

STUDENTS: Having a Game Plan for 2026-27 - p. 4

Who's Checking Grandma's Pills? - p. 8

Friday

August 28, 2026

Vol. 12, No. 52

ValleyWeeklyllc.com

SALUTE!

Rosetta James Foundation
ELDER OF THE WEEK

Dr. Army Daniel

"We don't see things as they are, we see them as we are." — Anais NinUSDA Grant Opens
Food Access

The U.S. Department of Agriculture (USDA) has announced \$7.5 million in grant funding available through the Cold Chain Grants for Emergency Food Assistance Program (CCG). The Program will fund projects to support cold chain equipment investments that help food assistance entities temporarily store, effectively package, and distribute fresh, frozen, and minimally processed foods.

Funded non-profit organizations will administer a subaward program to support cold storage within the middle of the supply chain. The selected grant recipient(s) will be responsible for managing and overseeing a competitive subaward program, including providing consultation and subject matter expertise to sub-awardees in support of cold storage in consumer-facing food assistance operations.

CCG recipients will issue subawards to fund cold chain equipment purchases, with the amount awarded being equal to the cost of the equipment and documented delivery, installation and necessary ancillary equipment/supplies, up to \$200,000. Sub-awardees will be required to provide a 10% cash cost share contribution.

Projects funded through CCG will result in more Real Foods produced by America's farmers and ranchers being made available to support healthier families and healthier communities in alignment with the 2025-2030 Dietary Guidelines for Americans. This program is funded through the American Rescue Plan (ARP) Act of 2021.

CCG applications must be submitted electronically through www.grants.gov by 11:59 p.m. ET on October 1, 2026.



Big Spring Park Undergoes Transformation

The transformation of Big Spring Park East is becoming easier to see by the day.

Construction on the east side of the park at the site of the former City Hall began earlier this year with crews preparing the site, installing infrastructure and laying the groundwork for the park's new features.

And in recent days, some of the project's vertical elements are emerging.

That's most noticeable with the pavilion and some of its structural steel elements, giving

visitors a much clearer sense of the building that will anchor the east side of the park.

"Much of the work we've seen so far has been horizontal, so it can be difficult to see just how much progress is being made," said Ricky Wilkinson, the City's General Services Director. "Now we're getting to the point where we can start going vertical on the buildings and that's when people will really begin to see the project take shape."

Other infrastruc-

ture work is also moving forward. An underground electrical vault is being installed that will house the transformer for the project and the refurbishment of Church Street is becoming more defined.

The raised crosswalk across Church Street connecting both sides of the park is also now clearly visible. Landscaping will be added to the new median on Church later in the fall.

- Lucy Yarbrough
huntsvilleal.gov

The Hill Launches 'One AAMU' Campaign

During the 2026 Faculty and Staff Conference, Alabama A&M University launched a new initiative designed to engage the entire AAMU family for support of academic colleges and campus initiatives.

The One AAMU Across the Hill peer-to-peer campaign allows supporters to contribute any gift to initiatives through friendly competition.

Faculty, staff, alumni, students, and friends of AAMU are invited to choose



from 50 teams as the University drives greater donor participation while generating needed support for colleges and key initiatives. Through the campaign, meant to encourage gifts of any amount, the University aims to

continue building a culture of giving among the Alabama A&M community.

Valued supporters are already stepping forward to add their names to the ongoing effort to help students thrive on The Hill.

The Valley Weekly

INSIDE THIS ISSUE!

Happenings in Washington, Page 2

Preston Brown's "Spiritual Game Plan," Page 4

Gloria B. & Tim: Perspectives, Page 5

"Jahni" Moore's PowerShots, Page 6

Spotlight on Our Elders, Page 7

Sunday Lectionary, Page 7



Here are the top issues and events in Washington, D.C., for this week:

1. CONGRESS. The House and Senate continue their 5-week summer recess this week, not to return to session until Aug 31 (House) and Sept 14 (Senate). With the Mid-Term Elections just 71 days away, The New York Times reported on Sunday that presidential son-in-law Jared Kushner recently met in New York City with House Democratic Leader Hakeem

Jeffries (D-NY) to discuss how Democrats and the administration could work together should the GOP lose control of the House in November (current House Speaker Mike Johnson, R-LA, downplayed the meeting ...

