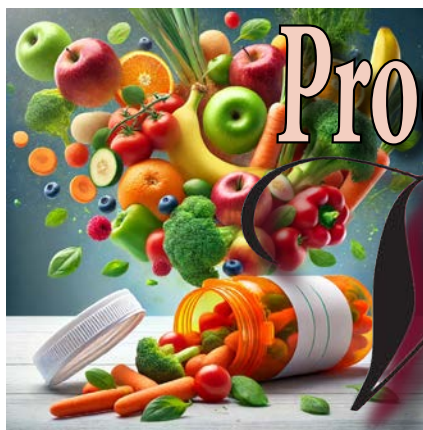


# Scenes from Juneteenth Celebrations - p. 9-10

**FREE**



## Produce Prescriptions - p. 11

Friday

June 21, 2024

Vol. 10, No. 42

ValleyWeeklyllc.com

# The Valley Weekly

**SALUTE!**

Rosetta James Foundation  
ELDER OF THE WEEK



Mrs. Sarah Drake - p. 6

*"It is easier to build strong children than to repair broken men."* - Frederick Douglass



**DAY FOR DADS!** District Six Commissioner Violet Edwards kicks off a special tribute to fathers at the Robert "Bob" Harrison Senior Wellness and Advocacy Center on Thursday, June 13. Alabama A&M University social work professor Willie Diggs (inset) addressed the capacity pre-Father's Day audience on the societal importance of fathers in the lives of their respective families. (Photo by Jerome Saintjones)



## MidCity Prepares for Independence Day Celebration

Tennessee Valley residents and their guests are invited to attend the annual MidCity District annual Independence Day Celebration.

Among the scheduled activities are the Watermelon Carving Contest at



1 p.m. on Sunday, June 30 at The Market at MidCity from 12-4 p.m.

On July 4 join Music at The Camp and 20 minutes of spectacular live fireworks with the Madison City Community Orchestra starting at 9:30 p.m.

## A&M Site of 15th Annual White Linen Brunch

The Ivy Center of Huntsville/Madison County Foundation, Inc., will sponsor its 15th Annual White Linen Brunch (\$65) on Saturday, June 29, at 10 a.m. at the Knight Center on the campus of Alabama A&M.

The event supports an array of community causes, including the Sickle Cell Foundation of North Alabama, Boys and Girls Clubs of North Alabama and Operation Making a Difference. Since

its inception, the Ivy Center Foundation also has honored a number of out-

standing citizens for their servant leadership.

For more infor-

mation on tickets or ads, please visit [ivycenterfoundationhsv.org/](http://ivycenterfoundationhsv.org/)

## 'Love of Music' Gala This Weekend

Second Chance Deliverance & Restoration Ministries, Inc., will hold the Second Annual Love of Music Gala on Saturday, June 22, at 5 p.m. in the Ernest L. Knight Reception Center on the Alabama A&M University campus.

2024 Honorees will include **Jenise Showers Bradshaw**,

choral director, Delta Choir, Huntsville Alumnae Chapter; **Vanessa Downing Henderson**, professional gospel singer; **Janette Kotey**, former staff minister of music at First Missionary Baptist Church; **Alexander "Al" Lewis**, musician, God's Temple Church of God In Christ; **Charlie F.**

**Lockhart IV**, choral director, Gospel Impact & Unity Choir, Union Chapel Missionary Baptist Church; **Tommie L. Lockhart**, professional singer, Alpha Ensemble, Alpha Phi Alpha Fraternity, Inc.; **Courtney Moore**, worship leader/minister of music at St. Bartley Primitive Baptist

Church/advisor, Alabama A&M University Gospel Choir; **Gregory Vajda**, music director/conductor, Huntsville Symphony Orchestra; and **Shelly Williams**, professional saxophonist.

For ticket information, please call (256) 714-1029.

The Valley Weekly

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The Valley Weekly

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**The Valley Weekly**

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

by Ron Hamm

Here are the top issues and events in Washington for the week. All federal government offices will be closed on Wednesday in observance of Juneteenth.

**1. CONGRESS.** The Senate is in session this week and the House is in recess. Last week, the House narrowly approved the \$883.7 billion Defense Authorization bill on a 217-199 vote providing a 19.5% pay raise for junior enlisted troops, but also containing amendments curbing funding for abortion, transgender medical care, and diversity efforts – all of which are destined to be non-starters in the Senate. House Speaker Mike Johnson (R-LA) traveled to Florida Monday to meet with former President Trump at Mar-a-Lago. The Senate starts off the week with a judicial nominee vote and is also expected to take up a bill reauthorizing firefighter grant programs (AFG and SAFER grants)...

