

# Trey Flowers, A&M Sponsor MH Symposium - p. 8

**FREE**

## 'The Hill' Sponsors APLU - p. 6

Friday  
April 26, 2024  
Vol. 10, No. 34  
ValleyWeeklyllc.com

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



**TIM ALLSTON: My "Weight" Is Over - p. 5**



**GLORIA B: "When You Are Purposed!" - p. 5**



**PRESTON BROWN: "Certainty of Hope" - p. 3**



**Mrs. Kathy Sieja**

*"Patriotism has no appeal to us; justice has. Party has no weight with us; principle has." - A. Philip Randolph*

### Music Lovers Prepare for PorchFest FivePoints 2024

"PorchFest Five-Points 2024" will be held Saturday, May 4, from 4-9 p.m. in the Five Points District.

Attendees are encouraged to "bring a chair and tips for the band."

Star Super Market and Discount Pharmacy is the 2024 presenting sponsor.

The annual festivities are open to the public.



### A&M Gospel Choir Performs at Saint Bartley

The Alabama A&M University Gospel Choir recently performed its 2024 Spring Concert at Saint Bartley Primi-

tive Baptist Church in Huntsville, Ala. The Choir also welcomed renowned gospel talents Shailia Head, Jazz Mck-

enzie, Oakwood University's Dynamic Praise and AAMU's Anointed Dancers.

- Toni Herring

### Friends of Rescue to Hold Kittypalooza 2024

Join Cattyshack, Inc., and Friends of Rescue Saturday, May 11, 2024 from 11 a.m.-3 p.m. in Lowe Mill's First Floor Connector for the fourth annual Rocket City Kittypalooza!

It's a big day of adoptions, fundraisers and kitty snuggles! The goal for this event is to encourage community members to spay and neuter

their pets.

Persons who find a stray, or have barn cats, or are taking care of a feral colony, should reach out to local rescues or shelters to help get the animals spayed and neutered at no cost to or around \$5!

The event will feature 20-minute quick cuddles in the lounge.

Also, for a flat \$30 donation, at-

tendees (and up to 11 guests) will have the lounge all to themselves!

Reservations are required, so please register at the website linked below. Please be sure to read our rules if bringing kids!

For additional information, contact <https://cattyshack-huntsville.org/events/>

### AHA to Honor Two 2024 Fellows

The Alabama Humanities Alliance (AHA) has announced that Brittany Howard and Jason Isbell are AHA's newest Alabama Humanities Fellows. The duo will be honored at an event in the 2024 Alabama Colloquium series scheduled for August 26 in Huntsville at the Von Braun Center's Concert Hall.

This is the first of two Alabama Colloquia that AHA will present in 2024, as it celebrates its golden anniversary — 50 years of sharing Alabama's stories. It also marks the first time AHA has brought its signature event to Huntsville.

The evening will feature an in-depth conversation between Howard



and Isbell, and each honoree will perform a song they've selected for the occasion. This will be a theatre-style event with assigned seating, and the program begins at 6:30 p.m.

While our musical honorees will play a couple songs for the occasion, this is not a concert. Base prices for tickets are \$75-\$100, and are being sold through the host venue, the Von Braun Center. (NOTE: Ticketmaster, the Von Braun's ticketing partner, applies additional fees to all events.)

Proceeds benefit AHA's year-round programming.

The Valley Weekly

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**Publisher**

The Valley Weekly, LLC

**Editor-in-Chief**

Dorothy W. Huston, Ph.D.

**Editorial Consultant/  
Senior Editor**

Jerome Saintjones, Ed.S.

**Editorial Assistants**

Linda Burruss

Phyllis Chunn

Gary T. Whitley, Jr.

**Advertising Associate**

Phyllis Chunn

**- Contributing Editors -**  
tim allston

Lamar A. Braxton, Jr.

Minister Preston Brown

Gloria B. Caldwell

Ron Hamm

Margaret Kelly, Ph.D.

Gary T. Whitley, Jr.