2. EXECUTIVE BRANCH. With the Canadian delegation walking away from the negotiating table, new 50% U.S. tariffs on \$20 billion of Canadian goods, including wine, dairy, alcoholic beverages, cement, clothing, and

hockey equipment, took effect at 12:01 a.m. Saturday under Section 338 of the Tariff Act of 1930 (part of the notorious Smoot-Hawley Tariff Act, now widely blamed for worsening the Great Depression), which allows the administration to impose tariffs on imports from countries that have discriminated against U.S. businesses Canadian Prime Minister Mark Carney is vowing to match the tariffs dollar for dollar and announced that tariffs on U.S.-made steel, dairy, appliances, agricultural equipment, pulp and paper, and electronics would take effect Sept. 8. Last Thursday, the President asked the Supreme Court to weigh in on his \$550 million defamation case against CNN over its news coverage of the 2020 presidential election (note: two lower federal courts have dismissed the case). Last Friday, the U.S. Bureau of Reclamation announced that,

starting in 2027, it will cut 1.25 million acre-feet of water annually from the Colorado River going to California, Arizona, and Nevada over the next 2 years due to the severe drought in the West.

3. SUPREME COURT. The Court has adjourned and will begin its 2026-27 term on Monday, Oct. 5. Last Friday, Chief Justice John Roberts issued a temporary stay of a lower court's order, allowing construction on the new 90,000-square-foot White House Ballroom to continue while the Supreme Court considers the case.

4. MARCH ON WASHINGTON 63rd ANNIVERSARY. To mark the 63rd anniversary of the 1963 March on Washington, civil rights groups, led by Rev. Al Sharpton's National Action Network and

by Martin Luther King III and Arndrea Waters King, will host "March on Washington: Defend the Vote" at the Lincoln Memorial on Friday.

5. HIGHER EDUCATION. The Trump administration has issued a Notice of Proposed Rulemaking on accreditation, published in the Federal Register on August 20, with public comments due by September 21 and the rule likely to take effect on July 1. The administration argues that many accreditors are failing their statutory duty amid declining public trust in higher education. It proposes a "comprehensive modernization" focused on student achievement, easier entry for new accrediting agencies, and greater ease for institutions to switch accreditors. For four-year institutions, new academic freedom and

ideological diversity requirements would expand accreditors' role in reviewing campus speech and hiring, while new outcomes documentation and cost-benefit analysis mandates would impose a significant compliance burden. Community colleges are focused on transfer-of-credit provisions that could favor credit acceptance for transferring students, though institutions could still deny transfers with written justification. This change also affects four-year institutions, which are the primary recipients of transfer credit.

Hamm Consulting Group
1717 K Street, NW, Suite 900
Washington, D.C. 20006
(202) 596-8384
rhamm@hammconsulting.com
www.hammconsulting.com

BUSINESS BANKING | MORTGAGE | PERSONAL BANKING

*Focused on knowing your name,
not changing ours.*



At Bryant Bank, we're committed to helping you reach your goals. Right here in **Huntsville**. Experience the difference of traditional, personalized banking at your local Bryant Bank office.

Scott Ellis, VP, Mortgage Loan Officer
Scott.Ellis@bryantmortgage.com | 256-535-1140 | NMLS 971526

BRYANT BANK ATHENS | DOWNTOWN HUNTSVILLE | SOUTHEAST HUNTSVILLE
BRYANTBANK.COM



thrivent

A personalized financial approach
based on your Christian values



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

Advice | Investments | Insurance | Banking | Generosity

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



State Farm

Mary F Spears, Agent

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

The greatest compliment you can give is a referral.

The Valley Weekly

Publisher
The Valley Weekly, LLC

Editor-in-Chief
Dorothy W. Huston, Ph.D.

**Editorial Consultant/
Senior Editor**
Jerome Saintjones, Ed.S.

Editorial Assistant
Linda Burruss

- Contributing Editors -
tim allston
Minister Preston Brown
Gloria B. Caldwell
Ron Hamm
Gary T. Whitley, Jr.
-and-
“Aunt Irma” (ChatGPT support)

Photographers
Anthony “Gip” Gibson
Jerome Saintjones

Website Administrator
Calvin Farier

Mailing Address:
The Valley Weekly
P. O. Box 893 - Huntsville, AL 35804
(256) 651-9028
www.valleyweeklyllc.com
Copyright 2026

