

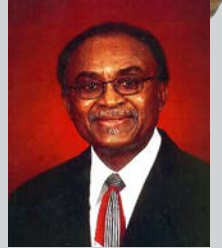
AAMU Alum Wins Grand Clio Award - p. 6 FREE



PRESTON: "Staying Connected" - p. 4

Friday
October 18, 2024
Vol. 11, No. 7
ValleyWeeklyllc.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Dr. Joseph Henderson

The Valley Weekly

ANNIVERSARY 10th

Scenes from the WOW Conference - p. 10

"They couldn't take their wings across the water on the slave ships ..." - Virginia Hamilton



WI-FI at MLK: Drake State recently distributed Wi-Fi hotspots at nearby Martin Luther King Jr. Elementary School, thanks to a grant aiming for increases broadband access in underserved areas. Pictured (l-r) are: Drake State President Patricia Sims, MLK Elementary Principal Cheryl Askew and Dr. Clarence Sutton, Huntsville City Schools Superintendent.

Huntsville P&R to Host Series of Family Events

Huntsville Parks & Recreation will host a series of free family-friendly Halloween events at City recreation centers, designed to celebrate the spooky season in a fun and engaging way.

Parks & Recreation's largest seasonal event – the Halloween Party & Haunted House –

will be Sunday, Oct. 27, from 4-9 p.m. at The Orion Amphitheater.

Other scheduled events include: *Boo Bash:* **Thursday, Oct. 24,** 6-8 p.m., Brahan Spring Recreation Center; *Monster Mash:* **Saturday, Oct. 26,** 10 a.m. to 12:30 p.m., Mark Russell Recreation Center;

Haunted Hallways & Fall Festival:

Tuesday, Oct. 29, 5:30-8 p.m., Cavalry Hill Recreation Center; *Adaptive Fall Fun Festival:* **Tuesday, Oct. 29,** 5:30-7:30 p.m., Fern Bell Recreation Center; *A Frightful Night of Fun & Games:* **Wednesday, Oct. 30,** 5-8 p.m., Optimist Recreation

Center; *Hallowfest:* **Thursday, Oct. 31,** 6-9 p.m., Lakewood Recreation Center *Spooktacular Fall Festival:* **Thursday, Oct. 31,** 6-9 p.m., Showers Recreation Center. Visit Huntsville Parks & Recreation on Facebook for more information on each event.

Takeaways from Latest Breast Cancer Research

3D mammogram screening every two years starting at age 50 for all women prevented 7.4 deaths from breast cancer per 1,000 women; starting 3D mammograms at age 40 prevented 8.5 breast cancer deaths per 1,000 women.

There were 884 false-positive results per 1,000 women when screening



started at age 50 and 1,392 when starting at age 40.

Adding MRI to 3D mammograms every two years

starting at age 40 for women with dense breasts prevented 9.4 deaths per 1,000 women, but also returned 1,850 false-positive results.

This information is provided by Breastcancer.org. Donate to support free resources and programming for people affected by breast cancer: <https://give.breastcancer.org/>

Legacy Center Joins State's Dementia Coalition



Morgan Saint-jones, executive director of The Legacy Center, will serve on the newly formed Alabama Alzheimer's Disease and Related Dementias Coalition. The Coalition will help prioritize and guide the work of a five-year, \$1.85 mil-

lion grant from the Centers for Disease Control and Prevention to the Alabama Department of Pub-

lic Health (ADPH). The Building Our Largest Dementia Infrastructure (BOLD) federal

grant will allow the state to implement more effective dementia interventions.

"I didn't realize it until I was grown how necessary it is for good people to be tough."
- Ruby Dee

The Valley Weekly

INSIDE THIS ISSUE!

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Valley Weekly Washington One Minute



by Ron Hamm

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

CONGRESS. The House and Senate are in recess until Tuesday, Nov. 12.

THE WHITE HOUSE. President Biden was scheduled to be overseas visiting Germany and Angola this week but postponed his trip due to Hurricane Milton. On Sunday, he visited stricken areas in Tampa and St. Petersburg, Florida, where 40-50% of homes and businesses are still without power. Vice President Harris was in North Carolina over the weekend, where she helped pack relief packages for hurricane victims on Saturday. Later this week, the President will travel to Germany to meet with Chancellor Olaf Scholz

and President Frank-Walter Steinmeier on Friday for his rescheduled trip.

SUPREME COURT. The Supreme Court is in session this week and will hear a case regarding whether a commercial truck driver who lost his job after failing a drug test can bring a claim under federal racketeering laws against the makers of a CBD-infused product. He claims that the product was responsible for the failed test.