**Website Administrator**

Calvin Farier

**Mailing Address:**

The Valley Weekly

2204 Whitesburg Drive- Suite 220

Huntsville, AL 35801

(256) 651-9028

[www.valleyweeklyllc.com](http://www.valleyweeklyllc.com)

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**The Valley Weekly**

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Eighth Page 2.5x5 inches \$150

Sixteenth Page 2.5x2.5 \$75

Classified 1 col.x1 inch \$100/Flat Fee

The Valley Weekly  
**Washington**  
**One Minute**

by Ron Hamm

**KEY EVENTS THIS WEEK:**

Senate takes up Ukraine/Israel/Taiwan aid bill that passed the House on Saturday; Supreme Court to hear Trump presidential immunity case; President Biden travels to Florida to denounce 6-week abortion ban.

1. CONGRESS. The House is in recess this week, while the Senate has postponed part of its scheduled recess and will meet Tuesday to take up the \$95 billion Ukraine/Israel/Taiwan supplemental spending bill that the House passed on Saturday.

On Saturday, the House took 4 votes to pass the \$95B supplemental bill (split into 4 pieces) that will provide aid for Israel, Ukraine, and Taiwan: on \$61 billion in aid to Ukraine the vote was 311 to 112, with a majority of Republicans — 112 — voting against it and Rep. Dan Meuser (R-PA) voting “present;” the House then approved \$26 billion in assistance to Israel 366 to 58, and \$8 billion for Taiwan 385 to 34 with Rep. Rashida Tlaib (D-MI) voting “present;” and a 4th vote was taken on a bill that passed 360 to 58 to

impose sanctions on Russia and Iran and require the sale of TikTok by its Chinese owner or

ban the app in the United States.

A separate vote on a bill containing the GOP's border and immigration priorities that needed 2/3rds to pass failed on a largely party line vote of 215-199.

2. THE WHITE HOUSE. On Monday, President Biden delivered remarks commemorating Earth Day at Prince William Forest Park in Virginia. On Tuesday, the President visited Tampa to denounce Florida's six-week abortion ban, which goes into effect on May 1, and on Thursday he traveled to Syracuse, NY, to tout a \$6.1 billion investment in Micron Technology for a computer chips complex courtesy of the federal CHIPS and Science Act. On Saturday night, the President will attend the annual White House Correspondents' Association Dinner at the Washington Hilton.

3. SUPREME COURT. On Monday, the court heard oral argument in an important case pitting local governments against homeless advocates, turning on the constitutionality of ordinances and fines

in Grants Pass, OR, that bar people who are homeless from using blankets, pillows, or cardboard boxes for protection from the elements while sleeping within the city limits (City of Grants Pass, Oregon v. Johnson). On Thursday, the court was scheduled to hear argument in Trump v. U.S. to decide whether former President Donald Trump can be tried on criminal charges that he conspired to overturn the results of the 2020 election turning on the issue as to whether and if so to what extent does a former president enjoy presidential immunity from criminal prosecution for conduct alleged to involve official acts during his tenure in office (note: opening statements begin today in New York City in former President Trump's criminal trial on charges of falsifying business records; the trial is expected to last 6-8 weeks).

4. TITLE IX. Last Friday, the

Biden Administration issued new rules cementing protections for LGBTQIA+ students under federal law and reversing Trump-era policies that dictated how schools should respond to cases of alleged sexual misconduct in K-12 schools and college campuses. The new rules, which take effect on August 1, effectively broaden the scope of Title IX, the 1972 law prohibiting sex discrimination in educational programs that receive federal funding, extending the law's reach to prohibit discrimination and harassment based on sexual orientation and gender identity and widen the range of sexual harassment complaints that schools will be responsible for investigating. The higher education community had requested at least 8 months between publication of the rules and their effective date to undertake substantial employee training, changes to grievance procedures, and other aspects of Title IX compliance that the

regulations require.