**2. THE WHITE HOUSE.** The Biden-Harris campaign said it had raised \$30 million on Saturday night in Los Angeles. Former President Obama joined Monday. The President met with NATO Secretary General Jens Stoltenberg at the White House, and on Tuesday he hosted an event marking the 12th anniversary of the DACA Program.

**3. SUPREME COURT.** Last Friday, the Supreme Court in a 6-3 ruling struck down a Trump-era regulation banning bump stocks promulgated by the Bureau of Alcohol, Tobacco, Firearms and Explosives after a 2017 mass shooting at the Route 91 Harvest music festival in Las Vegas, where a shooter used the device in killing 60 people and injuring 500. Earlier last week, the Court

unanimously threw out a lawsuit seeking to roll back access to mifepristone, one of the 2 drugs used in medication abortions, ruling that the doctors and medical groups challenging the expansion of access to the drug by the Food and Drug Administration in 2016 and 2021 lacked standing to sue. The Court also sided with Starbucks in a labor dispute last week in an 8-1 decision that will make it harder for the National Labor Relations Board to challenge unfair labor practices. **4. EDUCATION/WORKFORCE.**

Last week, the House Rules Committee approved the National Defense Authorization Act (NDAA) and excluded the Bipartisan Workforce Pell Act (BPWA) as an amendment. As AACC's Rep. Elise Stefanik (R-NY) and Rep. Bobby Scott (D-VA) offered the BPWA as an amendment to NDAA last week. The NDAA, which is a "must-pass bill," usually garners hundreds of potential amendments. Most education-related amendments are typically stripped from NDAA as not germane. As a result, the BPWA amendment was a long shot, and it also faced opposition from the American Council on Education (ACE) and others who objected to the bill's offset. Advocates will continue working with policymakers to find a viable legislative vehicle for legislation to expand Pell Grant eligibility to students in short-term workforce programs.

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JUNE 21, 2024

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www.serenityfuneralhm.com

Funeral service for **MR. ROBERT HAYGOOD** (b. 1948) was Sunday, June 16, at Mt. Zion Primitive Baptist Church, 2350 Wall Triana Hwy. SW, Huntsville, Ala.

Funeral service for **PRINCESS MURIEL MURILLO** (b. 2024) was held Saturday, June 15, at the Serenity Funeral Home Chapel.

### NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW - Huntsville, AL 35816 - (256) 539-8189  
www.nelmsmemorial.net

Funeral service for **DR. THEODORE CHESTER DIXIE, SR.** (b. 1941) was Saturday, June 15, at Fellowship Presbyterian Church, 3406 Meridian Street, Huntsville, Ala, with The Reverend Gregory Bentley officiating and The Reverend Dr. Amanda Goodson as eulogist.

Funeral service for **MR. WILLIE J. POWELL** (b. 1944) was Saturday, June 15, at Mount Pleasant Christian Methodist Episcopal Church, 423 Bethel Street NE - Hartselle, Ala.

Funeral service for **MR. ARNOLD G. ("POOKEY") WOODARD** (b. 1955) was Friday, June 14, in the Nelms Memorial Funeral Home Chapel.

Funeral service for **MR. HOWARD GRIFFIN** (b. 1935) was Friday, June 7, at Saint Paul United Methodist Church with The Reverend Dr. Tiwirai Kufarimai officiating.

### ROYAL FUNERAL HOME

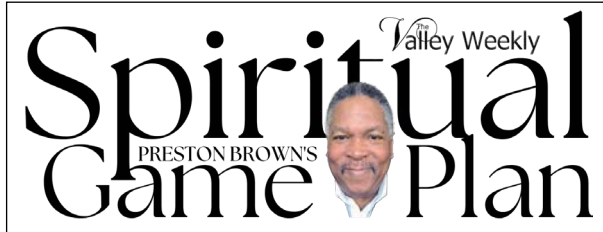
4315 Oakwood Avenue NW - Huntsville, AL 35810 - (256) 534-8481  
www.royalfh.com

The graveside service for **MS. ANN MATTHEWS MILLER** (b. 1935) was Tuesday, June 18, at the Meadowlawn Garden of Peace, 450 Mount Lebanon Road Toney, Ala., with Bishop Aaron Jones officiating.

Funeral service for **MRS. PATRICIA DELLA DUMAS FORD** (b. 1943) was Sunday, June 16, at the Saint Bartley Primitive Baptist Church, 3020 Belafonte Avenue, Huntsville, Ala., with Pastor Jaymes Mooney officiating.