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

Submissions to TVW do not necessarily reflect the beliefs of the editorial staff, and TVW is not responsible for the authenticity of submissions. We use A.I. tools occasionally to support tasks such as transcription, research, or draft refinement. All final reporting and editorial decisions are made by our newsroom staff



The Valley Weekly			
Ad Rates Single Issue			
Back Cover	10x10-inches		\$1,500
Full Page	10x10 inches		\$1,200
3/4 Page	7.5x10 inches		\$900
Half Page	Horizontal		
	5x10 inches		\$600
Fourth Page	Vertical		
	10x5 inches		\$600
Eighth Page	5x5 inches		\$300
	2.5x5 inches		\$150
Sixteenth Page			
	2.5x2.5		\$75
Classified	1 col.x1 inch		\$100/Flat Fee

The Torch is Still Burning!

There are moments when being an Alabama A&M University alumna fills me with an especially deep sense of pride. This is one of those moments.

On Saturday, August 15th, Alabama A&M welcomed approximately **2,200 first-time freshmen** during its annual Torch Lighting Ceremony (see photo below), a beautiful tradition symbolizing the passing of knowledge, responsibility and Bulldog spirit to a new generation. The Class of 2030 represents **37 states and eight countries**, with women comprising 59 percent of the class and men 41 percent. These students arrive with an average

GPA of 3.25.

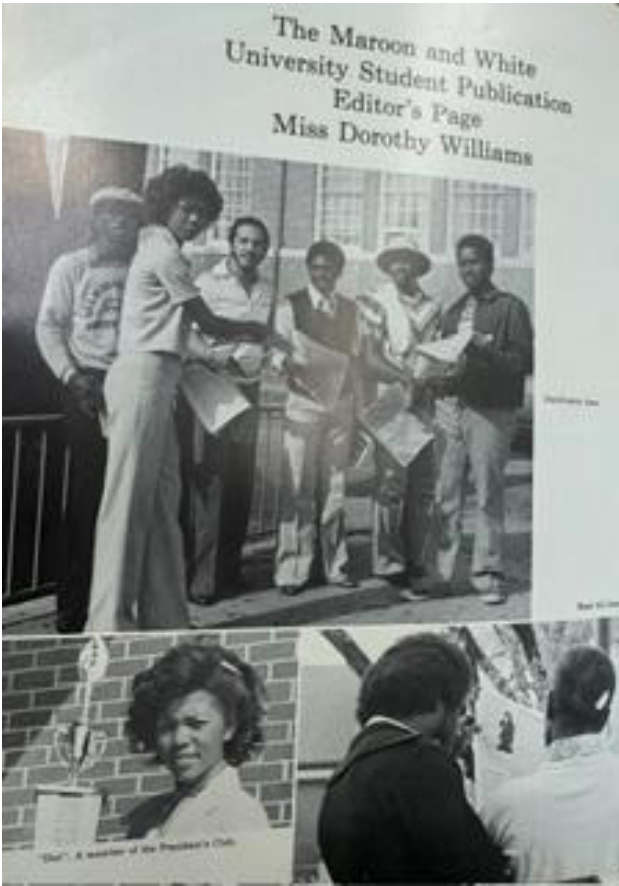
As a proud graduate of Alabama A&M, I have long believed in this institution—not simply because it is my alma mater, but because I know firsthand what can happen when young people are given an opportunity, challenged academically and surrounded by people who believe in their potential.

Alabama A&M helped prepare me for graduate study, professional leadership, entrepreneurship and a lifetime of community service. That is why I remain an unapologetic advocate for AAMU and for Historically Black Colleges and Universi-

ties. Their mission is not a relic of the past. **HBCUs remain vital to America’s future.**

The diversity of this incoming class also reminds us that Alabama A&M’s reach extends far beyond The Hill. Students are coming from across America and around the world to Huntsville, Alabama, to begin building their futures. That is something our entire community should celebrate.

To the Class of 2030: You have been handed the torch. Carry it proudly. Study hard. Ask questions. Build relationships. Take advantage of every opportunity before you, and remember the genera-



TVW Editor-in-Chief Dorothy W. Huston distributing the Matoon and White student newspaper on The Block circa 1977-78.

tions of Bulldogs whose shoulders you stand upon.

And to those of us who already love Alabama A&M, our responsibility continues. We must advocate, contribute, mentor, recruit and tell the AAMU story wherever we go.