5. MORE RETIREMENTS. Last Saturday, Rep. Mike Gallagher (R-WI), Chair of the House Select Committee on the Chinese Communist Party, resigned from Congress, bringing the House GOP ratio down to 217 Rs to 213 Ds and cutting the margin to 1 vote for House Speaker Mike Johnson (R-LA). Also last week, Rep. Jake LaTurner (R-KS) announced he would not run for reelection, becoming the 16th Republican to leave the House, not counting 5 other Members who are leaving to seek other office. On the other side of the aisle, 13 House Democrats have announced plans to retire.

Hamm Consulting Group  
300 New Jersey Ave, NW Suite 900  
Washington D.C. 20001  
T: 202-596-8384  
[rhamm@hammconsulting.com](mailto:rhamm@hammconsulting.com)  
[www.hammconsulting.com](http://www.hammconsulting.com)

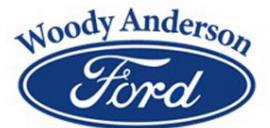
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## Go Red Health Fair

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**11AM - 2PM**  
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# Spiritual Game Plan

PRESTON BROWN'S



The Valley Weekly

## The Certainty of Hope

Romans 4:21 says, "(Abraham) being fully persuaded that God had power to do what he had promised."

I believe that to receive God's promises for our lives requires us to be patient. Now being patient means to be able to accept or tolerate delays, problems or suffering, without becoming annoyed or anxious. If you remember the story of Abraham, the bible tells us that he had waited long and endured patiently before receiving his first child and yet he was still full of hope. One could also say that Abraham had the certainty of hope which means, he knew beyond all doubt that God would do what He said he would do. Even though, the situation didn't look like there was anything to be hopeful for. So Abraham had two things working for him. He was patient and he was hopeful.

I wonder if we are as optimistic as Abraham was when it comes to the promises of God. You see, we all need to understand that God knows the exact time for us to have what He

wants us to have. But there are certain steps that we have to take to get to the place where we want to be. So when we "partner" with God we need to learn how to be patient. Because the only thing that keeps us from receiving the promises of God is we give up on the journey. I have learned that our destination is not the only thing. I have found that the journey is just as important. Maybe more so. But

we have to learn how to enjoy the journey and not just endure the journey. Because there are lessons to be learned while on the journey that will prove

to be priceless in the end. So let us all learn to stay full of hope until we reach our destination.

*Prayer:* Heavenly Father, help us to learn how to be certain beyond all doubt about the promises that you have for our lives.

*Question:* When things are not going well in your life do you remain hopeful?

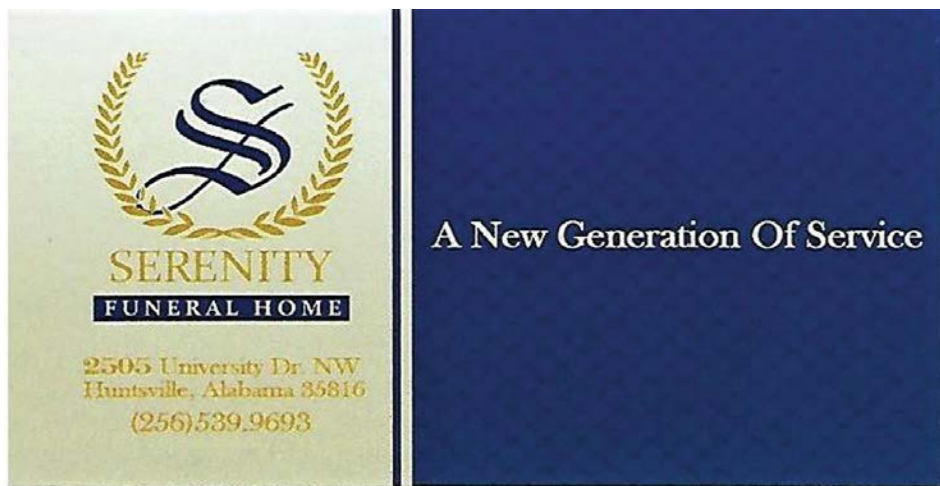
Stay encouraged, my



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, or my website at Westbow Books.