SEPTEMBER JOBS REPORT. Last Thursday, the Department of Labor reported that the consumer price index (CPI) increased 0.2% for September, which was slightly above economists' predictions, with jobless claims posting an unexpected jump follow-

ing Hurricane Helene and the Boeing strike (now starting its second month); however, the CPI's annual rate of inflation fell 0.1% to an annual inflation rate of 2.4% for September, which is the lowest since February 2021.

Excluding food and energy, the so-called "core" CPI increased 0.3% last month, putting the annual rate at 3.3%. Both core readings were 0.1% above forecast. Markets were encouraged by the news, with the S&P 500 and the Dow Jones Industrial Average both hitting new record highs in Friday's trading.

CAMPAIGN EVENTS. On Saturday, Vice President Harris released her medical records and challenged former President Trump to do the same. Read the Vice President's physician memo at <https://www.whitehouse.gov/wp-content/uploads/2024/10/VP-Harris-Health-Summary.pdf>. She started the week with a campaign rally in Greenville, North Carolina, on Sunday (early voting

started in North Carolina on Thursday) and held a rally in Erie, Pennsylvania, Monday night. Vice President Harris campaigned at multiple stops in Michigan and Wisconsin throughout the week and then headed to Georgia on Saturday. Former President Trump held a town hall in Oaks, PA (near Philadelphia) Monday and a rally in Duluth, GA on Wednesday.

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Julius Scruggs Collection to Be Featured in ABC Library in Nashville

The Susie McClure Library at American Baptist College is home to a wealth of historical information. A sample of that history will be on display on Sunday, October 20, at 3 p.m., at the dedication of the library's new Special Collections Room.

The items in the initial display are from the collection of the late Rev. Dr. Julius Scruggs, an ABC alumnus, former pastor of Huntsville's First Missionary Baptist Church and former board of trustees member. Scruggs passed away earlier this year.

The collection offers a small glimpse into Scruggs's



remarkable life, and his impact on ministry, civil rights and more.

The dedication is sponsored by Regions Bank and is free and open to the public.

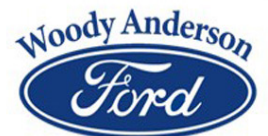
For additional information, contact Angel Pridgen at American Baptist College at apridgen@abcnash.edu.



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Sixteenth Page	2.5x2.5	\$75
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Homecoming: A Celebration of Tradition and Togetherness

Ahh, Homecoming! For many of us, this cherished tradition is a time-honored occasion, steeped in nostalgia and community spirit. Growing up, the first Sunday in October was not just a date on the calendar; it marked our church's annual Homecoming, fondly referred to as "Big Meeting." Families traveled from near and far, gathering to don their finest attire and share in a celebration that blended faith, fellowship, and, of course, fantastic food.

As we gathered, the excitement was palpable. The elders of our community would dress in their best, while the younger generations reflected on the past as they sat on the mourner's bench, a place of contemplation and decision. Those who chose to accept Christ were later baptized in Limestone Creek, a rite of passage that underscored the significance of this event.

And the food—oh, the food! Our mothers and grandmothers would unveil an array of dishes from the trunks of cars and the beds of trucks. From day-old macaroni and cheese to fried chicken and banana pudding, these gatherings were a feast for both the stomach and the soul. How we enjoyed those carefree days, blissfully unaware of the food safety concerns that now accompany potluck meals!

As I grew older, my visits to Huntsville to see my sister, Mary, a student at Alabama A&M University, introduced me to another dimension of Homecoming. The excitement of Alabama A&M University playing football at Milton Frank Stadium was electric. We were clad in our best high-class, casual attire, joining the throngs of alumni and Bulldog fans, creating memories that would last a lifetime.

Even after I moved away, my husband and I made the nearly 500-mile pilgrimage to AAMU's Homecoming. He, a former athlete, never quite understood why we dressed up for a football game. Yet, it was about more than just the game; it was about reconnecting with old friends, sharing stories, and enjoying the camaraderie that defined our college years.


This past week, if you participated in AAMU's Homecoming festivities, I hope it filled you with the same joy that it brings me. From the Faculty/Staff Step Show, where AAMU's President Daniel Wims participated in an awesomely rare form, to the Pep Rally at the Orion Amphitheatre, and the electrifying atmosphere of the Day Parade, and the winning football game, there was something for everyone. The pride in our Bulldogs reminded us why we come together. The Marching Maroon and White Band never fails to steal the show, and the connections with sorority sisters, fraternity brothers, and friends from all walks of life create a sense of belonging that's hard to replicate.

