



## Military Women Holding Meetups - p. 7

Friday  
August 1, 2025  
Vol. 11, No. 48  
ValleyWeeklyllc.com

1st Annual County Corn Fest - Page 12

# The Valley Weekly

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



Mrs. Kathy Sieja

"We never reflect how pleasant it is to ask for nothing" - Seneca

## Lakeside UM Church Welcomes New Pastor into Pulpit

The Rev. Jeffery Postell now serves as the new Senior Pastor of historic Lakeside United Methodist Church, located at 3738 Meridian Street in Huntsville, Ala.



Rev. Jeffery Postell

"Believe it or not, I have found the secret to raising children that become world-changers: it requires employing the gift of *connection*, not *control*," penned Postell on his LinkedIn presence. "With this discovery, it is my commitment as a keynote speaker, workshop facilitator,

and parenting coach to now empower parents to connect more deeply with their children so that they may nurture the next-generation of world-changers."

Rev. Postell previously served as director of operations and business

development for Growing Places Indy in Indianapolis, Ind. He has also worked as a brand strategist and leadership coach, as well as Senior Pastor for Scott United Methodist Church, also in Indianapolis.

He earned his B.A. degree in Christian Studies from Huntingdon College in Montgomery, Ala., and the Master of Divinity degree in African-American/Black Church Studies from Wesley Theological Seminary in Washington, D.C.

## Huntsville Sparks Excitement with New Greenway

The City of Huntsville Planning Department, in collaboration with expert consultants Lord Aeck Sargent, Alta Planning + Design, and Sixpitch, recently hosted a public input meeting for the North Huntsville Greenway. As plans move forward, the City remains focused on building a greenway that honors the unique character of North Huntsville while creating lasting benefits for generations to come.

- [Huntsvilleal.gov](http://Huntsvilleal.gov)

## 'Volume 150' Theme of AAMU Homecoming

Alabama A&M University has announced "Volume 150" as the official theme for its 2025 Homecoming celebration, to be held October 4-12. The theme is a nod to the institution's ongoing 150th Anniversary, marking a century and a half of excellence, legacy, and Bulldog pride. Selected by AAMU student leaders, "Volume 150" represents the latest chapter in the University's storied history — a living yearbook that hon-

ors the past, celebrates the present, and looks boldly toward the future.

The announcement sets the stage for what promises to be a memorable Homecoming celebration. Students, alumni, faculty, and supporters are invited to return to



The Hill to reconnect, reminisce, and reignite their passion for Alabama A&M. For lifelong Bulldogs or first-time visitors, Homecoming: Volume

150 will offer something meaningful for everyone.

Exciting details about the weeklong celebration will be announced soon.

## NACEE Holds 19th Annual Scholarship Luncheon

The North Alabama Center for Educational Excellence held its 19th annual scholarship and community service awards luncheon Friday, July 18, at the Redstone Federal Credit Union atrium on Wynn Drive.

Scholarships were presented to 10 local students entering colleges throughout Alabama.

Dr. Earnest L. Davis, executive director of NACEE, who served in the Air Force from 1981-87 and left as a first lieutenant,

presented the award certificate to each academic scholar.

They heard from three guest presenters: Alabama A&M University senior Chancellor Turner; Ira Lacy, a network security engineer; and Army Daniel, 97, a local legend.

The scholarship recipients included Aria Foster, Samford; Khamis Gantt, Alabama State; Tamara Haynes, Alabama; Ahmad Kemp, Calhoun; Destiny King-McClamb, University of Alabama; Josiah

Mitchell, Tuskegee University; Cornelia Peters, Northwest Shoals Community College; Ashlynn Tibbs, Alabama A&M; Jayda Toombs, AAMU; and Allison Vilamil, Calhoun.

Excerpt, Redstone Rocket

## The Valley Weekly

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# HUNTSVILLE ROADSHOW

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# You Don't Know Me ... So, Don't Judge Me!

Greetings!

