

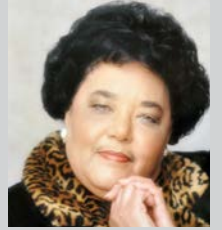
# PRESTON: Do You *Want* to Be Happy? - p. 3 FREE



## Remember Who You Are - p. 9

Friday  
October 11, 2024  
Vol. 11, No. 6  
ValleyWeeklyllc.com

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



Mrs. Marion Barley Hall



Scenes from the WOW Conference - p. 10

*"If you're not invited to the party, throw your own."* - Diahann Carroll

### Global Ties Alabama Focuses on "Diplomacy in Action"

Global Ties Alabama announces its annual meeting on Tuesday, October 15, at 11 a.m. at The Jackson Center in Huntsville, Ala. The theme is "Diplomacy in Action: Unifying Voices and Promoting Global Humanity." The event will highlight the organization's commitment to fostering international collaboration and cultural exchange.

Dr. Patrick Murphy, a distinguished scholar in entrepreneurship at the University of Alabama in Birmingham, is the guest speaker. Murphy will address the critical role of international cooperation and the importance of engaging diverse voices in promoting global understanding and unity.

"We are thrilled to bring together our board members, stakeholders, and the broader community for a meaningful discussion on the power of diplomacy," said Jacquelyn Shipe, CEO of Global Ties Alabama. "In a world where division can often prevail, our goal is to highlight how diplomacy bridges cultures and fosters global partnerships that benefit humanity as a whole."

The annual meeting serves as a pivotal moment for Global Ties Alabama to reflect on its achievements and set the stage for future initiatives. Attendees will have the opportunity to engage with peers, exchange ideas, and reaffirm their commitment to advancing Alabama's role in global affairs.

The event is open to the public. For tickets, visit [www.globatiesalabama.org](http://www.globatiesalabama.org).



### City Budgets for New Slate of Sidewalks

The City of Huntsville's budget for the 2025 fiscal year boosts funding for more sidewalk construction.

Plans call for 15 projects totaling 3.2 miles of new sidewalk throughout the City. The budget increases funding by

12.5% for sidewalk construction.

"Providing more money for sidewalk construction is something we're excited to include in this budget," Mayor Tommy Battle said. "Sidewalks bond our neighborhoods and communities,

and to build 15 new sidewalks further promotes Huntsville as a desirable place to live and raise a family."

City staff are still in the process of finalizing the list of sidewalks to be included with this year's budget.

### Alumni, Local Stations Sponsor 'The Perfect Party'

The Huntsville-Madison County Alumni Chapter, WHRP, WZYP and WJAB-FM have planned a weekend of relaxation, reminiscing and fun for AAMU Homecoming 2024, October 11 and 12.

Bulldogs are

urged to attend a free informal Alumni and Friends Meet & Greet on Friday evening, October 11, from 6-9 p.m. at the Von Braun Center (Alabama A&M's original site) South Hall Ballroom!

On Saturday,

October 12, music, food, friends and fellowship will fund AAMU's Dr. Rather G. Brown Scholarship.

**Tickets** are \$75, and a limited number of reserved tables are still available.

Purchase today!

### UAH, HSC to Host 2027 NCAA Div. II Championships

The NCAA has awarded The University of Alabama in Huntsville and the Huntsville Sports Commission hosting rights for the 2027 NCAA Division II Cross Country Championships and the 2027 NCAA Division II Men's and Women's Soccer Championships Semifinals and Finals at John Hunt Park.

As part of the NCAA's announcement for 240 host

sites for preliminary and final rounds for NCAA Division I, II and II Championships, UAH and the Huntsville Sports Commission were also selected to host the 2026 NCAA Division II South Region Cross Country Championships.

UAH and the Huntsville Sports Commission will host its first NCAA Division II regional at John Hunt Park with the South Region Champion-

ships set for the morning of Saturday, Nov. 9, ahead of future championships in 2026 and 2027.

The championship caliber cross-country course at John Hunt Park is a 10-meter wide, manicured grass surface course with multiple spurred loops providing various distance options including 2-mile, 5K, 6K, 8K, and 10K.

- [uahchargers.com](http://uahchargers.com)

# The Valley Weekly

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Valley Weekly

# Washington

## One Minute

by Ron Hamm



Here are the top issues and events in Washington for this week:

**1. CONGRESS.** The House and Senate are in recess until Tuesday, November 12. Last week, being interviewed on Fox News, House Speaker Mike Johnson (R-LA) said Congress will need to pass a supplemental appropriations bill to address funding needs caused by the response to Hurricane Helene when it returns to session in November.

**2. THE WHITE HOUSE.** On Monday, Vice President Harris and Second Gentleman Doug Emhoff marked one year since Hamas' October 7, 2023, terrorist attacks by planting a memorial tree at the Naval Observatory. President Biden will travel to Germany and Angola from October 10 to 15. Last Friday, the President

sent a letter to Congress stating that his Administration will need additional funds to shore up the Small Business Administration's Disaster Loan Program as it responds to communities impacted by Hurricane Helene. As of last Thursday, FEMA announced that it had deployed 5,000 personnel to the disaster zone, shipped 9.3 million meals, 11.2 million liters of water, 150 generators, 60 Starlink units and 260,000 tarps to the region, and distributed \$20 million in flexible, upfront funding to disaster survivors.