The funeral service for **REVEREND ESSIE L. ALLEN** (b. 1938) was Wednesday, June 12, at the Pine Grove Missionary Baptist Church, 759-A Pine Grove Road, Harvest, Ala., with Dr. C. Jermaine Turner officiating.

The funeral service for **MS. JOHNNIE MAE DAVISON** (b. 1948) was Saturday, June 8, at the Saint James Cumberland Presbyterian Church, 2950 Jeff Road, Harvest, Ala., with Pastor Byron McGlathery officiating.



### "Desire, Discipline and Delight"

Psalms 37:4 says, "Delight yourself in the Lord and He will give you the desires of your heart."

I believe that one of the keys to being successful in life, whether physically, emotionally, or spiritually, involves three words: desire, discipline, and delight. In other words, no matter what we want to achieve

it all starts with the desire to make it happen. If there is no desire, there is no discipline, which means there is no delight in doing anything. For example, how do we delight in the Lord if we don't develop a relationship with Him?

When I played professional football, I had the desire to be the very best at my position. In order for me to do that, I had to be disci-



plined. Discipline will fuel your desire as well as keep you on a schedule that will create an atmosphere for success. When we create this atmosphere for success, we will delight in what we are doing. How can we delight in something that we don't like?

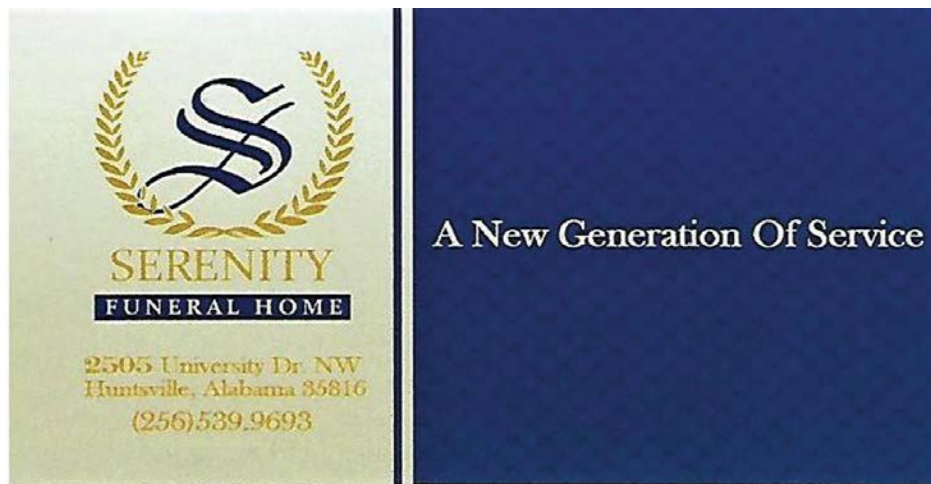
God requires us to love Him more than we love anything else. When we do, He will give us the desires of our hearts. How do we learn to love God with all of our hearts? It starts with creating a place in our residences where we meet with God on a daily basis. This is a place where we study His word, pray, and meditate on His word. This will help us develop a routine that we can continue. This will give us the game plan that we need to discipline ourselves until the behavior becomes part of our schedules. When we do this, it will create an atmosphere for a successful relationship with God. Remember that desire leads to discipline and discipline will allow us to delight ourselves in the Lord.

May God grant you spiritual success with creating a place in your residence where you meet God on a daily basis.

*Question:* What are the things that you desire the most?

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 Westbow books.

**NEXT WEEK:**  
"Forgiving Yourself"



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The Valley Weekly  
**VALLEY**  
**EVENTS**  
 HAPPENINGS, ACTIVITIES & MORE!

**June 21**

Food Truck Rally  
 Big Spring Park  
 Downtown Hsv. Inc.

3rd Annual Jazz in the  
 Garden

J.F. Drake State Commu-  
 nity and Technical College  
 3421 Meridian Street N  
 Huntsville, Ala.

6 p.m.

**June 21-22**

All-Men Cancer Survivor  
 Camp  
 LivOn Journey Camp  
 Harris Manor  
 Contact: JoLanda Kirkpat-  
 rick Harris, (256) 326-1339  
 www.livonjourneycamp.org

**June 22**

Master Workshop  
 "Frank Lloyd Wright  
 Stained Glass Panel"  
 Burritt on the Mountain  
 3101 Burritt Drive SE  
 Huntsville, Ala.  
 9 a.m.-2:30 p.m.

