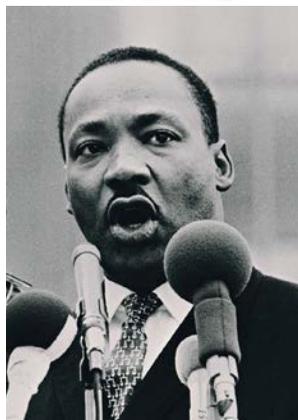


# Rho Chi Omega's 'Prince to King', p. 2

**FREE**



## Powerful MLK Quotes, p. 5

Friday  
January 14, 2022  
Vol. 8, No. 19  
ValleyWeeklyllc.com



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



Mrs. Frances Jones Harris

*"To live is the rarest thing in the world. Most people exist, that is all." – Oscar Wilde*

### GHIMF to Hold MLK Birthday Celebration

The Greater Huntsville Interdenominational Ministerial Fellowship, Inc. (GHIMF)



eventbrite.com/e/ghimf-annual-mlk-emancipation-proclamation-service-tickets-213057890887.

Rev. Dr. Jerry L. Crutcher (left), past president of GHIMF, and pastor of Little Indian Creek Primitive Baptist Church of Huntsville, Ala., will be the

will hold its Celebration of the Birthday of Dr. Martin Luther King, Jr. & Emancipation Proclamation on Saturday, January 15, at 7 p.m.

The event will be hosted by the Church Street Cumberland Presbyterian Church, 228 Church Street NW, Huntsville, Ala., where Rev. Dr. Mitchell M. Walker serves as pastor.

Persons can also participate by joining virtually at three sites: 1) <https://www.facebook.com/GHIMFHSV/> Live; 2) <https://facebook.com/ChurchStreetCPCA/> Live; or 3) <https://YouTube.com/ChurchStreetCPCA/>.

Due to COVID restrictions, masks are required and seating will be limited. Register online to ensure in-service seating. To register, visit <https://www.eventbrite.com/e/ghimf-annual-mlk-emancipation-proclamation-service-tickets-213057890887>.



keynote speaker. Activist Jessica Fortune Barker, left, will be the recipient of the

distinguished Martin Luther King Award.

"I stand in awe that our faith community chose to bestow this honor upon me," said Barker. But I stand in gratitude to my Creator for giving me the spirit and wisdom to carry on the mighty work of so many greats like Martin Luther King, Jr."

Music will be provided by the Gospel Ensemble, Church Street CPCA, and The Voices of Calvary.

Rev. Dr. Larry Davidson, Jr., is the current president of GHIMF.

### Huntsville Hosts Alabama's 'Big Ten' Leaders



Huntsville hosted mayors from Alabama's 10 largest cities during January 9-10. The leaders discussed the upcoming regular session of the State Legislature and the recently passed federal infrastructure bill, among other topics.

The Big 10 Mayors is an expansion of the older Big 5 mayors group formed eight years ago, according

to HuntsvilleAL.gov. At that time, the mayors of Birmingham, Huntsville, Mobile, Montgomery and Tuscaloosa united to create a strategy for developing better relationships with legislators and improving their cities.

Maintaining and improving Alabama's infrastructure has long topped the Mayor's list of collective

concerns. The Big 10 Mayors include Mayor Battle, Birmingham Mayor Randall Woodfin, Montgomery Mayor Stephen Reed, Mobile Mayor Sandy Stimpson, Tuscaloosa Mayor Walt Maddox, Hoover Mayor Frank Bro-

cato, Dothan Mayor Mark Saliba, Auburn Mayor Ron Anders, Decatur Mayor Tab Bowling and Madison Mayor Paul Finley.

Following Monday's meeting, the mayors discussed their priorities at a news conference.



#### INSIDE THIS ISSUE!

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### Rosetta James Foundation Accepting Scholarship Applications

While the long-awaited "Honoring Our Elders" Celebration has once again been cancelled due to COVID concerns, the Rosetta James Foundation will continue to award scholarships to deserving students demonstrating exemplary

roles as volunteers.