**3. SUPREME COURT.** On Monday, the Supreme Court starts its 2024-25 term. Key cases this term include cases on Tennessee's ban on gender transition care for minors, the Biden Administration's regulation of ghost guns (untraceable

firearms that can be assembled from kits and lack serial numbers), a Texas law mandating age verification for users of pornographic websites, the Food and Drug Administration's decision to deny marketing authorization for flavored e-cigarettes, and whether a lawsuit by the Mexican government against U.S. gun manufacturers, arguing that they had aided and abetted the illegal sales of guns to traffickers for cartels in Mexico, should go forward. Last Friday, the Court turned down a request from 23 Republican-led states and industry groups to block a rule from the Environmental Protection Agency that imposes more stringent standards on emissions of hazardous air pollutants from coal-fired power plants, as well as a request from Oklahoma to block a separate EPA rule that seeks to regulate emissions of methane from crude-oil and natural gas facilities. Friday's orders mean that both rules will remain in effect while challenges to them move forward in a federal appeals

court in Washington, D.C.

**4. STUDENT LOAN FORGIVENESS.** On October 3, a federal judge in Missouri blocked President Joe Biden's student loan forgiveness efforts. This would have allowed the administration to move forward with its plans. Initially, a judge in Georgia determined that the restraining order placed on the Department of Education (ED) should lapse, since the judge determined that the state of Georgia lacked standing in the legal challenge to the program. However, the Missouri judge issued a preliminary injunction against the administration's program shortly after the decision from Georgia. The judge determined that ED's ability

to carry out the program "would prevent this Court, the U.S. Court of Appeals, and the Supreme Court from reviewing this matter on the backend, allowing Defendants' actions to evade review." As a result, the program is temporarily blocked.

**5. SEPTEMBER JOBS REPORT.** Last Friday, the Department of Labor reported that the U.S. economy added 254,000 jobs in September, substantially exceeding economists' prediction of 150,000 jobs, with the unemployment rate falling to 4.1%, down 0.1% from August. Average hourly earnings increased 0.4% last month and were up 4% at an annual rate, with both figures ahead of respective estimates for

gains of 0.3% and 3.8%.

**6. CAMPAIGN EVENTS.** On Monday, Vice President Harris' interview on 60 Minutes aired; on Tuesday she headed to New York to appear on The View, The Howard Stern Show, and The Late Show with Stephen Colbert; and Thursday she was in Nevada for a Univision town hall and Vegas campaign stops. On Friday she will be in Arizona for campaign events. Former President Trump was in Pennsylvania on Wednesday, where he made a campaign stop in Scranton and held a rally in Reading.

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*"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."*  
- Audre Lorde



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The Valley Weekly

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Eighth Page	5x5 inches	\$300
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Sixteenth Page	2.5x2.5	\$75
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# Breast Cancer Awareness - A Call for Proactivity

October is Breast Cancer Awareness Month, and *The Valley Weekly* has a tinted background this month to honor the lives of those who have faced breast cancer. We remember the sisters we've lost, and we celebrate the survivors among us. But as we adorn in pink, we must also remind ourselves of the critical importance of being proactive in detecting and treating this disease.

Breast cancer remains one of the most widespread cancers affecting women. The statistics are sobering: according to the American Cancer Society's Breast Cancer Facts & Figures, breast cancer caused over 700,000 deaths globally in 2023. Half of all breast cancer cases occur in women with no identifiable risk factors beyond their sex and age. In the United States alone, 1 in 8 women will develop breast cancer in her lifetime, making it the most common cancer for women, aside from skin cancers. Alarmingly, breast cancer death rates are highest among African American women, followed by non-Hispanic white women, with lower rates among Asian/Pacific Islander women. This disease doesn't impact everyone equally, and outcomes vary from state to state.

While the numbers might feel overwhelming, they reinforce the urgency for awareness and early action. Men, too, are at risk, though male breast cancer accounts for only 1% of cases. Most diagnoses in men occur between the ages of 60 and 70, with the risk standing at 1 in 1,000. Despite its rarity, breast cancer can impact men just as devastatingly.



Breast cancer touches all of us. Every reader likely knows someone affected—a mother, sister, friend, or neighbor. The stories are personal, and for many, heartbreakingly familiar. My own family's experience with breast cancer began in 1995 when my youngest sister, Vanessa, was diagnosed. Despite undergoing a mammogram, the tumor went undetected, and she succumbed to the disease at the age of 38. Her passing ignited a desire within me to take charge of my own health. After Vanessa's death, I sought genetic counseling and testing, learning about the BRCA1 and BRCA2 gene mutations, which increase the risk of breast and ovarian cancer. Initially, little was known about the BRCA test, but I pursued it at Emory University in Atlanta, and later, I repeated the testing at Mayo Clinic to ensure comprehensive results. Today, these tools are more widely available, and yet, many people still don't pursue their options.


For those with a family history of breast cancer, early intervention is key. Routine mammograms, genetic counseling, and testing like the BRCA1 and BRCA2 screenings can help identify risk early. These tools, along with self-examinations, give women—and men—the ability to detect changes before it's too late.

But testing is only the first step. Once you undergo these screenings, be prepared for the results, and have a plan for moving forward. It can be difficult to confront, but it's crucial. The life we save could be our own!

So, as we celebrate the survivors this month, let's remember the power we have in our own hands. Be proactive, stay informed, and encourage your loved ones to do the same. Breast cancer awareness isn't just about pink ribbons—it's about action. Let's get busy. Until next week ...



