow down—on the roads and in life. Winter might be showing out, but we've got this. Take care of yourselves, and each other, until next week ...

Dorothy



JANUARY 10 - GEORGE FOREMAN - George Edward Foreman is an American former professional boxer who competed from 1969 to 1977, and from 1987 to 1997. Nicknamed "Big George", he is a two-time world heavyweight champion and an Olympic gold medalist. Outside the sport he is an ordained minister, author, and entrepreneur. Foreman has been inducted into the World Boxing Hall of Fame and International Boxing Hall of Fame. The Ring ranked him as the ninth greatest puncher of all time. He was a ringside analyst for HBO's boxing coverage for twelve years until 2004. Outside boxing, he is a successful entrepreneur and known for his promotion of the George Foreman Grill, which has sold more than 100 million units worldwide. In 1999, he sold the naming rights to the grill for \$138 million.

- BlackCelebrityBirthdays.org



THE VALLEY WEEKLY
**VALLEY
DEATHS**



SERENITY FUNERAL HOME

2505 University Drive NW - Huntsville, AL 35816

(256) 539-9693 - www.serenityfuneralhm.com

Funeral service for **MR. JULIUS RICE** (b. 1973) will be Saturday, January 11, at Union Chapel Missionary Baptist Church, 315 Winchester Road, Huntsville, Ala., at 2 p.m.



Funeral services for **MR. MICHAEL AM-MARGON** (b. 1945) and **MR. WALTER FOLGER** (b. 1934) will be announced at a later date.

Funeral service for **MS. JUSTICE "BABY J" SHOULDERS** (b. 1995) was Saturday, January 4, Pine Grove Missionary Baptist Church, 759 Pine Grove Road, Harvest, Ala.

NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW- Huntsville, AL 35816

(256) 539-8189 - www.nelmsmemorial.net



Funeral service for **MR. RONALD SLOAN** (b. 1955) will be Friday, January 10, at 1 p.m., in the Nelms Memorial Funeral Home Chapel.

Funeral services will be announced later for **MR. BRUCE W. RILEY, SR.** (b. 1954).

Funeral service for **MR. DOMINIQUE T. BAKER** (b. 1997) was Tuesday, January 7, at Little Flock Primitive Baptist Church with Rev. Dennis Green officiating.

Funeral service for **MRS. BOBBIE HYDER** (b. 1937) was held on Saturday, January 4, at New Jerusalem Missionary Baptist Church with Pastor Ricky Sykes officiating.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW - Huntsville, AL 35810 -

(256) 534-8481 - www.royalfh.com

Funeral service for **MR. ALEXANDER H. ROACH, JR.** (b. 1942) will be 11 a.m., Friday, January 10, at the Royal Chapel of Memories with Dr. C. Jermaine Turner officiating.



Funeral services for **MRS. JAMESETTA WHEELER** (b. 1934); **MR. ALBERT WHITE, JR.** (b. 1950); **MR. MARION PIAZZA HAWKINS** (b. 1949); **MRS. PAMELA D. DRAPER** (b. 1954); **MR. JERRY W. GILBERT** (b. 1954); **MR. DEOTTIES MALONE** (b. 1938); **MR. WATTIE L. HUMPHREY** (b. 1951) and **MRS. PEARLIE MAE STAMPER** (b. 1951) will be announced at a later date.

Valley Weekly
**Spiritual
Game Plan**
PRESTON BROWN'S



Today's Spiritual Game Plan:
"I Will Not Be Moved"

Jeremiah 17:8 says, "They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

What does it mean to be rooted? Looking at our scripture, it means a tree with deep roots will not be blown over in a storm. The wind may blow some leaves off the branches.

However, if the tree has deep roots, it has a chance to withstand any storm and not be moved. The same can be said of us and our spiritual growth. Because when we are rooted in the truth of God's word, nothing can blow us over and nothing will get us off the path that God has us on.

You see, the thing that distinguishes believers from non-believers is our inner peace. It's our resolve to handle things, which means we will find solutions to problems when they come up. We will settle

our stuff; he wants our peace.

So, always remember that peace is power, and the more that you protect your peace, the harder it will be for

us shall prosper (Isaiah 54:17).

Prayer: Dear God, give us deep roots so that we can endure any problems that come our way.

Question: What are you doing daily to develop your spiritual growth?