Interested students have until Friday, February 18, 2022, to submit applications, according to scholarship chair Gary T. Whitley, Jr. For applications, visit [www.rosettajamesfoundation.org](http://www.rosettajamesfoundation.org).



2021 Scholarship Recipients

# Rho Chi Omega Chapter Presents the Prince to King Mentor Program



**Back Row** (l-r): Kevin Long (Master of Ceremony), Alxavier Peebles (Statistician), Dr. Edwards L. Owens (Judge), La'Trell Jackson (Judge), Xavier Jackson, Tyshun Nevith, Sean Todd (Timekeeper), Jeffrey Caldwell (Judge); **Middle Row** (l-r): Caleb Whetstone, Tristin Germono, Joseph Hatcher, Xavier Maldonado, Brandon Garth, Gavin Greene; **Front Row** (l-r): Andre Mackey, Tiffany Richardson (Committee Chairman), Tonnesha M. Lewis (President, Rho Chi Omega), Saleeta Spencer-Thomas (Committee Co-Chairman), Queson Hughes; **Not Pictured:** Myron Lewis, Jr. (participated virtually from Texas)

Alpha Kappa Alpha Sorority, Incorporated® Rho Chi Omega Chapter presented the 2021 class of the Prince to King Mentor Program virtually. The Prince to King Mentor Program is designed to motivate, educate, and encourage positive growth in young men in grades 2 through 8 by exposing them to positive community/world leaders, cultural, entertaining and educational activities through enrichment workshops.

Participants were divided into three categories: Noblemen (2-4 grade), Aristocrats (5-6 grade) and Knights (7-8 grade). The Nobleman participants were Gavin Tremel Greene, Queson Jessie Hughes, Andre James Mackey, and Caleb Aaron Whetstone. The Aristocrat participants were Brandon Marquize Garth, Tristin O'Neil Germono, Joseph Floyd Hatcher, Myron Lamont Lewis, Jr., and Xavier Lee Maldonado. The Knight participants were La'Trell Isaiah Jackson and Xavier Alim Jackson.

This year's program started with a strong foundation with the standard theme of "The King in Me" with the subtheme of "Discovering Our Past, Navigating Our Present and Unlocking Our Future." Rho Chi Omega set on a journey to take each prince and provide him with

the necessary tools to be Kings. Workshops focused on "Discovering Our Past: African Heritage" with Mr. William H. Hampton, Director, Curator and Owner of the Huntsville Revisited Museum as the guest presenter; "Navigating Our Present: Financial Management and Planning" with guest presenter, Mr. Delvin Sullivan, author of 'The Wealthy Child'; "TIED to Success" necktie etiquette presentation with Dr. Terrance Vickerstaff as the guest presenter; "Unlocking our Future: Paving the Path to Becoming a King" with Dr. Braque Talley, Vice Chancellor for Enrollment Management and Student Success at the University of Arkansas at Pine Bluff as the guest pre-

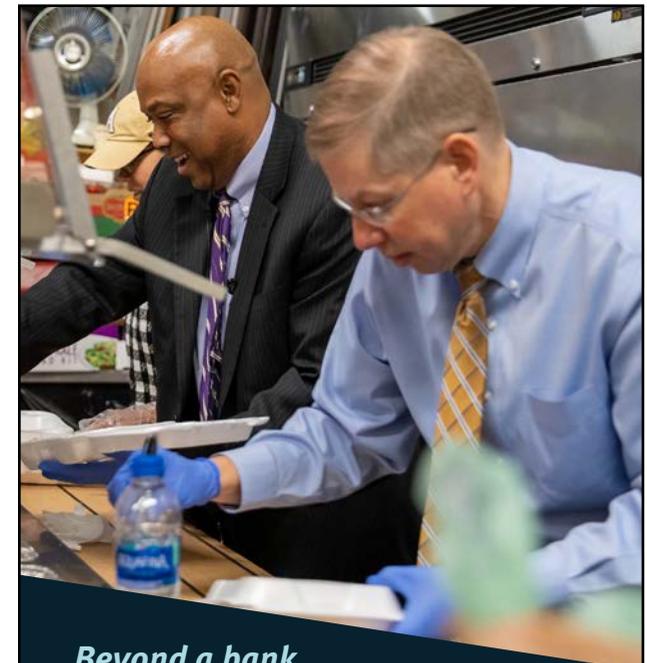
sender; STEAM career path vision board presentation; community service supporting the National Center for Homeless Education; virtual team building activity; and an oratorical competition on the topic "Black Lives Matter, I Matter!".