The torch has been

passed. The future is bright. And the Bulldog spirit is alive and well on The Hill.

Start Here. Go Anywhere. And always—Go Bulldogs!

Until next week ...

Dorothy



AUGUST 28 - ROXIE ROKER -Roxie Albertha Roker was an American actress who portrayed Helen Willis on the CBS sitcom The Jeffersons (1975–1985), half of the first interracial couple to be shown on regular prime time television. She was the mother of rock musician Lenny Kravitz and the grandmother of actress Zoë Kravitz. Roker graduated from Howard University, where she was a member of Alpha Kappa Alpha sorority. She was married to television producer Sy Kravitz in 1962. The couple had a son, singer-songwriter and actor Lenny Kravitz (born May 26, 1964), and divorced in 1985. Weather anchor Al Roker and Roxie Roker are first cousins once removed. Roker died in Los Angeles, California, on December 2, 1995, of breast cancer at the age of 66

- BlackCelebrityBirthdays.org



Spiritual Game Plan

Valley Weekly
PRESTON BROWN'S



Today's Spiritual Game Plan:

"Having a Game Plan for 2026-27"

Question: What is your game plan for this coming school year? So many of our youth today are on the "cusp" of greatness and of failure. It's as if they are one circumstance away from having the abundant life that God wants us to have. Whether it's because of an unexpected pregnancy, the death of a parent, or maybe just getting caught up with the wrong crowd, greatness eludes them. That's why I believe that in today's world, we all need a plan to help us navigate through the good times as well as the bad times—a plan that can be a "bridge" over troubled waters when they appear.

When I played football, whether it was in high school, college, or

professional, we would have a "game plan." Having a game plan gave our team the best chance to win the game. With this game plan, we would learn the strengths and the weaknesses of the team that we were facing. When you have a plan, you will be able to handle whatever situation that you find yourself in. Romans 8:28 says, *"And we know that in all things God works for the good of those who love Him, who have been called for his purpose."* It

goes on to say, *"We are more than conquerors through Him who loves us"* (Romans 8:37). But if we don't know this, the enemy can easily defeat us. John 10:10 says that the thief comes only to kill, steal and destroy, but Jesus said, *"I came that you might have an abundant life."*

I believe that having a Game Plan for your life will take you to another level of excellence. We have to remember that "storms" are not always in the forecast. There will be tests and trials that we will go through; however, having daily reminders to help us deal with certain issues in life can be extremely helpful. For example, the Bible tells us in James 1:2-4, *"Consider it pure joy, my brothers and sisters whenever you face trials of many kinds because you know that the testing of your faith produces perseverance."* Perseverance must finish its work so that you may be mature and complete, not lacking anything. (James 1:4) I never really

understood that scripture until God revealed to me a "plan" for my life. Remember that just as the cars and trucks that we drive require constant refuelling, we all need spiritual fuel, as well. And that fuel comes from hearing and reading the word of God every day. I truly believe that having a Champion Game Plan for Life will help our youth, as well as our adults, know God's word so that we can be obedient to His word and bring Him glory.

Question: What is your game plan for this coming school year?

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 TODAY! So you will be prepared for this upcoming school year!

NEXT WEEK:
"A Spiritual Test"

Nelms Memorial Funeral Home

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



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



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW | Huntsville, AL 35816

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

Funeral service for **MR. RICKY DUREN** (b. 1965) will be Saturday, August 29, at Nelms Memorial Funeral Home Chapel, 2501 Carmichael Avenue NW, Huntsville, Ala., at 1 p.m.



Funeral services for **MR. ROBERT OTIS HARRIS** (b. 1943) and **MRS. EVETTE STEPHENSON** (b. 1956) are incomplete and will be announced at a later date.

Funeral service for **MR. GERALD WALLACE GARDNER** (b. 1965) is incomplete and will be announced at a later date.

Funeral service for **MRS. LUCILLE JONES** (b. 1936) was Saturday, August 22, at Great St. James Baptist Church in Clarksville, Tenn.

Funeral service for **MRS. ARLEAN BINFORD MEADOWS** (b. 1931) was Saturday, August 15, at Nelms Memorial Funeral Home Chapel.

Funeral service for **MR. CLARENCE "CATFISH" PRUITT** (b. 1949) was Saturday, August 15, at Nelms Memorial Funeral Home Chapel.

Funeral service for **MR. CHARLIE L. SMITH** (b. 1945) was Saturday, August 8, at Nelms Memorial Funeral Home Chapel.