Stay encouraged my brothers and sisters and make sure you purchase a copy of my books, *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life*, at amazon.com

NEXT WEEK:
"Make Time!"



disputes when they arise, and we will pursue peace. We need to realize and understand that the devil doesn't want

anything to move you. Not hardships, not tragedies, not calamities. No weapon formed against

Nelms Memorial Funeral Home

**"WE CANNOT ERASE THE STING OF DEATH,
BUT WE CAN MAKE IT EASIER"**



2501 CARMICHAEL AVENUE
HUNTSVILLE, AL 35816
(256) 539-8189 • (256) 539-8183 (FAX)
WWW.NELMSMEMORIAL.NET



**SERENITY
FUNERAL HOME**

2505 University Dr. NW
Huntsville, Alabama 35816
(256) 539.9693

A New Generation Of Service

Celebrating Jimmy (Carter) and Joe (Biden): Presidencies Made by Black Flamethrowers

*"Let your light so shine before men that they may see your good works,
and glorify your Father which is in heaven." - Matthew 5:16*



Credit: Library of Congress

On Sunday, December 29, President James Earl "Jimmy" Carter, Jr. passed away at age 100.

Carter and Biden will be remembered not only as the last two one-term Democratic presidents, but that each defeated incumbent Republican presidents to win the White House.

Their presidencies were largely due to Black Southern male "flamethrowers," Rev. Martin Luther "Daddy" King, Sr. of Atlanta and Jim Clyburn (D-SC).

Their electrifying words of endorsement ignited their respective audiences and blazed pathways to unforeseen victories.

"We Could NOT Overcome"

In his 1977 PR as in President book, Republican publicist Vic Gold reported that the final benediction from "Daddy" King at the 1976 Democratic National Convention so aroused those delegates, that they immediately linked arms and began singing "We Shall Overcome Someday," the theme song of his iconic son.

It was that euphoric sight and sound from the capacity Madison Square Garden crowd, according to Gold, that the GOP presidential campaign was unable to surpass or overcome in the succeeding weeks.

Similarly in 2020, former Obama Vice President Joe Biden entered the South Carolina Democratic primary that March as a winless candidate; additionally, he had exited from two previous presidential primaries.

But it was three days before the South Carolina primary that Clyburn, the new Black Southern male flamethrower, endorsed, saying, "I know Joe. We know Joe; but most importantly, Joe knows us."

Biden beamed at his primary victory celebration, "My buddy, Jim Clyburn, you brought me back."

Become a flamethrower in 2025. Let your courageous convictions be heard in order to ignite audiences to blaze new pathways to unforeseen victories.



Tim Allston
Leadership Player-Coach & Four-time
Amazon Best-Selling Author
"Leading from the Middle"

<https://bit.ly/4aB9Lwm>, <https://bit.ly/4cYZyuz>

Email Address: leadingfromthemiddle.tim@gmail.com

www.timallston.com - (256) 212-0949

Millennial Moment

Don't Force It ...

There was a statement my father used to say to me, "Baby, sometimes when you want it in the worst way, you'll get it in the worst way!" At the time, I was a child, I wanted EVERYTHING I could imagine. Aside from what came with it. I just wanted what I saw that looked good to me!

Now, we all know, all that glitters "ain't" gold, right? However, as a child, you have no clue. As an adult, I have grown to understand the difference between what seems attractive but isn't good for me, and what my desires are to push for!

Some situations/circumstances/relationships arise in our adult lives where we need to be reminded, "if you want it in the worst way, you may get it in the worst way!" If you have to force someone to pay attention to you, love you, respect you, or be kind to you ... that's NOT your soul mate! I know some people say, "Persistence beats resistance ... Yada Yada" ... He/She is not the one!!! Unless you plan on being persistent all of your days to keep this person semi-interested. Now, don't misconstrue this with attempting to get to know someone, and making an effort to give them your attention, etc. ... that's not what I'm saying.

You can't be any more than what you are!! Your true self! If it's not a situa-

tion where you know you need to change, you're just changing to pacify that person, and YOU'RE doing all the work ... that isn't the one!