At the virtual closing ceremony, the young princes were debonair in their black suits as they were virtually presented to society, received the charge from Minister Chancellor Turner, Associate Minister of Pine Grove Missionary Baptist Church, and participated in the Prince to King Crowning Ceremony. The chapter presented the following awards: future leader, team builder and best speaker for each category,

and the overall King award. Andre James Mackey was presented with the Future Leader, Team Builder, and Best Speaker awards for the Nobleman Category. The Aristocrat awards were presented to Myron Lamont Lewis, Jr. for Future Leader; Joseph Floyd Hatcher for Team Builder; and Myron Lamont Lewis, Jr. for Best Speaker. La'Trell Isaiah Jackson was presented the Future Leader, Team Builder, and Best Speaker awards

for the Knight category. The King Award "Mr. Congeniality Award" was presented to Myron Lamont Lewis, Jr.

Proceeds raised from this event will go towards supporting charitable organizations. Mrs. Tiffany Richardson served as the Prince to King committee chairman, Mrs. Saleeta Spencer-Thomas served as the co-chairman and Mrs. Tonnesha M. Lewis is the president of Rho Chi Omega Chapter.



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## This Sunday's Lectionary

(Track 2)

Isaiah 62:1-5

1 Corinthians 12:1-11

John 2:1-11

Psalm 36:5-10

Sunday, January 16, 2022



### Publisher

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### Editor-in-Chief

Dorothy W. Huston, Ph.D.

### Editorial Consultant/ Senior Editor

Jerome Saintjones, Ed.S.

### Editorial Assistants

Linda Burruss  
Phyllis Chunn  
William Huston, Sr.  
Gary T. Whitley, Jr.

### Advertising Associate

Phyllis Chunn

### Contributing Editors -

tim allston  
Minister Preston Brown  
Robert Drake  
Ron Hamm  
Pastor Michael D. Rice

### Website Administrator

Calvin Farier

### Mailing Address:

The Valley Weekly  
415A Church Street - Suite 100  
Huntsville, AL 35801  
(256) 651-9028  
www.valleyweeklyllc.com  
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THE VALLEY WEEKLY

# VALLEY DEATHS



## NELMS MEMORIAL FUNERAL HOME

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

Memorial service for MS. DEBORAH OMEGA HAY-GOOD (b. 1957) will be Friday, January 21, at 1 p.m. at the Nelms Memorial Funeral Home Chapel.

Funeral service for MRS. CHERYL BROOKS JONES (b.1951) will be Saturday, January 15, at 1 p.m. at the Indian Creek Primitive Baptist Association Tabernacle.

Funeral service for MR. ANTHONY LYNN JONES (b. 1965) was held Monday, January 10, in the Nelms Memorial Funeral Home Chapel.

Graveside service for MRS. LINDA LESLIE was held Saturday, January 8, at 1 p.m. at Meadowlawn Garden of Peace with Pastor Tremaine D. Snodgrass officiating.

## ROYAL FUNERAL HOME

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

Graveside service for MSG (Ret.) JOHNNY L. "Pat" GARNER (b. 1932) was held Monday, January 10, in the Huntsville Memory Gardens (6810 University Drive NW, Huntsville, Ala.) with Pastor Ricky Sykes officiating.

Funeral service for MR. HENRY E. BURRUSS (b. 1954) was held Sunday, January 9, at the Royal Chapel of Memories with Elder Dr. Mylon Burwell officiating.