**OCTOBER 11 - MONNAE MICHAELL - Monnae Michael's work spans TV, film, theater, animation, and commercials. Nominated for an NAACP Theatre Award for her role as Tanya in August Wilson's King Hedley III (Mark Taper) and considered for an Emmy nomination for her work in Flight '93 as Lisa Jefferson, some of her favorite roles have been Annie on American Dreams, Judge Bass on The Defenders, Half George in "the road weeps, the well runs dry," and Citizen 2 in "Citizen: An American Lyric..." Other television credits include "The Office," "Nip-Tuck," "The Young & The Restless," "The Shield," "The Practice", and many others. Monnae attended the Lee Strasberg Institute through New York University and began her career in musical theatre as an actress/singer /dancer. - BlackCelebrityBirthdays.org**



**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**




**Council Meetings**

Huntsville City Council's regular meetings are held on the 1st floor of the Municipal Building on the 2nd and 4th Thursday of each month at 5:30 p.m.

# Spiritual Game Plan

PRESTON BROWN'S



The Valley Weekly

## “Do You Want to Be Happy?”

Psalm 1:1 says, “Blessed [happy] is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law, day and night.”

In the 1920s, an author by the name of William Lyon Phelps published a book entitled Happiness. In this book, he talks about people who wished to either become happy or remain happy.

In our scripture reading, the writer of Psalms does not attempt to define happiness; he illustrates it. He shows us that happiness is not in our circumstance; it is in ourselves. In other words, what is going on around us is less important than what is going on inside of us. More important is the condition of our spiritual health and the degree of intimacy with God.

I’ve seen many older people look physically unhealthy, but spiritually in great shape. Why is this? I believe it is this spiritual intimacy with God that made them extremely happy.

When my father, the late Pastor John M. Brown, health was fading,

he would encourage me by saying, “Preston, you are looking at a happy man.” I know this was because of the close relationship he had with God. My father used to tell me, nothing else really matters except a relationship with God. You know what? I have found this to be true in my life as well. Yes, happiness comes from within and you don’t have to look for it.

So, if we want to be happy in life, let us all do what the psalmist suggests as well as develop a

more spiritual intimacy with God. To do this, we need to read his word and recognize that we have the presence of the Holy Spirit living inside of us and realize that this spiritual side of us produces the fruits of the spirit, which is love, joy, peace, patience, kindness, goodness, faith, gentleness and self-control (Galatians 5:22).

If we do these things, I can assure you that you will be happy.

May God grant you spiritual success in finding happiness.

*Question:* What are some things that keep you from being happy in your life and what can you do to improve this?



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](http://amazon.com).

**NEXT WEEK:**  
“STAYING  
CONNECTED”

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Funeral service for **MR. LARRY “DINO” GILBERT** (b. 1955) was held Saturday, September 28, at Serenity Funeral Home Chapel.

Funeral service for **MRS. SHARON “BLUE” TURNER-BOGAN** (b. 1959) was Sunday, September 15, at New Life SDA Church, 3912 Pulaski Pike NW, Huntsville, Ala.

Funeral service for **MR. PHILLIP “PJ” FLETCHER, JR.** (b. 2009) was Saturday, September 14, at Pentecostal Lighthouse, 6107 Blue Spring Road NW, Huntsville, Ala.

## NELMS MEMORIAL FUNERAL HOME

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

Funeral services will be announced at a later date for **MRS. JOYCE FORD** (b. 1948); **MR. DONOVAN ROSS** (b. 1937); **MRS. MURRY A. BIRDSONG** (b. 1947); and **MS. JACQUELYN D. CHRISTIAN** (b. 1962).

Funeral service for **MRS. DOROTHY MAE GARNER** (b. 1937) was Tuesday, October 8, at the Hopewell Missionary Baptist Church, New Market, Ala., with Pastor Larry Davidson, Jr., officiating.

## ROYAL FUNERAL HOME

4315 Oakwood Avenue NW - Huntsville, AL 35810 - (256) 534-8481  
[www.royalfh.com](http://www.royalfh.com)

Funeral services will be announced at a later date for **MS. SADIE DAVIS** (b. 1950); **MR. JOHN THOMAS WHITE** (b. 1944); **MRS. CHERYL DENISE ABBASI** (b. 1954);

Funeral service for **MR. CORTNEY TERRELL WALLACE** (b. 1983) was held Sunday, October 6, at the Bright Hope Cumberland Presbyterian Church, 11796 Mooresville Road, Athens, Ala., with Pastor David Wallace officiating.

Funeral service for **MRS. MARY FRANCES JOHNSON HANKINS** (b. 1932) was Saturday, October 5, at the Saint Bartley Primitive Baptist Church, 3020 Belafonte Avenue, Huntsville, Ala., with Pastor Jaymes E. Mooney officiating.

Funeral service for **MS. TIFFANY MADERIOUS IVY** (b. 1992) was Saturday, October 5, at the Lucas Street Church of Christ, 824 Lucas St, Athens, Ala., with Brother Cedric McNeill officiating.

## Honest Boldness Can Elevate You to Top Leadership

*Then Caleb quieted the people before Moses and said, "Let us go up at once and take possession, for we are well able to overcome it." - Numbers 13:30*

In his effort to move the Children of Israel from a 400-year Egyptian enslavement into Canaan, God's Promised Land for them, Moses dispatched 12 spies to investigate firsthand what God had already promised them.

Ten spies' fearful report poisoned the recently-freed masses against moving forward. The "minority report" of the other two spies, Caleb and Joshua, boldly and honestly refuted the 10 - calling conquering Canaan a "done deal".