That job you "think" you want. Why do you want it? What do you have to gain FROM it, or give TO it? Are you willing to do the work? Is it a true fit? Or, are you awe-struck by what it pays, the "clout" you obtain by the title? Possibly you "feel" you need to be in it, but you KNOW you're lazy and not going to do the work! Be honest with yourself! That material item you want! What is it about it that you want? Is it something you like ... or is it trendy? Does it satisfy your needs and desires, or does it make you appear as if you've "arrived"? Can you afford it? Or do you have to buy it (clothing, purses, shoes) on a payment plan just to show you can "keep up" with other people? That has got to be the dumbest thing ever! Yet, people do it.

Trust, the industry loves it, because they understand they can milk any weak-minded person out of anything if they dangle any opportunity, at any cost, in front of people! Who is stuck with that grief or payment at the end of the day? You are!

Who is there when those payments hit, and you are no longer excited about the item you are still paying

for? Now, most people need credit to buy big dollar items, certain cars, homes, boats, RVs ... Some are fortunate to buy them, flat out! But even with that, don't put yourself in a situation where you are stressed out, every month, to drive or live in something you know you can't afford. That's not peace, that's ridiculousness. No one cares, and the only person struggling is you.

Someone may say, "That's nice" but, they aren't thinking about it when they lay down at night unless they can't afford it, either, and why are you trying to impress THEM? Side note, there is always someone doing better than you, so stop!

Understand what you want, and why! Pursuing goals takes hard work, dedication, compromise, time, and discipline. You better know that you want it! To succeed you can't quit! You can't slack!

Recognize what you truly want!! Pain comes with it! Long nights come with it! Tough lessons come with it! Be honest with yourself, and your God! Be true to yourself! Above all, be prayerful! Stay in touch with the master! If He gives you signs that a business partner you have chosen is not the one, don't force it. That move is not the one, don't force it! That building is not the one, don't force it! There may be something you can't see right now, that isn't good for you! Don't force it guys. Don't be lazy, but be prayerful, think about it, understand why you want it, then proceed!

Remember, God loves you and so do I.

He has given you the gift of life; open it.

The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

January 11
Elite Field Day
195 Joe Quick Road
Hazel Green, Ala.
eliteathletictraining.net

40th Annual Martin Luther King, Jr. Unity Breakfast
Von Braun Center
Saturn Ballroom
Huntsville, Ala.
8 a.m.

Bachelor's Auction:
Date, Fate & Eliminate
200 Oakwood Avenue NE
Huntsville, Ala.
6-11 p.m.

January 16
Historian William Hampton, Museum Curator
Latham Church "Elderberries" Event
RSVP is REQUIRED to office@latham-churchhsv.org NO LATER THAN Sunday, January 12
109 Weatherly Road
Huntsville, Ala.
11 a.m.

January 17-18
"Corey Holcomb"
Comedy Standup
Levity Live
2012 Memorial Parkway SW
Huntsville, Ala.
Times: Vary

January 20

January 25
"Men Are from Mars, Women Are from Venus - LIVE!
Mars Music Hall
Von Braun Center
Huntsville, Ala.

January 25-26
Southern Volleyball Tournaments
South Hall
Von Braun Center

January 26
"Mojo Brookzz"
Comedy Standup
Levity Live
2012 Memorial Parkway SW
Huntsville, Ala.
Times: Vary

January 29
AEW Dynamite
AEW Collision
AEW Tix.com

January 30
Love's Rosetta Stone:
The Love Language

Event
2205 University Drive NW
Huntsville, Ala.
6:30 p.m.

January 30-February 1
"Godfrey"
Comedy Standup
Levity Live
2012 Memorial Parkway SW
Huntsville, Ala.
Times: Vary