NASA in the Park  
 Big Spring Park  
 10 a.m.-2 p.m.

Huntsville Water Lantern  
 Festival  
 Big Spring Park  
 4:30 p.m.

Black Jacket Symphony  
 Presents Prince's "Purple  
 Rain" (\$32-\$37)  
 Von Braun Center  
 9 p.m.

**June 22-23**

The Huntsville Flea  
 2611 Clinton Avenue W.  
 Huntsville, Ala.  
 9 a.m.-4 p.m.

**June 23**

The Market at MidCity  
 MidCity District  
 Huntsville, Ala.  
 12-4 p.m.

**June 24**

"Nature's Rainbow: June  
 Seeds to Sprouts"  
 Huntsville Botanical Gar-  
 den  
 4747 Bob Wallace Avenue  
 SW, Huntsville, Ala.  
 10 a.m.-11 p.m.

**June 29**

15th Annual White Linen  
 Brunch (\$65; \$750 table)  
 Sponsor: The Ivy Center  
 of Huntsville/Madison  
 County Foundation  
 ivycenterfoundation@  
 gmail.com  
 Knight Center - 10 a.m.

**June 30**

The Market at MidCity  
 MidCity District  
 Huntsville, Ala.  
 12-4 p.m.

**July 4**

Independence Day at Mid-  
 City District 2024  
 5901 University Drive  
 Huntsville, Ala.  
 12 p.m.

**July 5**

"Soil to Mud Pies: July

Seeds to Sprouts"  
 Huntsville Botanical Gar-  
 den  
 4747 Bob Wallace Avenue  
 SW, Huntsville, Ala.  
 10 a.m.-11 p.m.

**"TopHouse"**

2024 City Lights & Stars  
 Burritt on the Mountain  
 3101 Burritt Drive SE  
 Huntsville, Ala. - 7:30 p.m.

**July 7**

The Market at MidCity  
 MidCity District  
 Huntsville, Ala. - 12-4 p.m.

**Band**

New Atomic  
 Back Forty Beer Company  
 Huntsville, Ala. - 5 p.m.

**July 13**

"Second Saturday" City  
 Hall Art Tours Showcase  
 (Join award-winning paint-  
 ers Ann Moeller and Yuri  
 Ozaki)  
 New City Hall - 10:30 a.m.

**July 14**

The Market at MidCity  
 MidCity District  
 Huntsville, Ala. - 12-4 p.m.

**July 18**

Campus 805 After 5  
 Butler Green

**July 19**

Food Truck Rally  
 Big Spring Park  
 Downtown Hsv. Inc.

**"Eric Essix"**

2024 City Lights & Stars  
 Burritt on the Mountain  
 3101 Burritt Drive SE  
 Huntsville, Ala. - 7:30 p.m.

**July 19-20**

HaHa Davis  
 Comedian  
 Stand Up Live Huntsville  
 2012 Memorial Parkway  
 SW (\$30-\$45)  
 Huntsville, Ala.  
 (256) 261-3374



*"There are three classes of people: those who see, those who see when they are shown, those who do not see."*

- Leonardo da Vinci

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## Olympic Team USA Snub Showcases Rookie Caitlin Clark's Veteran Maturity

*"... and a little child shall lead them." - Isaiah 11:6*

Have you ever been disappointed when you didn't receive a slam-dunk "sure thing"? Here's how to handle it like a "veteran," as in rookie Caitlin Clark.

### The "Caitlin Clark Effect"

Get used to hearing and seeing that name as the face of today's women's basketball. In April, this two-time national collegiate women's player of the year became the Women's National Basketball Association (WNBA) number 1 draft pick and signed with its Indiana Fever franchise. She was named the WNBA's Rookie of the Month for May and currently leads all rookies in points (16.8) and assists (6.3) per game.

Across the league, arena attendance and TV viewerships have increased, and the "Caitlin Clark Effect" is dubbed.



Facebook Photo: Caitlyn Clark Official

### ... And the Caitlin Clark "Snub"

Yet on June 9, Team USA's selection committee announced that she was not included on its Summer Paris Olympics roster. The committee cited its historic leaning toward selecting a more veteran roster.

While several sports media pundits criticized Team USA's snub, not so for Ms. Clark. Instead, she supported the decision and even saw it as a motivation.

### Now, the Rookie Clark's "Veteran" Response

"Honestly, I'm not disappointed. It just gives me something to work for; it's a dream," she said. "Hopefully, one day, I can be there. I think it's just a little more motivation. You remember that. Hopefully, when four years come back around (the 2028 Summer Olympics in Los Angeles), I can be there.