**NEXT WEEK:**

**"Don't Fall for That!"**



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Funeral services will be announced soon for **MS. MILDRED SMITH** (b. 1935); **MS. PATRICIA PARKER** (b. 1954) and **MR. MARQUEZ WILLIAMS** (b. 1994). Visit the Serenity Funeral Home website above for the latest updates.

Funeral service for **MS. BRENDA BROWN** (b. 1955) was held Sunday, April 14, at Mt. Zion Primitive Baptist Church, 2350 Wall Triana Hwy SW, Huntsville, Ala.

## NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW  
Huntsville, AL 35816 - (256) 539-8189 - [www.nelmsmemorial.net](http://www.nelmsmemorial.net)

Funeral service for **MR. GREGORY R. BONE** (b. 1951) was Saturday, April 20, at Hurricane Chapel Missionary Baptist Church with Pastor Gary Battles officiating.

Funeral service for **MRS. LOUISE SMART WOODS** (b. 1937) was Saturday, April 20, at Saint Bartley Primitive Baptist Church with The Reverend Dr. Barbara Clemons officiating.

Funeral service for **MR. CHRISTOPHER MARSHALL** was Saturday, April 20, in the Nelms Memorial Funeral Home Chapel.

Funeral service for **MRS. EARLINE T. HENDERSON** (b. 1932) was Tuesday, April 16, in the Nelms Memorial Funeral Home Chapel with Father Joseph Lubrano, S.D.S., officiating.

## ROYAL FUNERAL HOME

4315 Oakwood Avenue NW  
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The funeral service for **MRS. LINDA FAYE PINCHON TONEY** (b. 1954) was Wednesday, April 24, at the Little Indian Creek Primitive Baptist Church, 884 Indian Creek Road, Huntsville, Ala., with Dr. Jerry Crutcher officiating.

The funeral service **MR. LEONARD SPINKS B.K.A "LEO"** (b. 1947) was Monday, April 22, at the Saint Bartley Primitive Baptist Church, 3020 Belafonte Avenue, Huntsville, Ala., with Associate Pastor D.J. Glover officiating.

The funeral service **MRS. GRACIE LOVE** (b. 1931) was Saturday, April 20, at the Union Hill Cumberland Presbyterian Church in America, 3126 Nevel Drive, Huntsville, Ala.

The memorial service of **MS. DIANE CUTTS OATES** (b. 1963) was Saturday, April 20, at the Royal Chapel of Memories, 4315 Oakwood Avenue NW, Huntsville, Ala., with Dr. Don Darius Butler officiating.

The Valley Weekly  
**VALLEY**  
**EVENTS**

HAPPENINGS, ACTIVITIES & MORE!

**April 26-28**

Bulldog Baseball vs. Bet-hune-Cookman  
 Bulldog Baseball Field  
 Alabama A&M University  
 2 p.m. (1 p.m. - 4/28)

**April 27**

35th Annual St. Ann's  
 Seafood Fiesta Big Fish Car  
 Show  
 Annunciation of the Lord  
 Catholic Church  
 3910 Spring Avenue SW  
 Decatur, Ala.

**April 28**

Free Mental Health Expo  
 mentalhealthexpo.org  
 Coordinator: Rev. Dr.  
 Kenesha Fudge  
 Von Braun Center  
 Huntsville, Ala.  
 (256) 202-4514  
 9 a.m.-6 p.m.

**May 3-4**

2nd Annual Let's Unpack  
 Mental & Emotional  
 Health Workshop

At The Livin' Room  
 2820 Governor's Drive  
 Huntsville, Ala.  
 5:30-9 p.m. (May 3)  
 11 a.m.-4 p.m. (May 4)