Subsequently, God allowed the disbelieving Israelites and their 10 spies to die and not enter Canaan with Joshua and Caleb.

Just as speaking boldly and candidly elevated Joshua's and Caleb's leadership 2300 years ago, such candor elevated Senators Joe Biden to the presidency in 2020, and might elevate Kamala Harris into the presidency in 2024.

### My Two Cents' Worth

In February 2007, Democratic presidential hopeful Biden called his rival Senator Barack Obama "... the first mainstream African-American who is articulate and bright and clean and a nice-looking guy," <https://www.cnn.com/2007/POLITICS/01/31/biden.obama/>.



For most African Americans, Biden's statement is often considered a racist or negative statement as it denigrates the rest of the population. It's insulting because the statement assumes that most Black persons are illiterate, and that there are so few African Americans fitting such a description.

While Obama dismissed any negative intent from Biden, instead I believe that he saw such a sentiment as a "complement" to his political resume.

### My "Black Sense" Worth

We Black children are taught early that our acceptance in America requires our being at a minimum twice as good, educated, "articulate," and well-mannered for mere consideration. Therefore, Barack and wife Michelle had to possess Ivy League degrees, squeaky-clean criminal rap sheets and God forbid, no hint of abortions to become President and First Lady!

Eighteen months later, the freshman Senator and presumptive nominee Barack needed a Biden complement for a running mate: tenured, foreign-affairs laden, and a plain-speakin' folksy white male as his balancer. Just as that thinking worked in 2008, it worked again in 2019.

In their lone 2019 debate, Kamala Harris' challenge of Biden on race relations showed him that she was unafraid to confront him where no other candidate dared to pursue him. Such an honest and bold "Biden body blow" caught Biden and his team off guard. Yet, it showed him the complement his campaign and subsequent administration needed.

Barack's Ivy-League trailblazing allowed for Kamala's HBCU/AKA sorority-ness to follow his elitist resume, as it wouldn't have worked the other way around.

Similarly, Harris's race/gender/class/elite trailblazing is now allowing Minnesota Governor Tim Walz's public school teacher and plain-talkin' persona to complement her, ...

... And to best GOP VP nominee J.D. Vance in their October 1st debate.

Be bold, honest, and seek balance to become your best.



Tim Allston  
Leadership Player-Coach & Four-time  
Amazon Best-Selling Author  
"Leading from the Middle"

<https://bit.ly/4aB9Lwm>, <https://bit.ly/4cYZyuz>  
Email Address: [leadingfromthemiddle.tim@gmail.com](mailto:leadingfromthemiddle.tim@gmail.com)

# Millennial Moment

by Gloria B. Caldwell

## Take It Back ...

At Alabama A&M University, I was privileged to be a part of the Marching Maroon & White Band! This was when we took over more than half the field. We came in droves! The sound would blow you out of the stadium. The auxiliary was thick and plentiful.

I had a director, Mr. Arthur Wesley, who, while practicing, would get us to learn his creation by hollering, "Take it Back!" After hours and hours of practice, this would be a bit draining. We were pushing, sweating, and practicing despite our legs feeling like spaghetti and our arms hurting. By game time, we had it down tight!

See, he was preparing us! It was in that preparation that we formulated muscle memory and mental retention! We built legs and arms, core, and back strength! We understood direction and teamwork. stamina, and mobility! We were taught "swag and poise." (I know, we don't use those terms anymore,

but they are applicable.) We built confidence! All of this in preparation ... for game time!

In life, God has to holler, "Take it back!" In everything: health, relationships, entrepreneurship, work, school ... We get upset because we have to go back and go through pain, anguish, and frustration over and over again. But, to be honest, you don't have it yet! You haven't developed discipline or the ability to say no. Boundaries, as well as focus, intentionality, and determination, have not been learned!

You haven't realized your purpose or level of importance to Him. You aren't ready yet, so He has to take you back through something to prepare you for what He has for you!

With everything in life, repetition makes things stick! They allow you to understand what the true lesson is in the midst of confusion. This strengthens, trains, and teaches you!!

Let's do our due dili-

gence to grasp these things and push forward. Game time is coming, whether you're ready or not!

So when God hollers, "Take it Back", be intentional about your moves and pay attention. He is preparing you!

It's all for your benefit!

Make this week amazing. Learn something new. Pay attention to what you've been through. Reflect, and soar!

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

### Exodus 23:20

"Behold, I send an angel before you to guard you on the way and to bring you to the place that I have prepared."

### James 1:2-4

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

# Celebration OF SCHOLARS

Hosted by the  
**DRAKE STATE  
FOUNDATION**

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Presenting Sponsor  
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*From seven to nine o'clock in the evening*

**Regions Center**

200 Clinton Ave W | Huntsville | 11th Floor

Attire: Cocktail

Tickets are \$125 and can be purchased at [drakestate.edu/about/drake-state-foundation](https://drakestate.edu/about/drake-state-foundation)

The Valley Weekly

# VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

**October 10**  
Homecoming Golf Tournament  
Alabama A&M University Alumni Association, Inc.  
Hampton Cove - 8 a.m.

“The Tempest”  
Bulldog Players Production Showcase  
Johnson Little Theatre  
Alabama A&M University  
3:30 p.m.

Alumni Pep Rally & Homecoming Mixer  
Hosted by Area Alabama A&M University Alumni Chapters (Free)  
The Dome at Orion  
6-11 p.m.