"But then additionally, it's a great opportunity for us (the 3-9 Fever) to work and get better—a great opportunity for myself to get in the weight room. To work on the court, at things that I want to get better at that I maybe didn't have time [to] going from college to the pro season.

"So I'm looking forward to it. But at the same time, we still have a month of games [ahead] where we have a lot of opportunities to win a lot of games. That's where my main focus is."



Tim Allston  
Leadership Player-Coach & Four-time  
Amazon Best-Selling Author  
"Leading from the Middle"  
www.timallston.com - (256) 212-0949

# Millennial Moment

by Gloria B. Caldwell

## Ask ...

You maneuver through life, hoping, wishing, coveting, seeking, and being frustrated by things that "don't go your way." We all have experienced each one of these, at some point. You may have a hold on your emotions, so you may not act out on these fleeting thoughts. However, you have felt them. You've felt them about business decisions, relationships, health, jobs ... all types of things.

But did you ask God to step in?

Did you stop at that moment and ask God for the things you desire? Most of the time we are too busy trying to rationalize our way out of "why" something is taking place. We bounce around from idea to idea, creating bogus scenarios and possibly even second guessing those which we come up with. Which begets more frustration.

Have you ever thought

to put it in God's hands? To ask for the desires of your heart? Ask Him if it is His will for you. Ask Him to turn it around. Ask Him to place you in the proper situation, meeting place, financial situation. Ask Him to give you the contacts, the backing, the path, the right encounters, training, education, connections. Have you asked?

Normally, when I find myself in an asking posture, I first allow myself to be grateful for the things He has done. When you are in asking posture, with anyone walking this Earth, don't you find yourself in a humbling position? Well, this is true with God, for me. It forces me to think about all of the things He has already done. It puts me in a mindset of gratitude. Understanding that He has given me grace and mercy, consistently. It helps me to understand His love for me. It also allows me to remind myself of the times I have positioned myself to have deep conversations with Him. It reminds me of the things that I have asked for ... and

that every time, He has given them to me. In His timing, but He has given them.

I was told I could never have children. I cried out, and asked Him to open my womb, grant me the ability to have a child. Doctors said, "No, there is no way."

I went through surgeries, and specialists, procedure after procedure. Prayed and cried. Now I have, not only one, but TWO beautiful sour patch kids! LOL. I just asked! He delivered.

Up your ask, with God. It will allow you to reflect on why you feel you want, whatever it is you want. It will help you to put your desires into perspective. Realize the real reason for asking. God can change any situation, circumstance, move any obstacle, elevate any position, heal any sickness, mend any relationship ... if that is what He has for you. Up your ask ... and believe in Him. Up your ask, faith, belief, and trust in God. Your whole world will change. Trust me!

*What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.* - Mark 11:24

God loves you, and so do I! He has given you a gift! *Open it!*

## This Sunday's Lectionary

Sunday, June 23, 2024

Fifth Sunday

After

Pentecost



(Track 2, Year B)

First Lesson:

Job 38:1-11

Psalms 107:1-3, 23-32

Second Lesson:

2 Corinthians 6:1-13

GOSPEL:

Mark 4:35-41



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

## Mrs. Sarah Drake

Mrs. Sarah Jean Luster Drake has over 48 years of achievement in developing productive, student-focused environments to maximize learning experiences from two and one-half years of age to post-secondary adults.

Mrs. Drake was born on February 26, 1946, to James and Annie Luster in Columbus, Miss. She is the youngest of five children. She graduated from Alabama A&M University (AAMU) with a Bachelor of Science degree in elementary education and special education. She earned the master's degree in special education/mental retardation and a certificate in psychometrics. Drake began teaching in 1968 as an educator of physically and mentally challenged students in Decatur City Schools.

In December of 1972, she married (the late) Mr. Cornell Franklin Drake. This union produced two children, Krynica LaShay and Kyas LaTron, and two grandchildren, Sarah Lily-Ann and Melani Miracle.

She transitioned from teaching young students to focusing on educating college students from 1976 to 1993 at Alabama

A&M University as an assistant professor for special education and elementary education. While at AAMU, she also served as coordinator of student teachers within the mental retardation department and supervised in-service teachers. In 1993, she left AAMU to continue developing young minds as the school administrator at First Missionary Baptist Church Child Development Center and Academy (FMBC-CDCA). During her 14-year tenure, FMBC-CDCA saw growth in all classes from ages 2.5 years to 5th grade. In 2007, Mrs. Drake served as a Program Assistant for the North Alabama Skills Center. Mrs. Drake began sewing in 2009 as the program director of the After School & Summer Enrichment Program at Indian Creek Primitive Baptist Church. She formally retired in 2018.