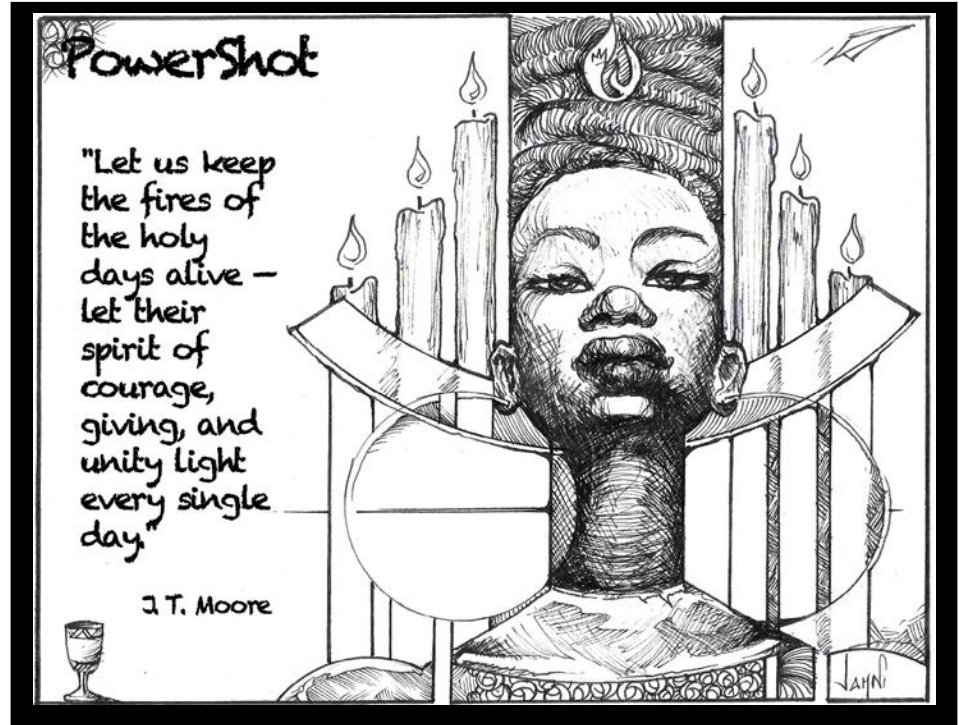
January 31-February 2
Alabama RV Show
VBC South Hall
Huntsville, Ala.

February 2
Harlem Globetrotters
2025 World Tour
Propst Arena
Von Braun Center
Huntsville, Ala.

February 7-9
Jehovah's Witnesses
Convention
South Hall
Von Braun Center
Huntsville, Ala.

February 8
Huntsville City Schools Curriculum Showcase
East Hall 2 & 3
Von Braun Center
Huntsville, Ala.

R&N Invitation
Featuring:
Eric Benét, Joe & Musiq Soulchild
VBC Propst Arena



"When I rest, I rest, and when I work, I work hard and sometimes for long hours. I always try to be rested when I work."
- Simmie Knox

Albert's Flowers

Located Downtown in Medical District; Closest Florist to Huntsville Hospital
Free Delivery to Huntsville Hospital and Local Funeral Homes

716 Madison Street - Huntsville, AL 35801

**FLOWERS, GIFTS,
EXOTIC FLOWERS**

**Graduate of
American Floral Art School**

256-533-1623

256-536-6911

www.albertsflowers.com





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

Dr. John Vickers

Born in Gadsden, Alabama, in 1932, following the Great Depression, Dr. John Vickers, Jr., has been the quintessential "renaissance man," and his eventful life has spawned successes in several different areas. Dr. Vickers is among those rare individuals who has excelled in numerous fields, adding positive impact to virtually everything he touches.

He is the oldest of thirteen children--eleven boys and two girls--who blessed the union of a steel mill worker/farmer and an industrious mother. His father was self-taught in reading and writing, but possessed such drive that he would later become a minister and mayor of the rural town to which he later moved his family. His mother also shared in the deep appreciation for the virtues of education and helped to raise an earnest group of children, out of which emerged nearly a dozen college graduates and four doctorate degrees.

Dr. Vickers left his familiar surroundings to pursue higher education at historic Alabama A&M University, where he received a Bachelor of Science degree in

chemistry and a minor in music. He went on to serve in the Korean War. At the time, the military was integrated, while American society as Dr. Vickers knew it was still segregated. He vividly recalled the late 1950s as a period in time when even an educated African American male and war veteran was not allowed to vote.

Dr. Vickers and his beloved late wife, Clara Teresa Merriweather Vickers, were the proud parents of one son, Dr. Selwyn Vickers. They became prominent educators throughout Alabama and consistently furthered their abilities to train and grow, and they subsequently achieved advanced degrees. Dr. Vickers' life journey was punctuated by his drive to become one of the first African Americans to receive a Doctor of Philosophy degree from the University of Alabama, which he achieved while still serving as a full-time principal.

Dr. Vickers' success as an educator ran the gamut from science teacher to elementary school principal to dean status. Long before his colleagues were even aware of the



implications of a World Wide Web, Dr. Vickers had already secured Alabama A&M University's web domain (www.aamu.edu) and had set the foundation, through campus-wide fiber optic cables, for the University's preparedness for information technology, academic computerization and next-generation research.