Afro-American Spiritual Concert  
Alabama A&M University Choir  
Fellowship Presbyterian Church  
6-7 p.m.

**October 11**  
Movies in the Park  
Sponsor: Downtown Hsv. Inc.

Class Reunion Scholarship Brunch  
Ernest Knight Reception Center  
Alabama A&M University  
9:30-11 a.m.

Homecoming Alumni Day Party  
Featuring King George, FPJ and Element Xi  
Old Football Practice Field

Alabama A&M University  
3-6:30 p.m.

Homecoming Meet & Greet - “The Perfect Party”  
Huntsville Madison County Alumni Chapter (Free)  
Von Braun Center South Hall Ballrooms - 6-9 p.m.

NPHC Step Show  
The Event Center (\$30)  
Alabama A&M University  
7:30 p.m.

AAMU Homecoming Alumni Affair  
Stovehouse  
(DJ, Live Band, Cigar Patio, etc.)  
Huntsville, Ala. - 9 p.m.

**October 12**  
Alabama A&M University Homecoming Parade  
(Meridian Street - From Drake State to Elmore Gym)  
8 a.m.

1st Annual Wholy Mama  
The Event Center at Roto-Rooter  
1454 Paramount Drive  
Huntsville, Ala. - 9 a.m.

Bluegrass & BBQ Festival  
Southside Park - South  
Huntsville  
15935 Chaney Thompson Road  
Huntsville, Ala.  
1-7 p.m.

Homecoming  
Bulldog Football vs. Bethune-Cookman

Louis Crews Stadium  
Alabama A&M University  
Huntsville, Ala.  
2 p.m.

Homecoming Hip Hop Concert  
(GloRilla, Boosie and Big Boogie)  
Von Braun Center Propst Arena  
7 p.m.

Celtic Thunder Odyssey  
Von Braun Center  
7:30 p.m.

Concert  
“An Evening with John Legend”  
The Orion Amphitheater  
Research Drive NW  
Huntsville, Ala.  
8 p.m.

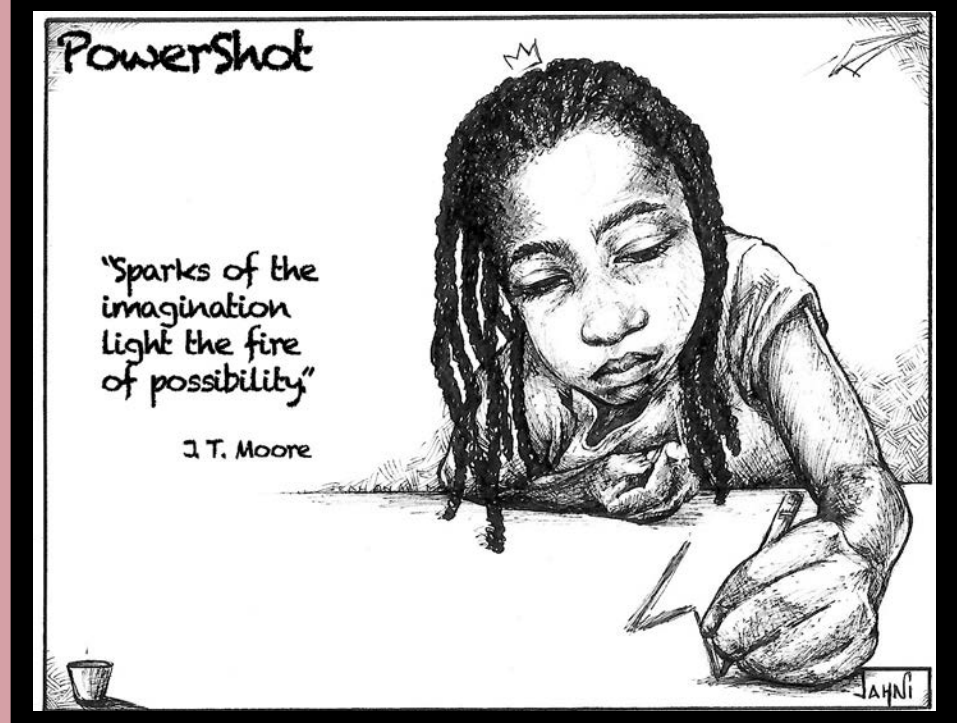
“The Perfect Party: Homecoming Scholarship Fund-raiser”  
The Huntsville Madison County Alumni Chapter  
Von Braun Center South Hall Ballrooms (\$100)  
Doors open at 7:30pm. \$100 tickets - Reserved tables available  
8 p.m.-12 a.m.

**October 16**  
Lotus  
Mars Music Hall  
Von Braun Center  
Huntsville, Ala.  
8 p.m.

**October 17**  
Campus 805 After 5  
Butler Green

**October 18**  
24th Putcha Venkateswarlu Memorial Lecture  
Nobel Laureate Joachim Frank  
Dawson Building Auditorium  
Alabama A&M University  
3 p.m.

Downtown Art Walks  
(Downtown Huntsville, Inc.)  
Big Spring Park  
Huntsville, Ala.



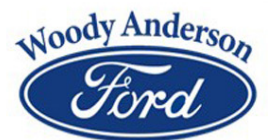
*“A ballad should be a ballad.”*

*- Shirley Horn*



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*“I am no longer accepting the things I cannot change.  
I am changing the things I cannot accept.”*

*- Rosalind Cash*



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

## Mrs. Marion Barley Hall

Marion Barley Hall was born in Madison County, Alabama, on December 10, 1936, to the late Daniel and Orell Draper Barley. She attended Councill Training High School and graduated in 1954. Upon completion of high school, she enrolled at Alabama A&M University, where she was an active member of the Marching Band (1954-1955).