I was born the 13th child of my parents—the only one *not* born on a plantation. We wore what we had, not what we wanted. I believe that the ill-fitting, hand-me-down shoes of my childhood led to my now in-tense, throbbing neuropathy. My condition isn't caused by diabetes; so my doctors can't explain it. But I live with it every single day.

As a young professional, I often had to take off my shoes and massage my feet just to make it through the evening. Now, I have a disability placard because most days I need it. So when I park in a handicapped space, don't look at me like I'm doing something wrong. Disability doesn't always look the way you expect. It doesn't always involve



a cane, wheelchair, or limp.



One day in the Lowe's parking lot on Mastin Lake Road, a small-framed blond woman confronted my husband—who had had *two* back surgeries and *four* total knee replacements—for using a handicapped space. I thank God that Bill was a Christian man, because that could've ended badly.

To the women who do this, particularly probing, self-righteous women, I say this: mind your own business. You don't know our stories, and your assumptions are more harmful than helpful. And, while we're being honest, don't forget that people of all cultural backgrounds benefited from affirmative action, too. The door to the workplace didn't open just for people of color—it opened for you, too.

So, before you judge, take a moment to reflect. We're not so different. And, if we spent less time judging each other and more time standing together, America would be a better place for all of us!

Until next week ...

Dorothy

**AUGUST 3 - MICHAEL EALY** - Born in Silver Spring, Maryland, Michael Brown aka Michael Ealy, is an American actor. He is known for his roles in Barbershop (2002), 2 Fast 2 Furious (2003), Takers (2010), Think Like a Man (2012), About Last Night (2014), Think Like a Man Too (2014), The Perfect Guy (2015), and The Intruder (2019). Ealy starred as Dorian the android in the Fox TV science fiction police drama series Almost Human. In October 2012, Ealy married Khatira Rafiqzada, his girlfriend of four years, in a ceremony in Los Angeles, and together they have a son and a daughter.

- BlackCelebrityBirthdays.org



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# Spiritual Game Plan

PRESTON BROWN'S



Today's Spiritual Game Plan:

## "Better"

In Jeremiah 29:11, it says, "I know the plans I have for you, plans to prosper you and not harm you, a plan to give you hope and a future."

You know, God has a long-range plan for each and every one of us. No matter how good things are now, they can be better. No matter how bad things are now, they can get better. You see, God has only one thing in mind for your future, and that's "better."

He wants us to be better spiritually, better emotionally, and even better financially. I can remember losing my wife of thirty years and I kept thinking, how can things get better? How can this be God's plan for my life?

Because she was only fifty-one years old. Now I've learned that many people lose loved ones in their lives and when they do we have to make the decision to either "get busy living or get busy dying". The choice is ours. But the thing that helps is when we partner with God and accept

Jesus as our Lord and Savior, nothing can stop his plan for our lives. So no matter what you have been through or what you are going through right now, it is all in His good and perfect will for your life. So let us lean not to



our own understanding and trust that God has a great plan for our lives.

*Prayer:* Most merciful God, continue to lead us and guide us through

the storms of life and give us the faith that we need to endure.

*Question:* Has there ever been a time in your life where you believed that things could not get any better? What did you do? What can you do?

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](https://amazon.com).

NEXT WEEK:

*"The Reason for the Trial"*

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Funeral service for **MR. JIMMY LEE JONES** (b. 1950) was Saturday, July 26, at Syler Tabernacle with Elder Hernandez Ford officiating.

Funeral service for **MRS. ALFLORENCE J. MOORE** (b. 1950) was Thursday, July 24, at Douglas Tabernacle Primitive Baptist Church with Pastor Mario Ford officiating.

Funeral service for **MS. CAROL BONITA DAVIS** (b. 1969) was Wednesday, July 23, at Union Chapel Missionary Baptist Church with Rev. Dr. O. Wendell Davis officiating.

**ROYAL FUNERAL HOME**  
4315 Oakwood Avenue NW - Huntsville, AL 35810  
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Funeral service for **SSGT GILBERT EVERSON** (b. 1957) was Sunday, July 27, at the Royal Chapel of Memories.