Funeral service for MRS. EMMA D. BOWMAN (b. 1931) was held Saturday, January 8, at the Royal Chapel of Memories with Pastor Jaymes R. Mooney officiating.

Funeral service for DEACON JOYCE ANN MITCHELL CRAWFORD (b. 1949) was held Friday, January 7, at the Royal Chapel of Memories (4315 Oakwood Avenue Huntsville, Ala.) with Reverend Endia Scruggs officiating.

## SERENITY FUNERAL HOME

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

Funeral service for MR. ROBERT LEWIS HAYES (b. 1950) was held Thursday, January 13, at Serenity Funeral Home, 2205 University Drive, Huntsville, Ala.

Funeral service for MR. WINSTON GRANT (b. 1966) was held Sunday, January 9, at Serenity Funeral Home, 2505 University Drive NW, Huntsville, Ala., with Pastor Reginald Johnson officiating.

THE VALLEY WEEKLY  
**VALLEY EVENTS**  
HAPPENINGS, ACTIVITIES & MORE!

### January 14

Huntsville's 5th MLK "Chicago Steppin'" Weekend  
Omega Center  
181 Import Circle  
Huntsville, Ala.

### Concert

Reba McEntire  
Propst Arena  
Von Braun Center  
Huntsville, Ala.  
8 p.m.

### January 15

Martin Luther King, Jr.  
Birthday

### Wale

Mars Music Hall  
Von Braun Center  
Huntsville, Ala.  
9 p.m.

### January 18

Boat Show Huntsville 2022  
Von Braun Center  
700 Monroe Street  
Huntsville, Ala.

### January 21

Rocket Awards  
U.S. Space and Rocket  
Center  
1 Tranquility Base  
Huntsville, Ala.  
5-8 p.m.

### January 30

Harlem Globetrotters  
Von Braun Center  
Huntsville, Ala.  
3 p.m.

### February 27

"Celtic Woman - Postcards  
from Ireland"  
Mark C. Smith Concert  
Hall  
Von Braun Center  
Huntsville, Ala.

THE VALLEY WEEKLY

# CHAMPION GAME PLAN

PRESTON BROWN

## "I'M LOOKING FORWARD TO IT"

Hebrews 11: 1 says, *Now faith is confidence in what we hope for and assurance about what we do not see.*

You know, I believe that we all need a faith that looks forward and not behind. Even though it may not look like we are moving forward, if we are faithful, God will always continue to bring us through whatever it is that we are going through. So many times we just want "out" of our current situations without any action on our part. But I have found that there are a few things that we need to

understand about faith and change. First, we need to understand that faith looks forward. I believe that God is always pointing us toward our future.

So often it's easy to focus on past hurts and disappointments. But God doesn't want us to focus on those things. Remember Isaiah 43:19 says, *See, I am doing a new thing! Now it springs up, do you not perceive it?*

You see, God's plan for our lives is to look forward

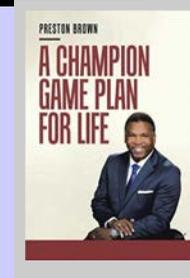
and not behind. The Apostle Paul says it this way in Philippians 3:13, "Forgetting what



is behind and straining toward what is ahead."

Now that word *straining* means to make an unusually great effort. So, we need to forget the past and look forward to the future on purpose. Because the good news is this,

God can always make a way out of no way, if we let Him lead us. So this year we all need to start saying, "I'm looking forward to it!" No matter what it is. If God is leading me, then "I'm looking forward to it" ... Stay encouraged, my brothers and sisters. And make sure you purchase a copy of my book A CHAMPION GAME PLAN FOR LIFE at amazon.com.



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THE VALLEY WEEKLY  
**ALL FOR  
 THE FAMILY**  
 "EMPTY NEST"

"For everything there is a time and a season ..." - Ecclesiastes 3:1.

January will mark the season and time when many parents will be happily preparing for their only or last child to graduate high school in May or June.