Hall also received a business school-business education certificate from Manpower in 1963.

She was later employed by Marshall Space Flight Center, where she was a Documentation Analyst for over 18 years.

A lifelong member of Center Grove United Methodist Church, Hall served in various ministry areas, including Chancel Choir member, president of United Methodist Women, chairperson and co-chairperson of the Harvest Committee, chairperson of King's Care, chairperson of Stewardship, member of

the Finance Committee, and chairperson of Burns-Northside, to name a few. In 1978, she established the first Mother-Daughter



Luncheon at Center Grove United Methodist Church.

She also served in various civic organizations in her community that include member, Elk Lodge #977 (Daughter of Elk); member, Corner's Homemaker and Community Club; member, ABWA (American Business Women Association); member, Red Hatters (Hill Top-Rough Chapeaux); and member, Eta Phi Beta Sorority, Inc.

Hall's greatest joy

in life was caring for the sick and underprivileged, and her adopted motto was, "Let My Work Speak For Me."

Her work has spoken, and it is still speaking for her through the tireless care she gave to her family and friends.

She always made herself available to assist others with their needs. Whether it was doing laundry, preparing meals, driving to doctor visits, administering medication, and/or any

other personal needs they required.

Hall took upon the role of primary caregiver for her mother and father during their latter years. In her home, she cared extensively for relatives and other loved ones for a combined span of decades.

She and her husband of more than two generations, Richard Hall, had two adult children, two grandchildren and three great-grandchildren.



"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).

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## This Sunday's Lectionary

Sunday, October 13, 2024

Twenty-First Sunday

After

Pentecost



(Track 2, Year B)

First Lesson:

Amos 5:6-7, 10-15

Psalm 90:12-17

Second Lesson:

Hebrews 4:12-16

GOSPEL:

Mark 10:17-31

## Preparing for the Official Start of Flu Season

With flu season officially here, health professionals are urging people to prioritize flu vaccinations, particularly for those at higher risk such as children and older adults.

BlackDoctor.org spoke with Dr. Gregg Sylvester, Chief Health Officer at CSL Seqirus to get his insights on the significance of getting the flu vaccine, why it's especially important for vulnerable groups and what you should know for this upcoming flu season.

### Who Should Get the Flu Vaccine?

The Centers for Disease Control and Prevention (CDC) recommends that everyone aged six months and older receive the flu vaccine annually. This recommendation is particularly critical for children and older adults. Dr. Sylvester explains

that it's especially important that children younger than five, children with certain long-term health problems, and seniors get vaccinated due to their weakened or developing immune systems.

Children are still building their immune defenses and are more susceptible to infections like influenza. While flu is not often fatal in children, it can lead to serious health complications, cause missed school days, and in severe cases, hospitalization. "A few years ago, after the pandemic, flu rates spiked, and many children's hospitals were overwhelmed. As a pediatrician, I believe children should be vaccinated," Dr. Sylvester notes.

During the 2023/24 flu season, the CDC reported nearly 200 pediatric deaths from influenza-like illness. Nearly 90 percent of these

children were not vaccinated against flu.

Older adults, on the other hand, have a condition known as immunosenescence, which is a decline in the immune system's effectiveness over time. This makes it harder for them to fight off infections like the flu, leading to more severe illness, hospitalizations, and even death. Vaccination for this age group is crucial to help maintain immunity and reduce the severity of flu symptoms if they do contract the virus.

In the U.S., influenza significantly impacts adults 65 years of age and older. According to the CDC, approximately 80 percent of influenza-related deaths and 50-70 percent of influenza-related hospitalizations occur among adults 65 years of age and older.

"If you have a chronic condition, that puts you at an even higher risk for complications from the flu," Dr. Sylvester adds. "Vaccines protect more than just the individual. For example, if a young child is vaccinated and doesn't get sick, they reduce the risk of passing the flu to grandparents, who are often high-risk. If parents or caregivers get sick, they miss work or their children miss school. So, there are both societal and personal benefits to vaccination."

### What Are the Options?

There are different variations of flu vaccines available, particularly for those aged 65 and older. Vaccines such as the Fluvad and Fluzone High-Dose are recommended for older adults because they help generate a more robust immune defense. However, if these specific vaccines aren't available, any flu vaccine is still beneficial and should be administered.

Dr. Sylvester notes a concerning trend: flu vaccination rates have dropped since the pandemic.

According to the CDC, there has been nearly a 10 percent decline in flu vacci-

nations for children between six months to 17 years since the COVID-19 pandemic.

While the pandemic may have contributed to some "vaccine fatigue," there are other underlying reasons. People may not feel the urgency to get vaccinated, especially as they associate vaccines more with COVID-19 rather than flu.

Another reason people are often hesitant to get vaccinated is due to concerns about the safety of the flu vaccine. However, it is important to note that the flu vaccine is one of the most thoroughly studied vaccines available.

"While there are occasional adverse events, the benefits far outweigh the risks. As a company, we monitor safety from clinical trials through post-licensing. If anyone experiences a reaction, they can call our hotline, and we share that data with the FDA and CDC. In the U.S., there's a robust safety monitoring system, and the flu vaccine has been in use for decades. It's safe," Dr. Sylvester adds.

When it comes to timing, Dr. Sylvester advises that the best time to get vaccinated is before flu season kicks into

high gear.