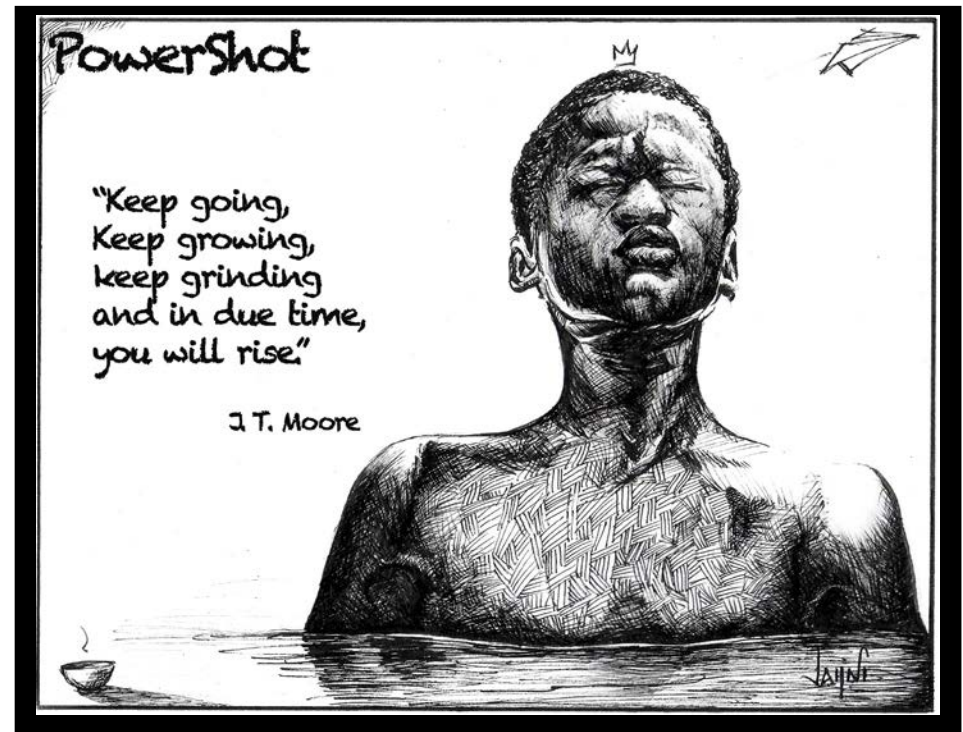
**May 3-5**

Bulldog Baseball vs. Ala-  
 bama State  
 Bulldog Baseball Field  
 Alabama A&M University  
 2 p.m.  
 (1 p.m. - 5/5)

**May 4**

Free Comic Book Day  
 The Deep, Comics, Games  
 & Toys  
 2205 Mock Road SW  
 (Near Office Depot)  
 Huntsville, Ala.

Donate Life Alabama  
 Donor Dash for Life 5K  
 Veterans Park  
 Hoover, Ala.  
 8 a.m.



*"To make our way, we must have firm resolve, persistence, tenacity. We must gear ourselves to work hard all the way. We can never let up."*

- Ralph Bunche

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**LEGAL NOTICE  
 NOTICE OF COMPLETION**

In accordance with Chapter 1, Title 39, Code of Alabama, 1975, as amended, notice is hereby given that Lee Builders, Inc., Contractor, has completed the Contract for Rehabilitation of First Stop's Facility, CDBG-CV Project No. CV-EC-20-010 at 206 Stokes Street NW, Huntsville, AL 35805 for the State of Alabama and the Madison County City of Huntsville (Owner), and have made request for final settlement of said Contract. All persons having any claim for labor, materials, or otherwise in connection with this project should immediately notify Chapman Sisson Architects, Inc., 305 Church Street SW, Suite 805, Huntsville, AL 35801. Lee Builders, Inc., 2049 Fisher Street SW, Huntsville AL 35803.

**AVISO LEGAL  
 AVISO DE FINALIZACIÓN**

De acuerdo con el Capítulo 1, Título 39, Código de Alabama, 1975, según enmendado, por la presente se notifica que Lee Builders, Inc., Contratista, ha completado el Contrato para la Rehabilitación de las Instalaciones de First Stop, Proyecto CDBGCV No. CV-EC-20-010 en 206 Stokes Street NW, Huntsville, AL 35805 para el Estado de Alabama y la Ciudad de Huntsville del Condado de Madison (Propietario), y han solicitado la liquidación final de dicho Contrato. Todas las personas que tengan algún reclamo por mano de obra, materiales o de otro modo en relación con este proyecto deben notificar inmediatamente a Chapman Sisson Architects, Inc., 305 Church Street SW, Suite 805, Huntsville, AL 35801. Lee Builders, Inc., 2049 Fisher Street SW, Huntsville AL 35803.