Funeral service for **MS. CHARLESETTA RICE** (b. 1956) was Saturday, July 26, at the Union Chapel Missionary Baptist Church, 315 Winchester Road, Huntsville, Ala., with Reverend O. Wendell Davis officiating.

Funeral service for **SGM ROBERT LEE LANGFORD, SR.** USA, RET (b. 1938) was Thursday, July 24, at Lake-wood Baptist Church, 2101 Mastin Lake Road, Huntsville, Ala.

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Funeral services will be announced at a later date for **MR. WALTER JONES** (b. 1996) and **MRS. HENRIETTA KEITH** (b. 1932).

Funeral service for **MR. DONQUIS HEREFORD** (b. 2006) was held Saturday, July 24, at Serenity Funeral Home Chapel.

Funeral service for **MR. NATHANIEL "SLO-POK" FLETCHER IV** (b. 1976) was held Sunday, July 20, at Fellowship of Faith Church, 3703 Memorial Parkway NW, Huntsville, Ala.



## There's No Limit—Except Me

*"There is no limit to what God can do through you, provided you do not seek your own glory." - Streams in the Desert, July 18*

Mentor Frank-Carlos Gihan, once told me, "When I die, I want to die empty." It took me nearly 30 years to understand what that really meant.

I now have a marriage that gives to me generously—spiritually, materially, and emotionally. I have what I need—actually, more than enough. So why do I still hesitate in maximizing God's gifts?

The answer? Me.

But God is asking me as He did Moses in Exodus 4:2, "What is that in your hand?" In Moses' case, it was a shepherd's staff. Ordinary to man, but extraordinary in God's plan. For me, it was -

### An out-dated cellphone and an under-utilized wristwatch?

Recently, I had planned to record video reels for my leadership message—hoping my wife could be my videographer, but she had other commitments.

And then, I remembered Exodus 4:2. What's that in "my" hand?

My old iPhone 11 and mostly-underutilized Apple Watch.

Here's the twist: That Apple Watch has a red camera remote video button built right in. I had never used it. Never \*needed\* it.

But suddenly, God whispered: "That's your button, Moses. Press it." So I did, and it became the key to unlocking not just a video reel—but a revelation: those devices carried a full studio, a pulpit, and a tool for ministry—if I choose to be obedient.

### From iPhone 11 to Divine Assignment!

God showed me: "You already have everything you need for this next step in your ministry.

"I just need you to surrender your ego - your self-confidence - and now submit to my God-confidence."

Today, I recommit to removing the last obstacle between me and God's limitless work: myself.

I want to die empty. To be used up. To be a vessel.

No more seeking my own glory. Just His.

### "The Gospel According to Ego-holism Recovering"

Here's the remix of Exodus 4:2, straight from "The Gospel According to Ego-holism Recovering" translation:

*"And the Lord said unto Tim, 'What is that on thy wrist?' And Tim replied, 'An Apple Watch, Lord—mostly used to tell time and count steps.'*

*"And the Lord said, 'Go now, and press the red video button, for I have given thee everything you need for this ministry.'*

*"That Apple Watch is your 'Moses 2.0 Moment in Miniature'. You don't need a new tool—just a new perspective on what God has already placed in your stewardship."*

*Tim Allston is a leadership strategist, recovering ego-holic, and founder of the EMC<sup>2</sup> Initiative and the TAILS Foundation.*

Tim Allston  
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## Not Today ... Millennial Moment

How many "tomorrows" have your "not today's" turned into? How many months and years have gone by on a "not today"? What is your lack of gumption keeping you from? One "not today" could be the difference in you obtaining your goal by a year or never! The more you push it off, the easier it gets never to do it.

Jim Rohn's Law of

Diminishing Intent states: "The longer you wait to do something you should do now, the greater the odds that you will never actually do it."

How true is this? With every passing moment, day, month, and year, we lose our zest to do something. We push it off, and it goes "forgotten."

Have you ever had a friend or family member say, Whatever happened to you starting the company or writing that book? Or ...

(fill in the blank).