While this can be an exciting time for many families, it will also be a time when the child or children will no longer be living at home, a transition time known as "empty nest," for which plans may not have been made.

This season of life can be difficult and lonely for some parents. Instead of helping with homework, transporting to and from extracurricular activities and other everyday demands of caring for children, there is now a void, an emptiness and sadness.

Following are some strategies to help parents avoid the experience of

"empty nest syndrome."

1. Accept that your feelings are normal.
2. Revive the romance in your life.
3. Volunteer for a cause that's important to you.
4. Take a class or start a hobby.
5. Declutter your spaces.
6. Use technology to keep in touch with your child(ren).
7. Continue your education.
8. Deepen your spiritual practices.
9. Invite more people over for a meal or to play

**"Some people die at 25  
 and aren't buried until 75."**

- Benjamin Franklin



Dr. Margaret J. Kelly

games.

10. Realize that your role as a parent has not ended, just changed.

**- Think It Over -**

While the season of empty nesting can be a life-altering experience, it is also a time where God is moving parents forward and working things together for their highest good (Romans 8:28).

**Sources:**

familyeducation.com  
 mayoclinic.org  
 theguardian.com

**WJAB**  
**90.9 FM**  
 www.wjab.org

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 256-534-1360

**"The truth is, everyone's  
 going to hurt you.  
 You've just got to find the  
 ones worth suffering for."**

- Bob Marley

**"Life will give you  
 whatever experience is  
 most helpful for the  
 evolution of  
 your consciousness."**

- Eckhart Tolle



## Holiday Flight Attendants Mimic 1965 “Day of Absence” Play

The recent Christmas-New Year’s travel season suffered a reported record 15,000+ flight cancellations, according to Flight Aware tracking service. COVID-19 forced flight attendants’ absences as one of the leading reasons for the cancellations.

Flight attendants are the silver-mettle leaders (SMLs) on flights. SMLs are persons occupying number-two positions in their workplaces, families, and places of worship. These “leaders from the middle” serve as the messengers between their organization’s top and bottom persons.

Although caused by COVID, the no-show flight attendants reminded me of the Negro Ensemble Company’s 1965 presentation “Day of Absence.” The play and attendants underscore the need for number-two persons for organizational successes.

This one-act play asked and answered the question, what would happen if all of this southern town’s Blacks failed to show up for work one day?

Suburban housewives were unable to change their babies or feed them and their families;

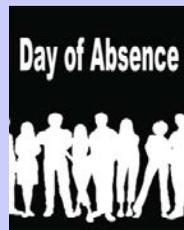
Bus stops overflowed from absent drivers; and Unanswered downtown office telephones and unmade pots of coffee highlighted absent receptionists and secretaries.

On the surface, “Day of Absence” could be seen as a dramatization of race relations. But the deeper lesson both there and with the absent flight attendants illustrates the urgency of having those invisible second-tiered persons enhance and make possible a better quality of life in every organization, whether at home or in the workplace.

Are you a silver-mettle “leader from the middle” for your family, workplace, or worship place? Consider yourself to be its MVP because it cannot succeed without you, as the absence of holiday flight attendants demonstrated.

In 2022, be ever mindful and take even greater pride in your importance to your organization.

The next time you board an airplane, enter your workplace, or return home, be sure you thank those persons “leading from the middle” for being great by serving you. Jesus counseled similarly, “whoever wants to become great among you must be your servant,” Matthew 20:26.



## Don’t Ignore These Unusual Omicron Symptoms

New animal research offers a compelling explanation as to how the Omicron variant causes less severe disease than some of its predecessors: It seems to settle in the nose, throat, and windpipe, rather than traveling down to the lungs.

A large consortium of Japanese and American scientists released a report on their hamster and mice studies last week: Their findings concluded that the animals infected with Omicron were less likely to die, in addition to losing less weight and having less lung damage.