Simultaneously, among government-sponsored Title III programs, Dr. Vickers was known throughout the higher education community as a foremost authority and perhaps the initiative's most sought-after consultant.

He retired while serving as the Dean of Education at AAMU and has remained active in community events and projects. He inducted as an Elder into the Rosetta James Foundation in 2014.

"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.



MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.



JAMES F SMITH & ASSOCIATES
256-852-7310

415 CHURCH ST NW BUILDING B
HUNTSVILLE
jamesfsmith@allstate.com



Allstate

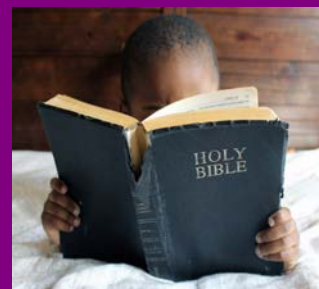
Subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co. © 2013 Allstate Insurance Co.

168974

This Sunday's Lectionary

Sunday, January 12, 2025

First Sunday
After the
Epiphany



(Track 2, Year C)

First Lesson:
Isaiah 43:1-7
Psalm 29

Second Lesson:
Acts 8:14-17
GOSPEL:

Luke 3:15-17, 21-22



*Come Discover
the Magic on
the Mountain!*

No matter what time of year you explore Burritt on the Mountain, there is something delightful and new to see. And no matter how young – or old – you are, there is something for you on the Mountain! If you've never visited, you're in for a treat. If it's been awhile, what are you waiting for? Come on up and let the Magic begin!

3101 Burritt Drive • Huntsville, Alabama 35801 • 256.536.2882

www.burrittonthemountain.com

OPEN: April–October: Tuesday – Saturday: 9 am – 5 pm & Sunday: noon – 5pm
November–March: Tuesday – Saturday: 10am – 4pm & Sunday: noon – 4pm

AROUND & AROUND TOWN

Data Drives the Effort to Enhance Safety on Valley Roads

by Adam Smith, huntsvilleal.gov

Huntsville is buzzing these days, and with its growth as Alabama's largest city, planners and public safety officials have their hands firmly on the wheel when it comes to transportation safety.

With Huntsville's population steadily on the rise, more people are hitting the roads — whether they're driving, taking public transport, biking, walking or using wheelchairs and other mobility aids. And while this presents some safety challenges, it also provides opportunities to make the City's transportation network better for everyone.

To help ensure safer travels now and in the future, the City adopted Vision Zero, a plan to eliminating roadway fatalities and serious injuries by the year 2055. Vision Zero emphasizes the Federal Highway Administration's Safe System Approach to transportation planning, which anticipates human mistakes and applies a systems approach to traffic safety. This involves not only promoting a culture of safety throughout the community, but also designing and managing roads to try and keep the risk of a mistake low.



The City's Department of Urban & Long-Range Planning held a series of public meetings to solicit comments on everything from how to reduce crashes and combatting speeding to improving pedestrian safety.

"Community input is key to ensuring we meet the objective of Vision Zero," said Dennis Madsen, Manager of Urban & Long-Range Planning. "By listening to residents, as well as our public safety officials and engineers, we endeavor to create a safe environment for all transportation network users, ensuring everyone can get around safely and easily."

Data mining

Public input is only part of the roadway safety equation. City leaders also analyze traffic patterns, crash statistics

and accident hotspots, using data to figure out where improvements are needed most.

Despite a steady population growth, Huntsville's crash statistics are not yet cause for concern. Also, of the 8,452 crashes reported in 2023 within the city limits, nearly 80% resulted in vehicle damage only. Three-tenths of a percent (0.3%) of those crashes involved a fatality.

With a philosophy of one fatality is one too many, City leaders believe education and accountability are significant components to eliminating roadway fatalities and injuries. City, state and federal tax dollars can make roads safer, but poor judgment behind the wheel is often the most significant contributing factor to crashes.

"Addressing human

factors can lead to targeted interventions, including public awareness campaigns, enhanced driver education and strategic enforcement efforts to improve road safety in Huntsville," said Nicholas Nene, Director of Traffic Engineering. "Such initiatives align with the Federal Highway Administration's focus on influencing driver behavior to reduce crash risks."