It has happened to most of us. We stand there making another excuse as to why it never happened. Most often, saying, "Well, something else came up." ... "Well, didn't have the contacts." ... Whatever our weak excuse was.

Do it!

Get up!

Start!

Today is the day, Scaredy Cat! Stop being lazy! Change your life. Start now!

God loves you, and so do I.

He has given you a gift; open it.

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**July 31**

Calimar White aka Agent  
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Huntsville Levity Live  
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(256) 261-3374

8 a.m.-2 p.m.

Cigar Box Guitar Lessons  
Lowe Mill ARTS & Enter-  
tainment  
2211 Seminole Drive  
Huntsville, Ala.  
12-2 p.m.

**August 1**

Family Fun Night  
Piper & Leaf Tea Co.  
997 Hwy. 231  
Huntsville, Ala.  
5-8 p.m.

**August 4**

Concerts in the Park  
Big Spring International  
Park  
200 Church Street  
Huntsville, Ala. (Free)  
Monday Evenings

**August 1-2**

Funny Marco  
Comedian  
Huntsville Levity Live  
2012 Memorial Parkway  
SW  
Huntsville, Ala.  
(256) 261-3374

**August 5**

The Providence Market  
Village of Providence  
7 Towne Center Drive NW  
Suite 102  
Huntsville, Ala.  
9 a.m.-2 p.m.

**August 2**

The Market at Leigh Acres  
5655 Maysville Road  
New Market, Ala.

**August 6**

Market at the Garden  
Huntsville Botanical Gar-  
den

4747 Bob Wallace Avenue  
Huntsville, Ala.  
5-7 p.m.

**August 9**

The Market at Leigh Acres  
5655 Maysville Road  
New Market, Ala.  
8 a.m.-2 p.m.

Cigar Box Guitar Lessons  
Lowe Mill ARTS & Enter-  
tainment  
2211 Seminole Drive  
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12-2 p.m.

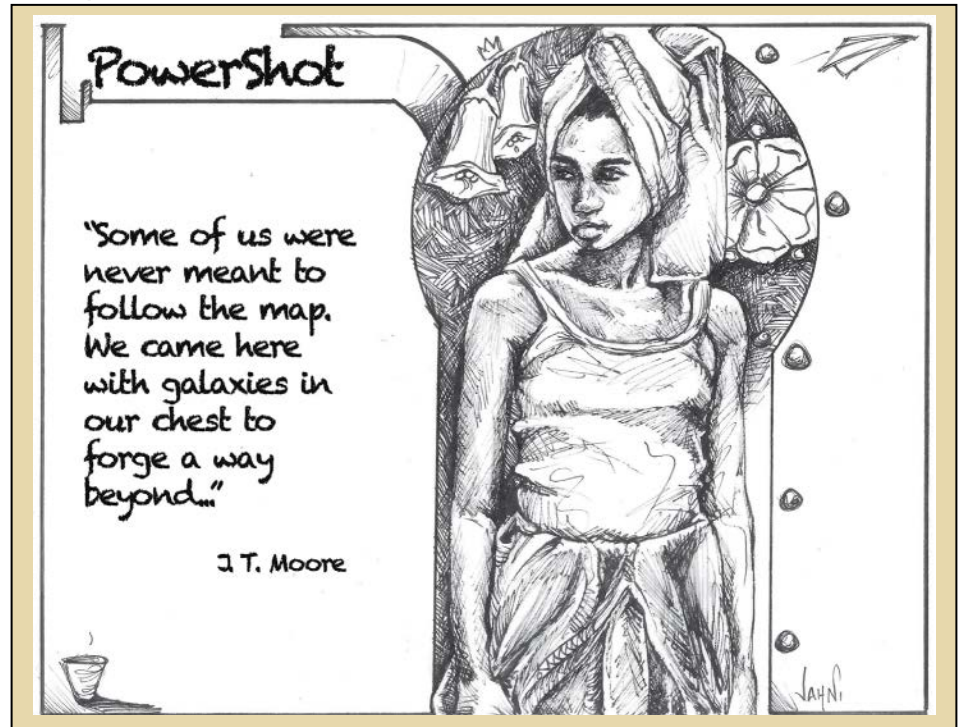
Sound on the Hill Presents:  
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Orion Amphitheater  
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**August 15-16**