Currently, Mrs. Drake volunteers tutoring students in reading and mathematics in Huntsville



City and Madison County Schools. She works throughout the community in several organizations. She is a member of the Council for Exceptional Children, National Education Association, Alabama Education Association and countless other organizations. She has faithfully served her church, First Missionary Baptist Church, for over 45 years. She continues to be an active member of the Adult Choir, Congregational Care Layminister, teacher of Orientation Class for New Members, Day Spring Missionary Circle & Missionary Society Children's Bible Study. She's also a member of the Angel Tree Ministry, Prayer Ministry & Witnessing Team.



"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote **volunteerism** and **activation** 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@valleyweeklyllc.com](mailto:info@valleyweeklyllc.com).



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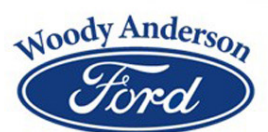


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## LivOn Journey Camp to Hold 'All-Men' Event

LivOn Journey Camp will host an all-men cancer survivor camp on Friday and Saturday, June 21-22 at Harris Manor, one of several activities aimed at celebrating two years of helping survivors to "liv" and thrive. Located in the River Region, LivOn Journey Camp is a local non-profit organization whose mission is to create a space for every cancer survivor to be strengthened mentally, emotionally, and spiritually to realize they are made better from their cancer journey.

LivOn Journey Camp is based on the LivPathway®, five paths for survivors to find guidance, purpose, and clarity about their journey. The camp is hosted and facilitated by LivOn Journey Camp Founder JoLanda Kirkpatrick Harris, a breast cancer survivor and the first certified cancer coach in Alabama. The guest presenter will be Tom Gilry, a certified cancer coach and a qualified yoga instructor from Switzerland.

"There is no plan when you become a survivor. LivOn Journey Camp fills that gap so no survivor ever feels lost or left behind," says Harris. LivOn Journey Camp is designed for survivors wherever they are on their journey. Although this camp is for men, LivOn Journey Camp is an opportunity for all survivors to connect, discover, engage, release, and aspire.

For more on LivOn Journey Camp or how to support cancer survivors, contact JoLanda Kirkpatrick Harris at (256) 326-1339 or visit [www.livonjourneycamp.org](http://www.livonjourneycamp.org).

## Phillips CME to Host 'Fun Day'

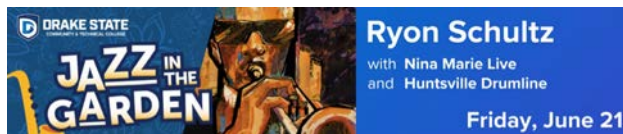
The public is invited to a "Community Fair" and fun day at Phillips CME Church on Saturday, June 22, from 10 a.m.-2 p.m. The church's new location is 2185 Winchester Road, Huntsville, Ala.

Throughout the event, attendees will get a chance to know what the church is all about, hear good music, learn fitness and wellness



tips, and other activities, hosted by Rev. Dr. Gregory Scott and First Lady Angela Scott.

For additional information, visit [www.phillipscmechurch.org](http://www.phillipscmechurch.org) or call (256) 534-2007.



## Drake Holds 'Jazz in the Garden' Tonight

The Drake State Foundation is hosting the 3rd Annual Jazz in the Garden on Friday, June 21.

Enjoy live jazz and R&B music, food trucks, and fun. This is one of the school's key fundraising events for the year to significantly impact students' lives.

Ryon Schultz will head-

line Jazz in the Garden this year. Opening acts include Nina Marie Live and Huntsville Drumline.

Don't miss another family-friendly evening with talented artists surrounding the beautiful tree-lined track on campus.

Get your tickets today at <https://drakestate.edu/jazz-in-the-garden/>

## OUC Hosts "United We Pray" June 23

Prayer Ministries of Oakwood University Church will hold a free "United We Pray" Prayer Breakfast on Sunday, June 23, at 9 a.m. in the Charles E. Dudley Sr. Center for Regional Ministries.

The keynote speaker will be Elder Yvonne Collins, CFO/Treasurer for the Office of Retirement.

The event provides an opportunity for the Tennessee Valley Community "to unite to pray together



for national and world issues," according to organizers. More specifically, the prayer breakfast will bring people to pray as a community for the country,

leaders, the world, as well as issues facing families and children.

The Dudley Center is located at 5100 Adventist Boulevard in Huntsville, Ala.