## FYI: My “Weight” is Over, Gone!

“... let us also lay aside every weight, ...” - Hebrews 12:1

Nearly 77% of us who make New Year’s resolutions fail because we possibly devalue today’s more immediate opportunities and reach instead for tomorrow’s long-term wishes. Like weight loss.

In the Lord’s Prayer, however, Jesus counseled, “Give us THIS DAY our DAILY bread” (emphases added). Well, I tried this daily bread resolution recently and succeeded.

In January, my fiancée Ginger and I dined with Marie Newby, a close friend, and marveled at her weight loss.

She introduced us to 40DTU (for 40-Day Turn Up), Joe Williams’s lifestyle management program (see the before/after pictures below). A former 300-lb pastor who lost 110 lbs through Bible and nutrition studies, Williams began sharing his holistic change with his congregants, who then shared it more broadly.

According to his Journey Life TV website, “The American Heart Association and American Stroke Association have partnered with his effort to help more than 3,000 participants achieve weight loss, emotional detoxification and spiritual recalibration.”

Marie’s 35-lb. loss sold me, along with the program’s “40-day” biblical reference. “40” symbolizes preparation for change, as in Genesis’ Great Flood which purged sin from the earth, and Jesus’ wilderness days which jump-started his ministry.

After being admitted to 40DTU and paying a paltry \$10 entrance fee, we registrants began a two-day detox “boot camp” of drinking only gallons of water mixed with Dr. Joe’s strawberry kiwi, orange pineapple, very berry, or apple cranberry concentrates.

After losing eight pounds detoxing, I continued with the required regimen: four daily meals of a maximum of 400 calories of protein, carbs, and fats; drinking half my weight in ounces of water; sharing highs and lows with fellow journeymen; a once-weekly fast day of either water or agreed-upon fruit; your choice of a daily exercise routine; and a week-ending photographed reading of weight loss and blood pressure numbers.

It worked, or rather, it is still working. My first-day reading of 266 lbs and 171/94 hbp morphed into 235 lbs and 128/72 reductions on day 40!

My now drill sergeant wife Ginger “volun-told” me to continue this lifestyle towards a 65-lb. loss intended to eliminate all prescribed meds.

Today, claim a “new-day resolution” and a supporting partner to jump-start detoxifying your life and “lay aside every weight” - starting with excess fat.



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## When You Are Purposed ...

# Millennial Moment

by Gloria B. Caldwell

When you are set here, intentionality, for a specific reason and you take the time to figure out what that is ... why not fulfil it? When you are purposed, you are built for it! No one can stop it!

In the midst of figuring it out, your journey will strengthen you for the actual “coming into purpose”. It will build a well of resilience to help you overcome everything that comes along with it. It will forge a path that no one else will have the map to trod on. When you are purposed, no one can mass produce that particular

assignment.

It’s yours!! So ... why give it over to laziness? Why let it suffocate to death? Why forgo it to be one of the crowd? Why lay down on your assignment and allow yourself to live a subpar existence?

You know you’re going to have your head on a swivel trying to see what others are doing. When you see it, it’s going to stress you out. Why? Because it happens to all of us. We see the outcome of someone else’s sacrifice and say, “I could have



done that!” Well possibly, and perhaps not! Everything looks easy after the work has been done. But, what about your assignment? How much effort and energy have you put into that? If you want to

show the world how great you are, do what you are purposed to do!

Once you figure that out, and give it 100%, not only will the world see how wonderful you are, YOU will be proud of yourself!