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**August 20**

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**- J. California Cooper**

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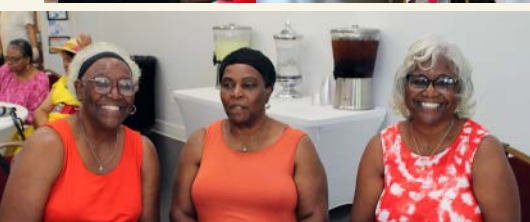


# 'Linen and Sundress Party'

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Friday, July 25, 2025

Photos by Jerome Saintjones



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*Gloria B.*

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## This Sunday's Lectionary

Sunday, August 3, 2025  
Eighth Sunday  
after Pentecost



(Track 2, Year C)

First Lesson:

Hosea 11:1-11

Psalms 107:1-9, 43

Second Lesson:

Colossians 3:1-11

GOSPEL:

Luke 12:13-21

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## ON THIS DAY

**ON AUGUST 3: African American Captures British General Prescott:** African Americans continued to serve in the colonial militias, and some, like Prince, an African American man in Lieutenant Colonel Barton's Rhode Island army, showed great daring and bravery. Early in August 1777, Colonel Barton conceived a plan to capture British Major General Prescott, commander of the Royal Army at Newport, Rhode Island, to effect a trade for a captured American general. Leading an army of forty men in two boats, Barton landed five miles from Newport and advanced on foot to the headquarters of General Prescott, where the colonel, with a stout African American close behind him, and another at a small distance, confronted and then overwhelmed a sentry. While the other men surrounded the house, an African American man named Prince, instantly thrust his head through the panel door, and seized his victim, Prescott while in bed. While Colonel Barton received an elegant sword for his exploits, Prince, the actual captor of the general, received nothing. In that sense, Prince was not exceptional. African Americans played a pivotal, decisive role in battles only to have that role forgotten afterward.

- *BlackFacts.com*



# TVW ASKS AUNT IRMA ...

## Black Leaders and the Eugenics Movement

The eugenics movement, which originated in the late 19th and early 20th centuries, promoted the idea that certain human populations were genetically superior to others and sought to encourage the breeding of the “fit” while discouraging or preventing the reproduction of the “unfit.” While the movement was primarily associated with promoting white superiority and was used to justify various forms of discrimination and sterilization against marginalized communities, some African Americans and black leaders were influenced by or involved with eugenic ideas.

A few points to note:

W.E.B. Du Bois: Du Bois, a preeminent African American intellectual and civil rights activist, had complex views on eugenics. While he strongly opposed the racist application of eugenic principles, he believed in the idea of the “Talented Tenth,” a term he popularized which referred to the leadership class of African Americans.

He believed that this group had a responsibility to guide and uplift the rest of the race. Although his ideas here had some parallels with eugenic thought, it's essential to understand them within the broader context of his overall beliefs, which were oriented towards racial uplift and equality.

### Promotion of Better Health:

Some African American leaders supported aspects of the eugenics movement that aligned with their broader goals of improving the health and well-being of the Black community. This sometimes involved supporting public health measures, campaigns against venereal disease, or advocating for family planning. Such support was often not rooted in ideas of inherent racial inferiority but rather in efforts to improve community health and socio-economic conditions.

**Nuanced Views:** It's important to understand that the

views of Black leaders on eugenics were diverse and nuanced. While some may have seen value in certain eugenic practices or ideas, they often did so from a position of wanting to counteract the extreme racism and discrimination that African Americans faced. In other cases, Black leaders and intellectuals outright rejected eugenic ideas.

**Opposition:** Many Black leaders and intellectuals were staunchly opposed to eugenics, recognizing its inherent racism and the dangers it posed to African American communities. They spoke out against forced sterilizations, discriminatory policies, and the misuse of science to justify racial hierarchies.