Participants may register on the prayer ministry page of the Oakwood University Church website at [www.oucsda.org](http://www.oucsda.org).

For additional information, contact Patti Conwell at [communication@oucsda.org](mailto:communication@oucsda.org) or call (256) 714-3822.

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Paid for by the Michelle Watkins for District 1 Campaign Committee



## IMS Holds Mission Day

The Interfaith Mission Service (IMS) will hold its Leadership Council Mission Day on Saturday, June 22, 10 a.m. - 1:30 p.m. at Trinity United Methodist Church on Airport Road.

Learn the Status of the Program for Refugee Resettlement by Global Ties of Alabama. Attendees are urged to bring donations for the Refugee Welcome Baskets.

IMS congregational

representatives and their designees will meet for fellowship over lunch at 607 Airport Road, Huntsville, Ala. in Room 120 in the Mission Wing, Eastside Entrance.

Contact Bill Chew, IMS Global Ties Liaison, to give a head count for lunch and to confirm any refugee donations your congregation will bring at bill.amychew1@comcast.net

## 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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**JUNE 21 - JUSSIE SMOLLETT** - Jussie Smollett (/ d si/ JUSS-ee) is an American actor and singer. He began his career as a child actor in 1987 acting in films including *The Mighty Ducks* (1992) and *Rob Reiner's North* (1994). In 2015, Smollett portrayed musician Jamal Lyon in the Fox drama series *Empire*, a role which was hailed as groundbreaking for its positive depiction of a black gay man on television. Smollett has also appeared in Ridley Scott's science fiction film *Alien: Covenant* (2017) as Ricks and in *Marshall* (2017) as Langston Hughes. Smollett was indicted on February 20, 2019, for disorderly conduct consisting of allegedly paying two Nigerian-American brothers to stage a fake hate crime assault on him and filing a false police report.



- *BlackCelebrityBirthdays.org*

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Late Registration - 6/8 - 7/6 - \$175.00

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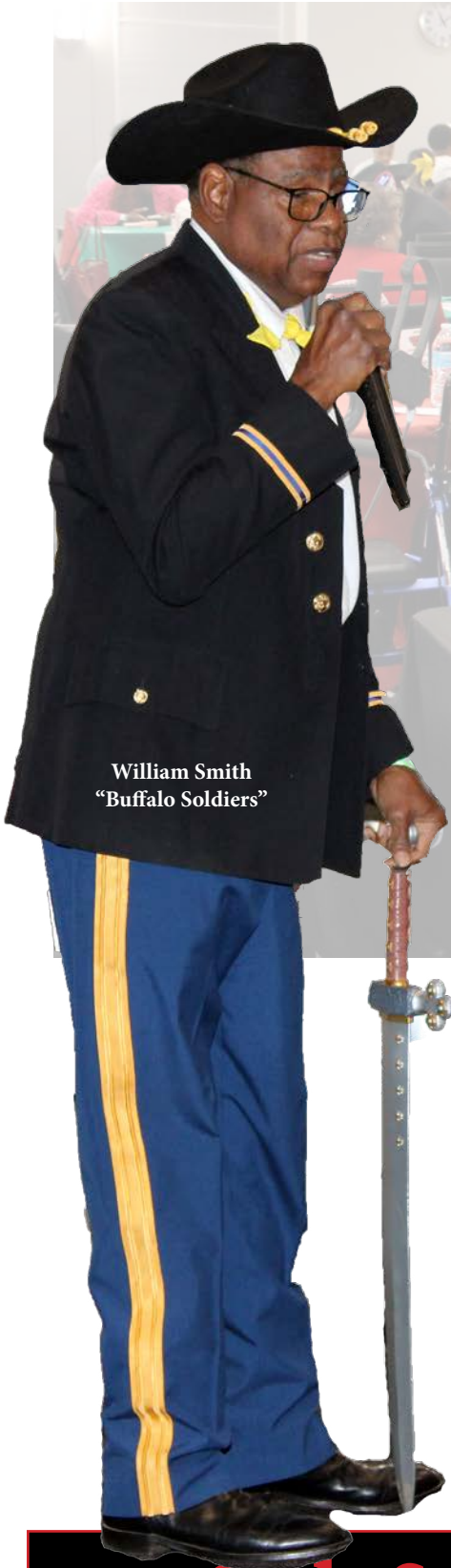


# Scenes from Lakeside UMC's Annual Juneteenth Celebration!

Saturday, June 15, 2024 | Lakeside United Methodist Church | Huntsville, Alabama

Rev. Randy B. Kelly, Pastor  
(Photos by J. Saintjones)





William Smith  
"Buffalo Soldiers"



Casmere Taylor  
"Tuskegee Airmen"



Waymond K. Smith  
Lowe Chapel UM Church



Kimberly Readus  
Medicare Expert



Marie Smith  
Oak St. Health



Jemison High School  
Cheerleaders

# Oak St. Health's Juneteenth Program!

Friday, June 14, 2024 | North Huntsville Public Library Community Room | 3011 Sparkman Drive NW | Huntsville, Ala.