Funeral service for **MRS. WILLIE NELL CARODINE** (b. 1932) was Saturday, August 8, at First Missionary Baptist Church, 3509 Blule Spring Road NW, Huntsville, Ala.



Submitted by
Brenda Friend &
Angel S. Wilson

8/28/26's Triumphs, Trials—and the School of Growth

"If you can meet with both Triumph and Disaster, and treat those two impostors just the same, . . ."

- "If," by Rudyard Kipling

We love triumphs. We endure trials.

But what if both are teachers—and trials are often the better ones?

Recently in Sabbath School's Bible study class, I suggested that we are as challenged by our triumphs as by our trials. The next morning, Rudyard Kipling's If—, which I memorized more than 50 years ago, came back to me: "If you can meet with Triumph and Disaster / And treat those two impostors just the same."

Then, almost on cue, my devotional reading led me to an article quoting Bill Gates: "It's fine to celebrate success, but it is more important to heed the lessons of failure."

Message received!

Consider NBA Champions: Success?

From 2019 through 2026, eight consecutive NBA seasons produced eight different champions. Not one defending champion successfully repeated.

Winning the championship is difficult. Apparently, living successfully after winning it may be difficult, too.

Why?

Because success can make us comfortable.

But Failure?

Failure demands questions. What went wrong? What did I miss? What must change?

Success can tempt us instead to conclude: Whatever I'm doing must be working.

That may explain another Gates observation: "Success is a lousy teacher. It seduces smart people into thinking they can't lose."

Down With Comfort?

At 72, as the world's first publicly acknowledged recovering ego-holic, I am discovering this personally. I am deliberately disrupting little comforts:

Brushing my teeth with my non-dominant right hand, sometimes eating with it
Occasionally walking backward during exercise, and
Attempting unfamiliar things that force my brain and body to pay attention again.
These are small exercises carrying a larger lesson:

"Comfort Is The Enemy of Achievement"

That brings me directly to Step Five of my seven-step ego-holism recovering process: *Take the bitter lemons of life and make something more than better lemonade. Make lemon meringue pie!*

Our trials, failures, firings, disappointments, embarrassments and wrong turns need not be wasted. Properly examined, they become ingredients.

Triumph deserves celebration.

But failure deserves investigation.

One makes us feel good. The other can make us *better*.

Perhaps maturity means learning to welcome both teachers—Triumph and Disaster—without becoming addicted to one or defeated by the other. **Triumphs are sweet. But transformation is sweeter.**



Tim Allston

Leadership Player-Coach and Four-time Amazon
Best-Selling Author, "Leading from the Middle"
Contact: (256) 212-0949 - <https://bit.ly/4aB9Lwm>
Email Address: leadingfromthemiddle.tim@gmail.com
Website: www.timallston.com

Millennial Moment

by Gloria B. Caldwell

I Can't Think That High ...

There's a moment in every serious pursuit when your own mind runs out of road. You've done the strategy, counted the cost, read the books — and still, you cannot see how you get from here to there. T.D. Jakes told a story about his mother. When he'd ask her about obtaining something beyond her frame of reference, she'd simply say, "I can't think that high." I used to hear a statement like that as a limitation. Now I hear it as wisdom.

Because when you don't have a point of reference, your own thinking becomes the ceiling. Twenty-four years of budget analysis taught me



to plan, forecast, and project — but planning only works when you've been somewhere before. Faith is for when you haven't.

Walking blind isn't the absence of a plan. It's the decision to stop trying to engineer an outcome you were never equipped to imagine on your

own. I didn't have a reference point for building three ventures at once. I still don't, most days. But I've stopped needing one.

God doesn't operate within the ceiling of your understanding. He orchestrates in ways and timing you couldn't have thought your way into — not because you're incapable, but because that height was never assigned to your thinking. It was assigned to your obedience.

Some things you don't figure out. You follow into.

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



MARTINSON & BEASON, PC

ATTORNEYS AT LAW SINCE 1937

**Dedicated To You.
Delivering Results.**

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

Contact Us

Phone: 256-533-1667

Fax: 256-533-1696

info@martinsonandbeason.com

www.martinsonandbeason.com

facebook.com/martinsonandbeason



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

The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

August 27

35+ Speed Dating Event
The Note Jazz Lounge
www.speeddatinghsv.com
6:30 p.m.