Crash factors

A deeper dive into Huntsville's crash data from 2023 reveals human error is a primary factor. Key causes include following too closely, misjudging stopping distances, and improper lane changes. **Following too closely** (26.1% of accidents): Tailgating is the biggest culprit, causing around 1,450 crashes in 2023. When drivers follow too closely, it affects their

reaction time, making rear-end collisions more likely.

Misjudging stopping distance (14.1% of accidents): This happens when drivers can't judge how much space they need to stop. It's risky, especially if they need to hit the brakes suddenly.

Improper lane change/use (13.7% of accidents): This includes around 762 incidents in which drivers forgot to signal or merge safely. These habits increase the chances of sideswipe and merging accidents.

Other crash factors include failing to yield the right of way, running red lights and not noticing hidden objects. While distracted driving is a known factor, it's hard to determine how much it plays a role. Many accidents caused by following too closely or misjudg-

ing stops could involve distractions like checking phones or adjusting music. Unfortunately, many drivers don't admit to being distracted when accidents happen, so the true impact often goes underreported.

To tackle this issue, the City strengthened its existing hands-free ordinance, making it a primary offense. The measure was also part of a campaign led by City Council President David Little to spread the word about the dangers of distracted driving.

After a six-month public awareness period, Huntsville Police began enforcing the ordinance in July 2024. About 40 warnings and 100 citations were issued in the first three months.

"Roadway safety is a shared responsibility that extends from our two-lane residential streets to the busy Interstate 565," Council Member Little said. "As drivers, it's our duty to put down our phones, respect the rules of the road and ensure the safety of everyone around us. Together, we can create a safer Huntsville for all."

- Adam Smith
Huntsvilleal.gov

New Entrepreneurship and Innovation Center Planned for AAMU

Alabama A&M University is set to enhance the entrepreneurial landscape with the launch of its new Venture Hub – a \$1.5 million, 5,800-square-foot entrepreneurship and innovation center. Located at 4701 Meridian Street in North Huntsville, this state-of-the-art facility is designed to inspire and empower students, alumni, and community members to excel in Science, Technology, Engineering, and Mathematics (STEM) industries.

“The Venture Hub is more than just a building – it’s a launchpad for big ideas and entrepreneurial dreams,” said Dr. Lyndell J. Parris, Director of Innovation & Entrepreneurship. “This space has been thoughtfully designed to equip aspiring entrepreneurs with the tools, mentorship, and resources they need to succeed. Our goal is to ignite innovation, foster collaboration, and position Alabama A&M as a leader in driving eco-

nomic growth through entrepreneurship.”

While the Hub is a hub for innovation in STEM industries, its mission extends far beyond. It’s a space for all entrepreneurial endeavors—whether in business, technology, arts, or social impact. By offering workshops, networking opportunities, and industry partnerships, the Hub will provide a bridge between academic innovation and real-world solutions.

The Hub will feature:

- Collaborative workstations for brainstorming and teamwork
- Private meeting rooms for strategy and networking
- A state-of-the-art prototyping lab for developing and testing innovative products, and much more

Designed to support underrepresented innovators, the Hub will offer workshops, hands-on learning opportunities, accelerator programs, and mentorship from STEM faculty and in-

dustry experts. Signature initiatives such as the Launch Lab, STEMpreneur Accelerator, and Juggernaut Week will provide students and participants with the skills and experience to transform their ideas into viable businesses.

The Venture Hub aims to become a nucleus for collaboration and ingenuity, where students, alumni, and local entrepreneurs can push

boundaries and explore groundbreaking ideas. “This is where pioneers in STEM industries will come together to solve real-world problems and build the future,” said Parris.

Renovations for the Venture Hub are already underway, with the facility scheduled to open in 2025. For more information or to explore partnership opportunities, contact Dr. Lyndell

thrivent

A personalized financial approach
based on your Christian values



Craig E Satterfeal
Financial Consultant
craig.satterfeal@thrivent.com
connect.thrivent.com/craig-satterfeal
256-883-5509

Advice | Investments | Insurance | Banking | Generosity

Insurance products, securities and investment advisory services are provided by appropriately appointed and licensed financial advisors and professionals. Only individuals who are financial advisors are credentialed to provide investment advisory services. Visit Thrivent.com or FINRA's BrokerCheck for more information about our financial advisors. 27193 R4-24



Woody Anderson Ford

256-539-9441

www.WoodyAndersonFord.com

2500 Jordan Lane, Huntsville, AL



Introducing ...