**Intersection with Birth Control Movement:** The early birth control movement, led by figures like Margaret Sanger, sometimes intersected with eugenic ideas. While Sanger herself held some eugenic beliefs,

she also collaborated with African American leaders to improve access to contraception for Black communities. This collaboration was not without controversy, as some Black leaders were concerned about the potential misuse of birth control for eugenic purposes.

In summary, while the eugenics movement primarily had white proponents and was used to further racist agendas, its influence

was broad and complex, touching various aspects

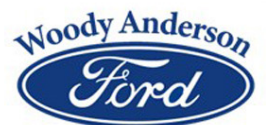
of society, including some segments of the African American community. The views of Black leaders on eugenics were diverse, ranging from cautious engagement to outright opposition.

- TVW/ChatGPT



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# Library Foundation Presenting 'Hear to Be Seen' at The Orion

This August, The Orion is proud to partner with the Huntsville-Madison County Library Foundation to present *Hear to Be Seen*, an evening gallery preview that brings North Alabama's music scene into focus through powerful portraits and live performance.

Originated by Alabama native photojournalist Shedrick Pelt, *Hear to Be Seen* began as a way to illuminate the artists of the Huntsville-Madison County Public Library's BLAST Music platform through intimate portraiture and personal storytelling. Now in its second year, the project has grown into a collaborative gallery showcasing work by multiple photographers with roots in the region—



including not just Pelt, but local visionaries behind the lens Bud Gambrell, Dennis Keim, and Xavier Adams.

At its core, *Hear to Be Seen* is about visibility. Through portraits and written reflections, the exhibit explores each artist's connection to creative process, environmental influences, and sense of identity. It reveals how these elements echo through their music and

offers a deeper understanding of the people behind the sound.

Join us on Thursday, August 21 at The Orion for an opening night filled with live performances from featured BLAST artists, an artist talk moderated by WLRH's Katy Ganaway, and an exclusive first look at the gallery before it travels to Huntsville City Hall. Thanks to support from the Huntsville Music

Office, the full exhibit will remain on display in City Hall throughout September in celebration of Huntsville Music Month.

All featured artists are part of the BLAST Music streaming platform—a free, local music service powered by HMCPL.

*Hear to Be Seen* would not be possible without the support of the Huntsville Music Office and WLRH, 89.3 FM/HD.

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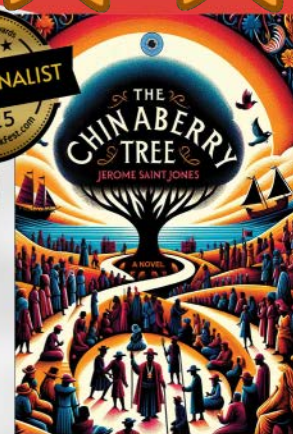
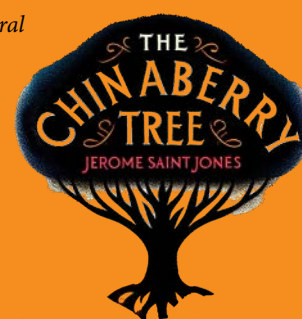
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# Valley Weekly Washington One Minute

by Ron Hamm

Here are the latest top issues and events in Washington, D.C.:

**1. CONGRESS.** The House is in recess until September 2, after abruptly adjourning early last Wednesday when it became apparent that the House GOP leadership would rather adjourn than be forced to vote on releasing files pertaining to deceased child sex trafficker Jeffrey Epstein – although on the same day the House Oversight Committee issued a subpoena to Epstein crony Ghislaine Maxwell for a deposition to occur at Federal Correctional Institution Tallahassee (FL) on August 11, 2025, after a motion made in committee by Rep. Tim Burchett (R-TN). The Senate is in session and will start the week working on its backlog of 144 administration nominees (the pace of which has drawn pointed criticism from the President who is urging the Senate GOP leadership to cancel its August recess that begins at the end of this week) and then may turn to a 3-bill “mini omnibus” appropriations bill containing the FY2026 MilCon/VA, Agriculture, and Commerce/Justice/Science bills.