August 28

Concert on the Dock
Lowe Mill Arts & Entertainment \$10 Parking
6-9 p.m.

August 29

Community Awareness Day
Sponsor: Alpha Phi Alpha Fraternity, Rho Eta Lambda Education Foundation
St. Luke Christian Church
1800 Sparkman Drive NW
Huntsville, Ala.
9 a.m.-12 noon

"Syleena Johnson"

R&B on the Lawn
Bob Harrison Center
Huntsville, Ala.

September 4

"A Night with Johnny Gill"
AAMU Event Center
Alabama A&M University-

Doors Open at 6 p.m.
aamusports.com | \$80
(256) 372-7255

Concert on the Dock
Lowe Mill Arts & Entertainment \$10 Parking
6-9 p.m.

"Courtney Little"

Huntsville R&B Concert Series
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
Huntsville, Ala. | 6-9 p.m.

September 4-6

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

September 6

Caribbean Day at the Park
John Hunt Park
2151 Jaycee Way
Huntsville, Ala.
11 a.m.-6 p.m.

www.CANAonline.com
(256) 606-6878

Jazz in the Park
"Nathan Mitchell"
Opening Act: Evan Taylor
Pre-Opening Act: The BrightLight Experience
Big Spring Park West
Downtown Huntsville
5-9 p.m.

September 7
Labor Day**September 10**

Bundle Dye Workshop
1818 Farms
(https://1818farms.com)
24889 Lauderdale Street
Mooresville, Ala.
9:30-11:30 a.m.

"The Temptations"
Mark C. Smith Concert
Hall | Von Braun Center
Huntsville, Ala.
7 p.m.

September 11

Legacy Series: Hybrid Party
"Jeans and Jerseys"
AAMU Alumni Association
Huntsville Marriott
U.S. Space and Rocket Center
2-10 p.m. \$50

A Day of Dyeing and Eco-Printing at 1818 Farms
(\$140)
1818 Farms

(https://1818farms.com)
24889 Lauderdale Street
Mooresville, Ala. | 6-8 p.m.

Concert on the Dock
Lowe Mill Arts & Entertainment \$10 Parking
6-9 p.m.

"Keia Johnson"
Huntsville R&B Concert Series
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
Huntsville, Ala.

September 12

Raven Knights: faewyld
(A GOTH | DARKWAVE | EDM Dance Party Event

Railroad Room 7
2211 Seminole Drive SW
Huntsville, Ala. \$10/\$12
8-11 p.m.

September 13

Jazz in the Park
"Julian Vaughn"
Opening Act: Cameron Sankey; Pre-Opening Act: Richard Shaw
Big Spring Park West
Downtown Huntsville
5-9 p.m.