**The Rosetta James Foundation
19th Annual "Honoring Our Elders" Gala**

| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|
| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|

The Rosetta James Foundation is a registered 509(a)(2) Public Charity and educational organization founded for the sole purposes of providing scholarships to deserving students and recognizing the contributions of the elderly in the community while promoting volunteerism and community outreach.

Saturday, March 8, 2025
The Jackson Center
6001 Moquin Drive (Cummings Research Park)
Huntsville, Alabama
12 noon

www.rosettajamesfoundation.org

Peace in the Valley: How to Prioritize Mental Wellness in 2025

(BPT) - The new year means resolutions, reflection and recharging. It's a fresh start, a time when new, healthier habits seem possible. This year, along with eating healthier and exercising more, prioritize your mental wellness. Hit reset and take steps to clear your mind to feel focused, energized and ready to tackle the new year ahead.



lowers for easier cleaning and creates a more welcoming environment for yourself and others.

2. Unplug

Make a resolution to take a break from technology every now and then. Constant screen time, with the overwhelming amount of information coming at us every day, can lead to stress and anxiety. Breaks



Council Meetings

Huntsville City Council's regular meetings are held on the 1st floor of the Municipal Building on the 2nd and 4th Thursday of each month at 5:30 p.m.

from technology give your mind time to recharge.

Begin by setting boundaries, such as designated "no-phone" zones like the dining table or bedroom, and experiment with "digital detox" days where you disconnect completely. Replace screen time with activities that nurture your well-being, like journaling, reading a book, or spending time with loved ones in person.

3. Connect with nature

While you're unplugged, find some time to get outside, whether it's a quiet moment in a park, walking the dog through your neighborhood or simply

enjoying fresh air. Numerous studies show that people who spend even a small amount of time in green spaces have reduced anxiety, stress and depression.

4. Prioritize sleep

Unplugging and getting outside will help with your sleep, too. Establish a consistent bedtime routine that includes calming activities like reading or listening to soft music.

In order to get the best night's sleep possible, avoid caffeine or heavy meals a few hours before bed to give your body the best chance at relaxation, create a sleep-friendly environ-

ment by keeping your bedroom cool, dark, and quiet and limit screen time at least an hour before bed.

5. Eat more foods that contain nutrients that will support brain function

Incorporating foods like eggs, fatty fish and whole grains that contain nutrients to support brain function and mood can also regulate your mental well-being. Egglund's Best eggs are an excellent source of Vitamin B5, which helps maintain a healthy digestive system and assists the body in using other vitamins, especially Vitamin B2, which helps manage stress. Egglund's Best eggs contain more than double

the Vitamin B12 compared to ordinary eggs, providing a natural energy boost and keeping you energized and satisfied throughout the day.

6. Create a consistent morning routine

To make the most of your mornings in the new year, start with setting intentional habits, like light stretching, journaling or enjoying a nutritious breakfast (e.g., Egglund's Best Mexican Frittata with Poblanos, Potatoes and Queso Fresco, etc.) to fuel your brain for the day ahead.

Happy New Year to all!

1. Declutter your space

You'd be surprised by how much an organized home and workspace matter to your psyche. As you clear that clutter, you're clearing your mind, too. A neat and tidy home can reduce your stress.

Start small by tackling one drawer or surface at a time and consider donating or recycling items you no longer need to create a sense of accomplishment while helping others. A decluttered space also al-

HMBCC Meetings

The Huntsville Metro Black Chamber of Commerce promotes, creates and fosters economic development opportunities. HMBCC meets monthly on the 3rd Tuesday at 12 noon. Call (256) 427-2650 or e-mail info@hsvblack-chamber.org. [VISIT](http://www.hsvblack-chamber.org)

BMW of Birmingham

Karreem Battles

Client Advisor

Address

1000 Tom Williams Way
Irondale, AL 35210

Mobile

(334) 750-2119

Direct

(205) 443-8620

Main

(205) 252-9512

e-mail

Karreem.Battles@BirminghamBMW.com

website

www.BirminghamBMW.com



Mary F Spears, Agent

(Behind McDonald's)
155 Chestnut Drive
Madison, AL 35758
Bus 256-837-8899 Fax 256-837-8225
mary.spears.cffc@statefarm.com

The greatest compliment you can give is a referral.