### Huntsville Council Meetings



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

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

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## This Sunday’s Lectionary

(Track 2, Year B)

First Lesson:

Acts 8:26-40

Psalm 22:24-30

Second Lesson:

1 John 4:7-12

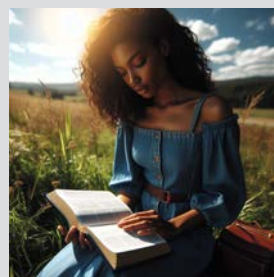
GOSPEL:

John 15:1-8

Sunday, April 28, 2024

Fifth Sunday of

EASTER





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

## Mrs. Kathy Sieja

The second of two children, Kathy Sieja was born in Panama City, Fla., on October 7, 1946. Her father was in the Air Force for the first 20 years of her life, so she lived in several different cities in the United States, as well as abroad, graduating from high school in Anchorage, Alaska. After attending the University of Alaska and Florida State University, she graduated from the University of West Florida in Pensacola with bachelor's and master's degrees in social work and counseling psychology, respectively.

Sieja and her husband Dan were married over 43 years ago in Pensacola, where he flew FA's with the Navy. The family spent several years living in Virginia, Maryland, Japan, and Texas, while she was primarily a stay-at-home mom for their three delightful children—Julie, Tim and Andy. During those years, she was active in several community organizations, including church, military wives groups, children's school activities, and other outreach associations.

It was while living in Japan that she first began

working outside the home, and she continued part-time employment until Dan retired from the Navy in 1989, and they moved to Huntsville, where they have lived ever since. All of their children moved away after high school for college and the beginning of their adult lives. She and Dan were ecstatic when all three families decided to move back to Huntsville, and they now are the very proud grandparents of seven grandchildren, ranging in age from 5 to 16.

Most of her career was as a clinical counselor, and she was a partner of The Hearth Psychology and Counseling Center in Huntsville for 20 of those years. She became active in a number of community programs, including Beginning Experience, where she was able to use her counseling skills to help others. During her career, she did public speaking, led groups, and taught classes on topics such as grief, marriage, and stress reduction.

At St. Mark's Lutheran Church, she is a Worship Assistant, leader of an Adult Sunday School



Class, the Women's organization with Carlquist Teague and local and state leadership positions, and she has served on the Church Council as well as many committees. She led the Quilting Guild that makes quilts for Lutheran World Relief, which sends hundreds of thousands of them to Third World countries every year.

Since retirement, she travels often and in her spare time, she teaches and takes classes at Osher Lifelong Learning Institute at UAH and at Learning Quest. She also plays bridge, attends a prayer group, reads, cross stitches, and gets her exercise by walking and taking yoga and tai chi classes. Her favorite and most rewarding time is spent with her children and grandchildren, who offer her the greatest blessings of her life.



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

## AAMU's ORD Hosts APLU Conference



The AAMU Office of Research and Development hosted the Association of Public and Land-Grant University (APLU) Conference recently on campus.

Over 50 researchers from across the country attended the event consisting of sessions geared toward further positioning institutions for research success.

This was AAMU's first time hosting the APLU conference, which pro-

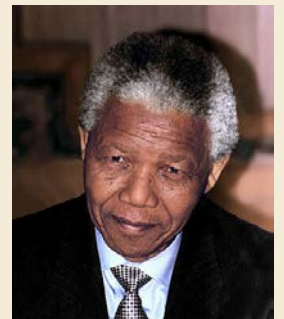
vides professional development for senior research leaders across various topics.

Several senior research officers presented insights on the field through the lens of expansive careers in research.

Among presenters was Dr. Luis Cifuentes, Vice President for Research and Economic Development at the University of New Mexico, who discussed the difference in mission and priorities working at an R1 land grant and a R1 flagship.