## 2. EXECUTIVE

**BRANCH.** The President wrapped up a 4-day visit to Scotland Monday with a meeting with U.K. Prime Minister Keir Starmer and then a ribbon-cutting at his

new golf course in Aberdeenshire. On Sunday, he met with European Commission President Ursula von der Leyen on a trade deal for the European Union that will see a 15% baseline tariff on most EU goods (down from a threatened 30%). Friday (1 Aug) is the deadline for countries to work out deals to avoid the higher tariffs. It was reported on Friday that the White House will release \$5 billion in frozen public school funding. However, reports on the same day indicated that the White House will send Congress another rescissions bill this fall aimed at clawing back previously appropriated federal education funds. The Washington Post reported that last week was the deadline for the National Park Service to submit its review of books and signs at national parks to remove “corrosive ideology,” which included removing books on slavery and civil rights and signs referring to the “Gulf of Mexico” and climate change. Secretary of Agriculture Brooke Rollins announced on Thursday that the department will relocate 2,600 workers – more than half of its Washington, D.C., workforce – to 5 hubs around the country: Raleigh, NC; Kansas City, MO; Indianapolis, IN; Fort Collins, CO; and Salt Lake City, UT. Last week, Deputy Attorney General Todd Blanche questioned Jeffrey Epstein crony (and

convicted felon) Ghislaine Maxwell, in depositions over 2 days at a prison in Florida where she is serving a sentence for sex trafficking underage girls.

## 3. SUPREME COURT.

In an emergency order issued on Wednesday, the Supreme Court cleared the way for the Trump administration to remove three of the five members (all appointed by President Biden) of the Consumer Product Safety Commission (CPSC). At the same time, their challenges to their firings continue. Under the laws creating the CPSC, a commissioner can only be removed by the president “for neglect of duty or malfeasance in office.”

**4. FEDERAL RESERVE MEETING.** The Federal Reserve’s Federal Open Market Committee meets this Tuesday and Wednesday. It is expected to leave interest rates unchanged, especially after last week’s inflation report that saw a jump in the annual inflation to 2.7%. On

Wednesday, the Commerce Department will release its 2Q GDP estimate, with economists predicting a rebound from 1Q’s contraction of -0.5% to growth of 1.7% to 2.4%.

## 5. U.S. DOGE SERVICE.

The Washington Post reported on Sunday that the U.S. DOGE Service is deploying a new artificial intelligence tool to analyze 200,000 federal regulations, to eliminate half of them by January 2026. According to a PowerPoint presentation obtained by the Post, federal agencies have a deadline of Sept. 1, 2025, to compile a list of regulations to eliminate, and DOGE has already started training federal staffers on how to use the AI tool. The Post further pointed out that it is unclear if courts will allow the administration to

void rules, while private-sector companies tend to be uncomfortable ignoring a rule that was illegally repealed.

**6. UNIVERSITY ANTI-SEMITISM INVESTIGATIONS.** The Washington Post reported that the White House is putting pressure on Harvard, Northwestern, Cornell, Brown, and the University of Michigan to pay millions to the government to settle investigations into alleged antisemitism connected to pro-Palestinian campus protests during the 2023-24 school year. Last Wednesday, Columbia University agreed to pay \$200 million to settle claims over anti-semitism and discriminatory hiring and install an independent monitor (in turn, the feds will unfreeze \$1 billion in federal grants).

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## HMBCC Meetings

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



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## Council Meetings

Huntsville City Council's regular meetings are held on the 1st floor of the Municipal Building.

The meetings are held on the 2nd and 4th Thursday of each month at 5:30 p.m.



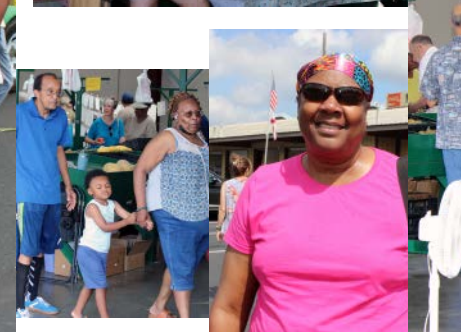
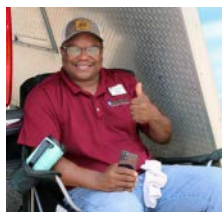
# '1st Annual Madison County Corn Festival'

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Violet Edwards, Commissioner

Madison County Farmers Market - 1022 Cook Avenue, Huntsville, Ala.