Ravindra Gupta, M.D., a virologist at the University of Cambridge, suggests a molecular explanation for why Omicron does not appear to thrive in the lungs. The TMPRSS2 protein, carried by many cells in the lungs, does not grab onto Omicron well. That means Omicron does not effec-

tively infect those cells as vigorously as Delta, something that both Gupta’s lab and a team from the University of Glasgow have independently discovered, The Times reported. Cells higher in the airway tend to not carry that protein and coronaviruses can also slip into cells that do not make the protein.

“It’s all about what happens in the upper airway for it to transmit, right?” Gupta told The Times. “It’s not really what happens down below in the lungs, where the severe disease stuff happens. So you can understand why the virus has evolved in this way.”

In general, Omicron is a milder illness, especially in the vaccinated. However, it can still throw up some strange and uncomfortable symptoms.

Two strange symptoms that have popped up for sufferers are pink eye or conjunctivitis and hair loss.

For some, eye trouble can appear alongside other symptoms in about two days, while hair loss tends to appear near the end of an illness.

According to Healthline, the virus enters the body’s cells through receptors for the enzyme called angiotensin-converting enzyme 2 (ACE2) by tricking it into thinking it’s the enzyme rather than COVID.

The ACE2 receptors are located in parts of the eyes, such as the retina and the epithelial cells that line the eye white and eyelid.

One of the most unconventional symptoms of COVID is hair loss. According to the American Academy of Dermatology Association, hair shedding is quite common after a high fever.

Hair loss or telogen effluvium as it’s medically known happens when more hairs than normal enter their “shedding”

phase of the hair growth lifecycle.

Experts across the globe have highlighted at least eight early warning signs of Omicron you should never ignore. These signs typically occur quickly and early in the illness (about two days after exposure) and tend to last for around five days. However, some symptoms can go quicker or linger longer.

Common early warning signs of Omicron include:

- Scratchy throat
- Lower back pain
- Runny nose/congestion
- Headache
- Fatigue
- Sneezing
- Night sweats
- Body aches

If you are experiencing COVID symptoms of any kind, you should get a PCR test and self-isolate until your results come back.

- BlackDoctor.org

## Some Powerful MLK Quotes for 2022

What words of wisdom do we need to help us deal with this day and age? Here are a few gems from the slain civil rights leader, Dr. Martin Luther King, Jr.

*“The time is always right to do what is right.”*

*“Faith is taking the first step even when you don’t see the whole staircase.”*

*“Forgiveness is not an occasional act; it is a constant attitude.”*

*“Injustice anywhere is a threat to justice everywhere.”*

*“Our lives begin to end the day we become silent about things that matter.”*

*“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”*



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THE VALLEY WEEKLY

# CALLED 2 PREACH

REV. MICHAEL RICE

## Put Your Shoes On

### Exodus 12:11-12

The Bible is replete with symbols that are both implicit and explicit. These symbols can be from nature or other things like clothing. Shoes can be symbolic of readiness to move and also expectation.

Moses was told to take his off when he was called on the backside of the Midian desert at the burning bush when God commissioned him to be the mes-



senger to Pharaoh to let his people go. However, when it was time for the people of God to actually “come out” of Egypt, they were instructed to ‘put their shoes on’ as they prepared and ate the roasted Pass-over lamb and unleavened bread. The blood was to be put over the doorpost as an indication that they were the people of God and the death angel would “Passover” that household and their firstborn would be spared. Those households that were without that holy sign were met with the grief of the loss of their firstborn son. That is what actually finally broke the will of Pharaoh when his firstborn died. God had his people to eat



pixabay.com

being ready to leave, not eat, take a nap and get up in the morning. When God gives instructions that are meant to be vehicles and

venues for deliverance, how one positions him/herself, says a lot about the expectation of God to keep His promise. This is a new

year. Has God promised you anything? Have you received instructions? *Put your shoes on.*



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*“The first time someone shows you who they are, believe them.”*

– Maya Angelou

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**JANUARY 14 - LL COOL J - James Todd Smith aka LL Cool J, is an American hip hop recording artist, record producer, actor, author and entrepreneur from Queens, N.Y. He is known for such hip hop hits as “Going Back to Cali” and “Mama Said Knock You Out”, as well as romantic ballads such as “I Need Love.” - BlackCelebrityBirthdays.com**





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

## Mrs. Frances Jones Harris

Born in Helena, Ala., Frances Jones was the second oldest of 4 children.