"We are appreciative of the opportunity to bring this event to our campus," said Dr. Majed Dweik, Vice President for Research and Economic Development at Alabama A&M. "I have to thank Dr. Kevin Cooke and Ms. Abigail Eshete for ask-

### ON THIS DAY



**South Africa holds its first all-race elections on April 26, 1994. Nelson Mandela would eventually be elected the nation's first Black president**

- [bet.com](http://bet.com) and [wikipedia.org](http://wikipedia.org)

**APRIL 26 - AVANT** - Myron Lavell Avant is an American R&B singer, songwriter, and a stage-play actor. He is known for his songs "Separated", "Read Your Mind", and "Makin' Good Love". He has produced three Platinum-selling albums. He has released 15 singles and 7 albums. Avant began writing songs at the age of 14. He independently released his debut single "Separated" in 1998. It was a song based on a failed romantic relationship. The single created a buzz and was played on the radio. It helped him land a deal at Magic Johnson Music. In 2000, he released his debut album, *My Thoughts*, which sold more than 1.3 million copies in the United States and 4.4 million worldwide. It was released by MCA Records.

- [BlackCelebrityBirthdays.org](http://BlackCelebrityBirthdays.org)



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# Local Author Cracks Amazon's Top 150 Bestseller's Rankings

Where *Jump Shots Meet Jesus*, an unorthodox approach to overlapping winning NBA championship dynasties with best practices from the Bible,

has cracked Amazon's Top 150 worldwide best sellers list this week at #147.

However, author Tim Allston is pleased but not totally surprised.

"Where *Jump Shots Meet Jesus* is peeking at the right time—at the end of Lent and Easter seasons (Jesus), college basketball's March Madness, and the start of

the NBA playoffs (or *Jump Shots*)!" said Allston.

"Moreover, while the book's popularity has spread globally, it's heartening to see a significant portion of its sales coming from our Huntsville-Madison County."

The American Library Association cites that the national average for library cardholders in a community is 40%, but the Huntsville-Madison County community boasts an impressive 76% for library cardholders.

"We are not just a hub for literacy, but also a thriving ground for entrepreneurship," stated the four-time Amazon bestsell-

ing author.

As a token of his appreciation for the support, Allston rescheduled his online webinar, "How to Tell, then Sell Your Story without Losing Your Freedom - or, Your Money!" for Tuesday, April 23, at 6 p.m.

Live-streamed on Facebook and YouTube, the

event is designed to offer a unique opportunity to explore the authorship and entrepreneurship processes in greater depth.

For more information on future activities and free registration, visit [timallston.com](http://timallston.com) or call (256) 212-0949.

## AAMU Holds Annual Black Tie Event

Alabama A&M University Event Center  
Friday, April 19, 2024- Entertainer: Doug E. Fresh



Night with Doug E. Fresh



The Millers



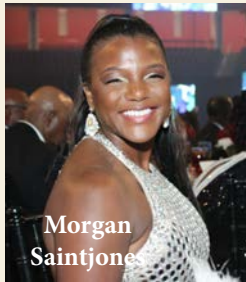
Candra DeBose & Danielle Rudolph



Cheryl Johnson



The Fullers



Morgan Saintjone



President Daniel Wims



Jeanette Jones, Jeneene Sams and Felicia Wilson



Carlquista Slay, Clarene Teague and Verlindsey Stewart

# Huntsville's Own Trey Flowers Hosts Mental Health Symposium at AAMU



NFL veteran player Trey Flowers (far left); best-selling author Jason Wilson (below left) and Psychiatrist Dr. Dawn Kamilah Brown (left) recently headlined a mental health symposium for Alabama A&M University students and the public Saturday, April 13, on campus.

The AAMU Office of Residential Life and Housing, Inter-Residential Hall Counsel, and Student Health and Counseling partnered with Flowers of the Future Foundation, Inc., to sponsor the event.

Huntsvillian Flowers started Flowers of the Future in 2019 to help at risk youth by providing back to school drives, meal distribution, scholarships and more.

Among the symposium's dynamic panelists were Dr. Dawn Kamilah Brown, psychiatrist and consultant for elite college athletes, the NFL, NBA, WNBA, MLB and Olympians; Jason Wilson, best-selling author and founder of The Yunion in Detroit, Mich.; senior behavioral specialist Jared Green; Dr. Ahada McCummings, LPC; and Jilian Pelzer, LPC. Erica Fox of WJAB-FM served as moderator.



*Photos by  
J. Saintjones*



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