September 17

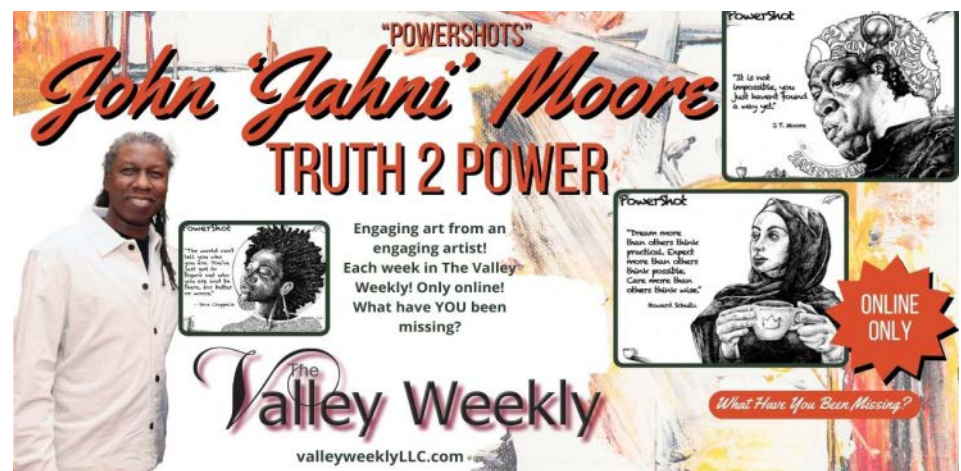
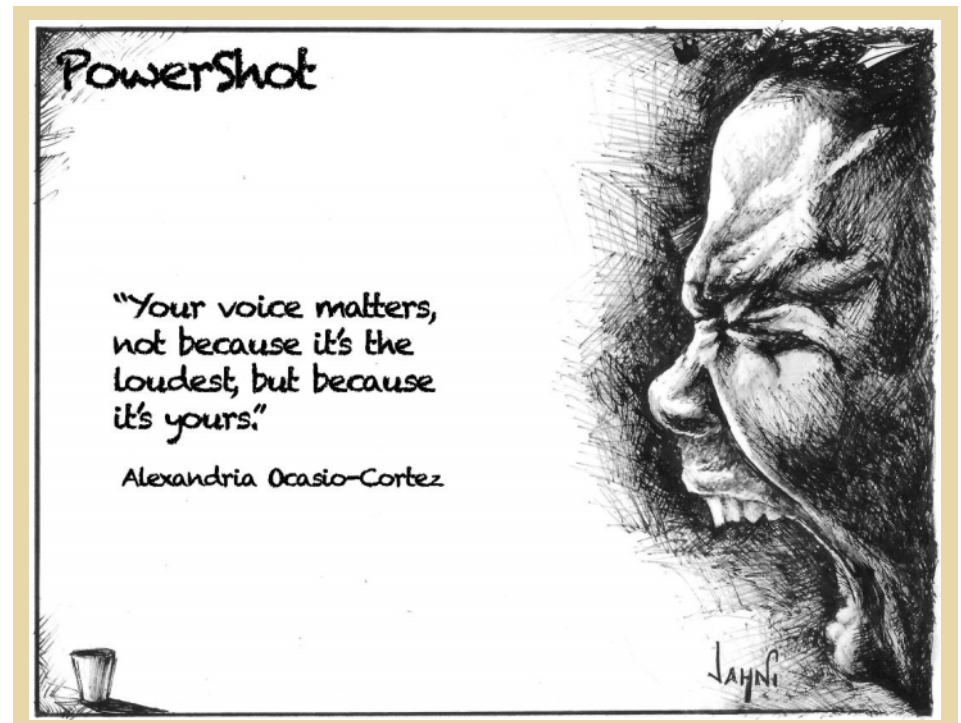
"An Evening with the Arts"
Alabama State University
Rocket City Alumni Chapter (\$20, \$40)

Lee High School Theater
2500 Meridian Street N
Huntsville, Ala.
Contact: Christen Edwards
| (256) 683-2954; Dr. Joseph Henderson, Chapter President, (256) 683-5648

September 18

Concert on the Dock
Lowe Mill Arts & Entertainment \$10 Parking
6-9 p.m.

"Devin Crutcher"
Huntsville R&B Concert Series
Huntsville Botanical Garden
4747 Bob Wallace Avenue SW
Huntsville, Ala.



Imagine Your Invention

Mechatronics



Apply Now

drakestate.edu



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

Dr. Army Daniel

Dr. Army Daniel, Jr., is a respected mathematician, educator and consultant whose unique talents have been highly sought for decades. He lists among his extensive academic credentials degrees culminating with the doctorate through his matriculation and additional studies at Alcorn State University, Tuskegee University and Michigan State University. Dr. Daniel also excelled in both high school and college sports, lettering in football, baseball, track and tennis.

A retiree of Alabama A&M University, he taught mathematics and physics, directed Special Services and Freshman Studies, and has served as an assistant provost. He frequently serves as consultant to the U.S. Department of Education. Dr. Daniel is president and CEO of DDN Associates, a consulting firm. He has also served as a trustee, policy com-



mittee head and past chairman of the board for Bethel University (2009-15). He is also Chairman Emeritus of the Board of Directors of the North Alabama Center for Educational Excellence, based in Huntsville, Ala.

He is a dedicated member of Church Street Cumberland Presbyterian Church. The administrator also is the past moderator of the General Assembly of the Cumberland Pres-

byterian Church in America, the highest office in the denomination. Dr. Daniel is a member of the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., and he has been involved in numerous community and civic organizations.



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

Woody Anderson Ford
256-539-9441
www.WoodyAndersonFord.com
2500 Jordan Lane, Huntsville, AL

THERE ARE MANY COLUMNISTS, BUT ...

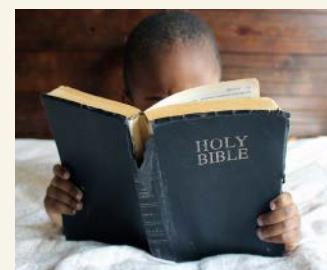
They're Not Like Tim!