"We typically see flu season start in late October or early November, lasting through the winter and into spring. The ideal time to get vaccinated is in September or October, before flu season begins. However, it's still beneficial to get vaccinated in November or later. The flu virus changes each year, so an annual flu shot is necessary," Dr. Sylvester suggests.

In addition to getting vaccinated, you can take other steps to boost your immunity and prevent the spread of the flu. Regular hand washing, staying home when sick, and practicing proper cough and sneeze etiquette (e.g., sneezing into your elbow) are simple yet effective measures.

Looking ahead to this flu season, Dr. Sylvester pointed out that flu patterns in the Southern Hemisphere can provide some clues about what to expect.

"We always look at last year's data, but flu seasons vary. We also keep an eye on flu activity in the Southern Hemisphere, and this year Australia had an average flu season."

by Jasmine Smith  
BlackDoctor.org



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# Remember Who You Are

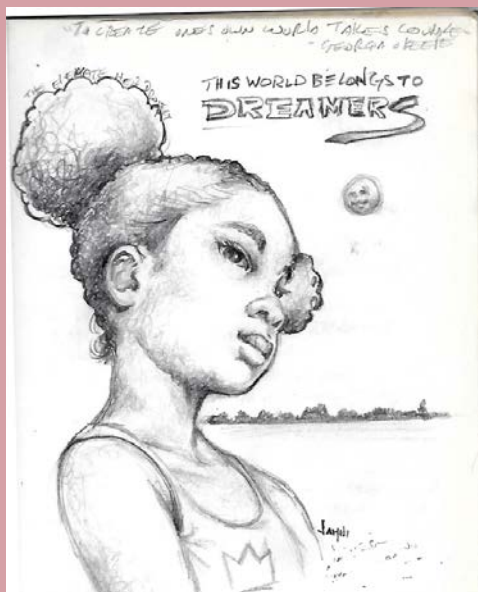
- by afroblastik (John 'Jahni' Moore)

*"It has that thing - the imagination, and the feeling of happy excitement - I knew when I was a kid."*

Walt Disney

cookie cutter beings plugged into the machine on the level of existing to fill a space like another brick in the wall (shoutout to Pink Floyd).

For as long as I can remember, imagination has been my favorite word. As "artist" became my profession of choice, I took comfort in claiming the word imagination, feeling I was an authority on the subject. All the way up until I realized that I too had gotten caught up in the turning of the wheel,



working hard to make a living while refusing to fully

dance with the joy and mysteries of life fed by the power of imagination. It was out of a misguided sense of responsibility, resisting the frolic of the mind reaching into the light of life and tasing all the good parts. I had drifted into the void and lost touch with the quintessential child inside.

My youngest daughter, still very much connected, continuously reaches into the imaginal abyss, with her seemingly absurd questions and "what if" scenarios. Her

relentless roving mind never let up on tap tap tapping on my spirit's door until I could finally hear what she was waking me up to. Her vivid imagination has become the spark that is rekindling my own imagination and awakening, reassembling my inner artist/child; over the too serious role (hole, box) I find myself slipping into. Her boundless creativity is a north star in my liberation journey. I now intentionally listen to her, deepening my own artistic awakening, remembering who I am. This re-remembering is a little deeper than the idea of recall. It is the tedious and life giving act of putting back together the parts of ourselves disassembled by the destructive nature of a survival mentality.

I would be willing to bet there is something calling

you. You feel it. You hear it. You even catch glimpses of it. It shows up in the strangest or most common places, like some consistent voice in the wilderness crying out to you. I was watching a movie the other night. There was a note in the film that read, "Remember who you are." In that moment I knew that I was refusing to acknowledge what I already knew. Even after the movie, I could not shake the words. That night I had a vivid dream that opened up a sense of possibility that I had not felt in a while. A space that was both familiar and brand new at the same time. A space, where limits are pushed off the outer edges of life's surface. A space that is safe for remembering who I am.

## Naming Names: David Dixon and Rhoda Abernathy Barley Family of Madison County, Alabama

David Dixon Barley was born in 1875 to Aaron and Maria "Pinky" Barley in Madison County, Alabama. He was one of five children. His siblings were Henry, Lou, Glinnie and Mollie. An early census reported the family as laborers, which carried many implications, but mainly they were farm workers.

David Dixon surely relied on his status as an older sibling and used this role to enhance family authority and leadership, providing care to his siblings and completing work tasks.

David's sister Lou married Charlie Studdard, had a large extended family of ten, and eventually came to reside in Birmingham, Ala. The meeting of some of those family members occurred during the family reunion of 2017 in Chicago, Ill.

Studdard family descendants include a former national American musical award winner, a retired professional football player

and other notables. The Barley family is continually made aware of relatives.

Rhoda Lee Abernathy was born in 1882 in Madison County, Ala. Her parents were Jeanette and Thomas Abernathy. She was one of five children. Her siblings were Edward, Thomas, Mollie and Fannie. They were descendants of Rhoda and Bartley Harris Jr., and his parents Bartley, Sr. and Jennie Scruggs Harris. My beloved Pastor Emeritus, the late Rev. Dr. Julius Scruggs, would say to me and other family members, "You know we are cousins." Old photos reflected a connection. Making this connection clearer may be an unexpected benefit of this article research.

By now you are probably seeing patterns that I see and I can point out even more. Love, respect and cooperation joined my grandparents together for their union in their early to mid-twenties. They both came from moder-

ately large families and were accustomed to showing love, support, and care to them.