(Photos by J. Saintjones)

# Produce Prescriptions a Potential Change to Community Health

(BPT) - "Let food be thy medicine and medicine be thy food."

"An apple a day keeps the doctor away."

Whether a quote often attributed to Greek physician Hippocrates or a rhyme many of us learned in our youth, the connection between the foods we eat and their effects on our physical health has always been generally understood but not necessarily followed.

In recent years, this disconnect has resulted in dramatically increased rates of diet-related diseases, including obesity and diabetes. Driving both conditions is poor diet, which annually contributed to more than 14.1 million cases of type 2 diabetes alone.



care dollars are spent on chronic, preventable diseases.

In response to these epidemics of diet-related disease, interventions like produce prescriptions, or

vegetable benefit on a card or voucher that can be redeemed at a participating grocery store. This benefit is typically refillable monthly and is covered by health insurance at no or low cost to the patient. Currently there are 250 produce prescription programs operating in 38 states.

More than 150 million Americans are covered by federal insurance programs and if embedded as a covered benefit into the federal health system, produce prescriptions could reach millions of eligible Americans.

While some critics say produce prescriptions are merely a passing trend, data exists that show Produce Rx is both economically feasible and effective, as well as much more natural than a traditional prescription from a doctor.

Tufts University found produce prescriptions for 40- to 79-year-olds facing diabetes could prevent 296,000 cases of cardiovascular disease over their lifetimes.

Another study found that produce prescription program participants consumed more fruits and vegetables and reduced food insecurity. They also self-reported health status among both adults and children and found the program resulted in a wide array of improvements across several metabolic health markers, boosting long-term health.

From a community perspective, a nonprofit in North Carolina took a \$500,000 produce prescription grant and turned it into \$8 million in redemption of fruits and vegetables in a little over a year. Lower-income consumers in the impacted market are now doubling their spend on fruits and vegetables.

The International Fresh Produce Association, a global organization leading the fresh fruit and vegetable industry, is working to scale produce prescriptions on several fronts.

As part of IFPA's work to support the U.S. National Strategy on Hunger, Nutrition, and Health, the association developed a video distributed to medical schools and more than 5 million student/medical professionals worldwide to help them understand how they can prescribe fruits and vegetables to their patients (in addition to any medications needed) to manage symptoms of chronic disease.

Produce prescription programs hold great promise to help more consumers eat more fresh fruits and vegetables to optimize their health and enjoy lives filled with vitality and vibrancy.

Images: DALL-E/Saintjones

## New Trustees Join AAMU's Board

Alabama A&M University (AAMU) confirms the appointments of four Board of Trustee members, two new members and two incumbents. New Board members are Robert "Bud" Cramer and Reggie Sylvain with returning members Attorney Tiffany Johnson Cole and Dr. Scherrie Banks Pickett.

New Trustee members are:

### Robert "Bud" Cramer

Former United States Congressman Robert "Bud" Cramer served Alabama's fifth Congressional district for eighteen years.

### Reggie Sylvain

Sylvain is President and CEO of RAGS Enterprises, LLC, a real estate holding company founded in June 2004. Additionally, he is the proprietor of Sylvain Funeral Home and Cremation Services in McDonough, GA, established in 2019.

Returning Trustee members are:

### Tiffany Johnson Cole

Tiffany Johnson Cole is an attorney with the Law Offices of Robert Simms Thompson, PC in Tuskegee, Alabama.

### Dr. Scherrie Banks Pickett

Dr. Pickett is a native of Midway, Alabama, and is currently employed with the Alabama State Department of Education. She is a member of the Narrow Lane Road Church of Christ and is a Life Member of the Alabama A&M Alumni Association.



Since the pandemic, researchers have found Americans' physical and mental health has fallen, with more individuals reporting diabetes diagnoses, less healthy eating, and other health problems ...

These diseases burden our healthcare system, where 8 out of 10 health-

Produce Rx, have been introduced to some health care providers and the communities they serve.

People who care about their health have wanted to know - what is a produce prescription?

A patient gets an actual prescription from their doctor for a fruit and