The Valley Weekly
"A thought-provoking and insightful take on the latest news and views. Join TIM ALLSTON every week for interesting perspectives you can't find anywhere else!"

ValleyWeeklyLLC.com

This Sunday's Lectionary

Sunday, August 30, 2026
Fourteenth Sunday
after Pentecost



(Track 2, Year A)

First Lesson:

Jeremiah 15:15-21

Psalm 26:1-8

Second Lesson:

Romans 12:9-21

GOSPEL:

Matthew 16:21-28

JOIN US WEEKLY FOR GLORIA B'S

MILLENNIAL MOMENT

ONLINE ONLY!

The Valley Weekly
A COLUMN YOU WON'T WANT TO MISS!
Read a **SIP**: Sensitive, Intuitive and Provocative

www.valleyweeklyllc.com

AUNT IRMA MAKES IT PLAIN ...

Somebody Needs to Check Grandma's Pills!

Now, Aunt Irma is not telling anybody to throw Grandma's blood pressure pills in the trash. High blood pressure is serious business—especially in the Black community. In fact, nearly six in ten Black American adults have hypertension, one of the highest rates in the world.

But Aunt Irma is asking a different question:

When was the last time somebody looked at all of Grandma's pills and asked whether she still needs *every* one of them?

That's important because Grandma may have started taking that little white pill at 52. Another was added at 61. A water pill came along at 67. Then another medication was prescribed when the pressure wouldn't behave.

Now Grandma is 82.

And, Grandma at 82 is not the same patient she was at 52.

As we age, our bodies change. Kidney function may decline. We may lose weight. We may eat dif-



ferently, drink less water, become frailer or develop other illnesses. Meanwhile, the medicine cabinet sometimes keeps growing.

That's where good medicine can quietly become too much medicine.

Black Americans deserve special attention

here because hypertension often develops earlier and is more severe. Many patients legitimately require two or more medications, and some people with "resistant hypertension" require three, four or more.

The problem isn't the *number* of pills by itself.

The problem comes when nobody periodically asks whether the combination and dosages still fit the person taking them.

Researchers studying older adults warn that aggressive blood-pressure treatment can sometimes contribute to very low blood pressure, dizziness, fainting, falls, electrolyte problems and acute kidney injury—particularly among frail older people taking several medications.

So when Grandma says, "I get dizzy when I stand up," don't automatically blame old age.

When she seems weak after getting out of bed, don't necessarily assume that's just what happens at 80.

And when her blood pressure is suddenly running much lower than it did years ago, don't congratulate the pills without asking whether the prescription deserves another look.

There's *another* wrinkle. Sometimes doctors keep adding medications because



the blood pressure remains stubbornly high when something else is contributing to the problem—sleep apnea, obesity, kidney-related problems, alcohol, or even another prescription or over-the-counter medicine that raises blood pressure.

That's why Aunt Irma isn't campaigning for Grandma to take fewer pills. She's campaigning for Grandma to take the right pills, at the right doses, for the woman she is *today*.

Doctors call the careful reduction or removal of medication that may no longer be beneficial "deprescribing." It isn't simply stopping medicine.

It is a *supervised* process involving the patient and clinician, usually with careful monitoring because blood pressure can rise again after medication is reduced.

And ... please don't try this at home.

Some blood-pressure medications are doing

double duty—protecting the kidneys, controlling heart rhythm, treating heart failure or addressing another medical condition. Some should not be stopped suddenly.

What Aunt Irma wants is simpler.

Every so often, put Grandma's entire medicine bag on the doctor's desk—including prescriptions, pain relievers, cold medicines, vitamins and supplements—and ask:

"If you were prescribing for her from scratch today, would you still prescribe all of this?"

That's a mighty good question.

Because sometimes the prescription Grandma needed twenty years ago is still exactly the medicine she needs today.

And, sometimes the most important prescription the doctor can write is the one he decides she doesn't need anymore.

- TVW Staff




A NIGHT WITH JOHNNY GILL

9.04.26 | DOORS OPEN AT 6PM
AAMU EVENT CENTER
SECURE YOUR TICKETS TODAY

aamusports.com | 256.372.7255





ALABAMA A&M
START *here*
go ANYWHERE