Undoubtedly, their experi-

agreement that their children would be their blessing, and that they would be able to meet the needs of a very large

dren? The pattern that I saw was the passing down of family names. Visiting admired qualities on newborns by naming them for certain family members as a sign of love and respect and also as a sign of deeply held expectations. If you know members of the Barley family, you have probably encountered the recurring family names. The "original sixteen," as the first generation was called, had the best start that David Dixon and Rhoda could give them. All have gone to their final resting places, but they started their lives as they were named, being called strong, smart, kind and caring, honest, generous and full of faith.

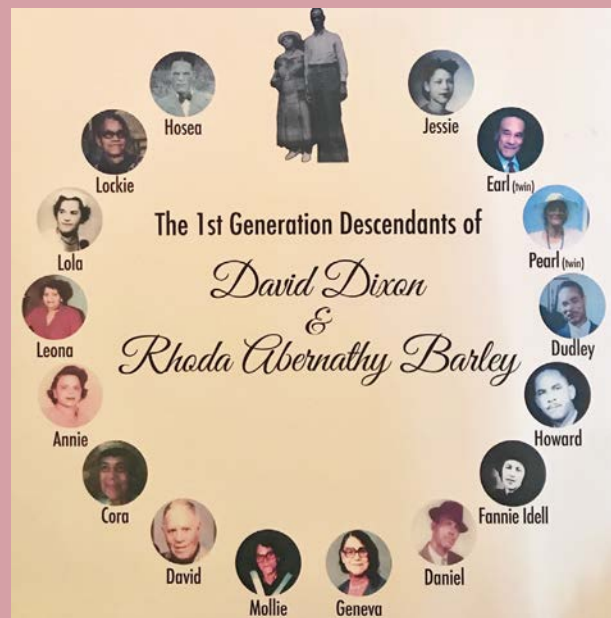
As the Barley children were growing up, their father David Dixon worked the outside of their Pond Beat farm, using hired labor for crop and animal assistance until his sons could complete chores. Fishing at the Pond Beat pond occurred daily. Mother Rhoda and their daughters worked

closer to home, cooking, cleaning and putting up for the future through canning.

The family also ran a sugar caning business, thrashing the sugar cane into sugar for their customers. The hard work that Papa Dave and the love and caring that Big Mama Rhoda showered on the children was returned. Each made certain the children were cared for, appropriately taught and kept meaningfully occupied. Big Mama Rhoda loved poetry and would routinely expect the memorization and recitation of increasingly complex poetry. She made certain that the "original sixteen" children were supervised and often accompanied them herself to activities, school and church.

Always with the Bible, the 16 Barley children were named, trained and shown the way to grow personally and to be productive in the community.

by Brenda Barley Chunn  
Photo by Marion Barley Hall



ence was to overcome problems and weaknesses allowing love and support to make the difference. David Dixon and Rhoda Lee were in complete

family. The more children, the greater the blessing!

Practically speaking, having 16 children is a feat, but how do you even name 16 chil-

# Scenes from the 2nd Annual Women of Worship (WOW) Conference

Daughter of Zion Ministries, Inc.

September 21, 2024 - AC Hotel - Downtown Huntsville

The 2nd Annual Women of Worship (WOW) Conference was presented by Daughter of Zion Ministries, Inc. The Conference Theme was "Sistas in the Spirit" from Galatians 5:22-23. Dr. Claudette Owens was plenary session leader, focusing on the plenary topic, "Wonder Woman Syndrome." Dr. Toni Savage, president/founder, was the keynote speaker. The sermon text was Exodus 15:20-21, and the sermon title was "Can You Help A Sista Out?"

Among the slate of conference volunteers were Steward-ess Bertha Anderson, Sister Marvia Coleman, Minister Marie Corbett, Mother Betty Craighead, Minister Linda Earle, Elder Dorothy Garrison, Sister Sandra Garrison, Sister Cynthia Hatchett, Sister Angela Henderson, Sister Jackqueline Jefferson, Minister Vonda Morrisette, Minister Nettie Pruitt, Sister Donna Robinson, Minister Leo Robinson, Sister Adrienne Savage, Minister Julian Savage, Minister Robert Scott, Sister Danielle Tyler, Sister Renata Walker and Sister Elizabeth Weaver.

Special thanks were extended to Albert's Florist, Pastors Mark & Ramona Burroughs, Brother Anthony Gibson, Dr. Claudette Owens, Brother Sam Pope, Pastor Katrina Smith, Sister Nikki Strickland and The Valley Weekly.



## WOW

*Women of Worship Conference*

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2024 Conference Theme

### Sistas in the Spirit

Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control"

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**SATURDAY, SEPTEMBER 21, 2024**  
10:00AM - 3:00PM

**PROGRAM**  
 Morning Glory Session: 10:00AM - Noon  
 Plenary Speaker: Dr. Claudette Owens  
 Lunch Onsite: Noon - 1:00PM  
 Afternoon Grace Session: 1:00PM - 3:00PM  
 Keynote Speaker: Dr. Toni Savage

**HOST:**  
**DR. TONI SAVAGE**  
 Daughter of Zion Ministries, Inc.



**DR. CLAUDETTE C. OWENS**  
Shiloh M.B. Church



**PASTOR RAMONA BURROUGHS**  
Connected Church



**SAM POPE**  
PSALMIST  
Sam&HisSound



**PASTOR TRINA SMITH**  
Eagles Nest Ministries