Saturday, July 26, 2025 - Photos by Jerome Saintjones







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 FAs 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 orga-



nization with 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.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).

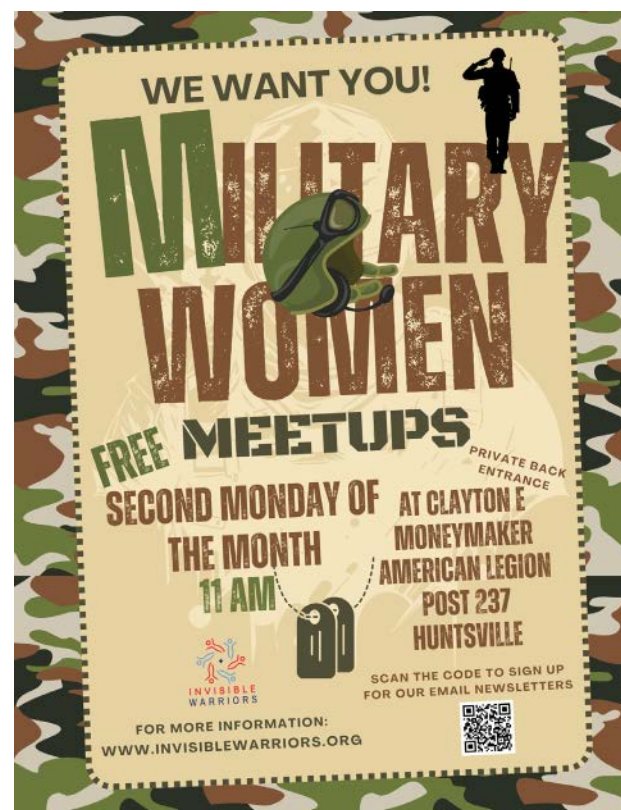


## Military Women Holding Meetups

These special meetups are an opportunity for military women in the greater Huntsville area to meet each other and just talk. It can be hard to walk this path alone. Being able to come together to share stories, build camaraderie, offer support, and encourage each other can make the journey less lonely.

The meetups are being held in a private room at 11 a.m. at the Clayton E MoneyMaker American Legion Post 237 which is located at 2900 Drake Avenue, Huntsville, Alabama 35805 (at the corner of Chasewood Dr. and Drake Ave). Enter from the back of the building for privacy. There is no cost for this meetup although food and drink are available for purchase from the American Legion.

These military women meetups will be monthly and facilitated by a kind and caring woman. The first meeting was planned



to be an hour but the conversation was so good, it stretched into two hours! One valuable piece of feedback came out of the meeting – we need a virtual way

to attend, too, so starting in February, the meetups will offer the option to attend by Zoom.

Visit <https://invisible-warriors.org/>

## Film Series: KUNG FU Hustle

The Downtown Huntsville Public Library is hosting an international film series on Mondays that celebrates four Kung Fu movies.

The movies are being presented at the Library's facilities located at 915 Monroe Street, Huntsville, Ala. The upcoming presentation will be Monday, August 11, from 5:30 p.m.-7:45 p.m. "Iron Monkey" (Hong Kong, 1993) is based on a real late 19th century Chinese folk hero, a kindly doctor dons



a mask at night to become a vigilante in the mold of Robin Hood and Zorro, using martial arts to rob the rich and give to the poor.

August 18: Stephen Chow in "Shaolin Soccer" (Hong Kong, 2001)

August 25: Jet Li in "Hero" (China, 2002)  
Recommended audiences: 19 and up.

For additional information call (256) 532-5998 or email [marketing@hmcpl.org](mailto:marketing@hmcpl.org).





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