She and her husband, the late Judge Harris, are the proud parents of three children; one son (DeLonzo of Huntsville) and two daughters (Kimberly Johnson of Austin, Tex., and Judise Lanier of Madison, Ala.).

She is a blessed and dotting 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.

Harris has volunteered and presented in-service educational and cultural workshops with the com-



munity 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 has been affiliated with Delta Sigma Theta Sorority, Inc.; the Board of Directors of the North Alabama Sickle Cell Foundation; and Fellowship Presbyterian Church.

## PowerShot

"You become unstoppable when you realize that you are far more than a survivor."

J. T. Moore



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"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote **volunteerism** and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at [www.rosettajamesfoundation.org](http://www.rosettajamesfoundation.org). Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to [info@valley-weeklyllc.com](mailto:info@valley-weeklyllc.com).



*"The secret of change is to focus all of your energy not on fighting the old, but on building the new."*

– Socrates

# Improving Sleep in an Age of Stress and Work-Life Demands

(BPT) - Do you get enough sleep each night? Do your loved ones? Or are you a "short sleeper," someone who routinely sleeps less than seven hours per 24-hour period - something known as short sleep duration.

The American Academy of Sleep Medicine and Sleep Research Society both recommend that adults aged 18 to 60 sleep at least seven hours each night to promote optimal health and well-being. Increasingly, researchers are finding that poor sleep quality and duration is associated with a slew of negative health conditions such as diabetes, obesity, stroke and Alzheimer's.

Most U.S. adults (88%) understand quality sleep is critically important to overall health, but a third of Americans (33%) regularly sleep less than the recommended minimum seven hours per night, and 44% do not have a serious sleep routine, according to a consumer survey by Tranquility weighted blanket brand. In the same survey, general stress and



anxiety was the top barrier to getting good sleep.

So, how can you improve sleep in the face of daily stresses and work-life demands?

1) Establish a sleep routine including wind-down rituals and a consistent bedtime, even on weekends. Wind-down rituals could include bathing at night, turning down lights, setting your devices to nighttime mode or Do Not Disturb, relaxing with a weighted blanket, and cutting off eating and drinking

several hours before your established bedtime.

2) Incorporate small, realistic changes, like adjusting your immediate environment with cooler nighttime temperatures, new bedding or limiting evening screen time, versus more drastic changes that may be hard to maintain, like making a career change or cutting out coffee cold turkey. Giving up caffeine drinks can improve sleep, but less than two in 10 (19%) adults said they would be willing to try this tactic, whereas about

a third would be willing to change bedding or adjust screen time habits.

3) Tie your new routine to existing habits. Behavioral scientists say we are more successful adopting

new healthy habits when they are tethered to existing ones. If you watch TV or read to unwind before bed, adding a weighted blanket that elicits a calming sensation through the application of deep touch

pressure can compound the relaxing effect. If you work out in the evenings, adding a few minutes of gentle yoga, breathwork or meditation to the end of your session can help prep your mind and body for sleep.

4) Give yourself time to settle into your new routine. There will be days where family, social or work obligations disrupt your new pattern, and cutting off screen time or eating and drinking well in advance of bedtime is an impossibility. This is where a meditation routine or weighted blanket can come in handy, helping to quickly quiet a busy mind or body close to bedtime. Eventually, you'll be reaping the health benefits of consistent, quality sleep.

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## 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.

The Valley Weekly

This is to give you a BIG SHOUT OUT for continuing an outstanding local Newspaper with photos large enough to tell who it is focused on. Thanks for all that you do for our community and the Tennessee Valley. Please give a BIG SHOUT OUT to Brother Saintjones, as well.

*Warm Regards,  
Sister (Katie) Byrd*

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