The fellowship is always worth the time and trip. So here's to the shared laughter, the heartfelt conversations, and the enduring traditions that make Homecoming special. If you attended this year's celebration, I hope you cherished every moment as much as I did.

Until next week, let's keep the spirit of Homecoming alive in our hearts!



OCTOBER 18 - TERRY MCMILLAN - Terry McMillan is an American novelist. Her work is characterized by female protagonists. McMillan's first book, *Mama*, was published in 1987. Unsatisfied with her publisher's limited promotion of *Mama*, McMillan promoted her own debut novel by writing thousands of booksellers, particularly African-American bookstores, and the book soon sold out of its initial first hardcover printing of 5,000 copies. She achieved national attention in 1992 with her third novel, *Waiting to Exhale*. The book remained on *The New York Times* bestseller list for many months and by 1995 it had sold over three million copies. Her novel *How Stella Got Her Groove Back* was adapted into a film starring Angela Bassett and Taye Diggs. - 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. **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



"Staying Connected"

John 15:5 says, "I am the vine; you are the branches. If you remain in me and I in you. You will bear much fruit; apart from me you can do nothing."

Today, we live in a society of extreme technology. People are constantly talking on their cell phones, texting, playing games, and never looking up to acknowledge other people.

Not only are we addicted to our cell phones, but it seems that we have to be entertained at all times. We live in a society where people are afraid of being bored.

But we have to realize and understand that this is another trick by the enemy to distract us from being in fellowship with God and with other people. You see, the more we isolate ourselves from people, the less accountable we are for our actions. On the other hand, the more we connect with God, the more we will want to connect with other people.

You see, God desires us to be in fellowship with

to be entertained keep you from wanting to be in the presence of God. Let's start giving Him the time that He deserves, and remember to stay connected to the only power source that we need, which is Jesus.

Prayer: Dear God, help us to be aware of the distractions that keep us from being connected with you.

Question: What distractions are keeping you from being in fellowship with God?




Him. He also wants us to have balance in our lives. So don't allow the longing

from being in fellowship with God?



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.

NEXT WEEK:
"Don't Wait for Tomorrow"



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VALLEY DEATHS



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Funeral service for **MR. WILLIE COLE** (b. 1952) will be announced at a later date.

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

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Funeral services will be announced at a later date for **MRS. IDA M. WHERRY** (b. 1938) and **MRS. LORETTA R. MITCHELL** (b. 1976).

Funeral service for **MR. PATRICK CONRAD MONTAGUE** (b. 1970) was Sunday, October 13, at Zion Progress Missionary Baptist Church.

Funeral service for **MRS. MARTHA FIELDS MATTHEWS** (b. 1940) was Friday, October 11, at the Emmanuel Connection Church with Pastor Dr. Karockas Watkins officiating.

Funeral service for **MRS. DOROTHY MAE GARNER** (b. 1937) was Tuesday, October 8, 2024 at the Hopewell Missionary Baptist Church, New Market, Ala., with Pastor Larry Davidson, Jr., officiating.

Funeral service for **MRS. JOYCE FORD** (b. 1948) was Monday, October 7, at Nelms Memorial Funeral Home Chapel with Bishop Carl Pruitt officiating.

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Funeral service for **MR. KELVIN JERMAIN HOWARD** (b. 1982) was Saturday, October 12, at the Royal Chapel of Memories with Pastor O. Wendell Davis officiating.

Graveside service for **MRS. DOLLIE JUANITA THOMPSON** (b. 1951) was Friday, October 11, at the Saint Ruth Cemetery, 330 Grimwood Road, Hazel Green, Ala., with Minister Eddie Ragland officiating.

Funeral service for **MR. JOE JOHNSON TIBBS** (b. 1944) was Friday, October 11, at the Mount Zion Missionary Baptist Church, 710 Dan Crutcher Road, Toney, Ala., with Dr. Edward Anderson officiating.

Jimmy Carter's Birthday Wish at 100!

"... Simeon . . . was a just and pious man, anticipating the liberation of Israel from her troubles. . . . The Holy Spirit had revealed to Simeon that he would not die before he had seen the Lord's Anointed One. . . . led him to the temple that day, and there he saw the child Jesus in the arms of His parents, . . . Simeon took Jesus into his arms and blessed God. . . . Now, Lord and King, You can let me, Your humble servant, die in peace." - Luke 2:25-35

On Tuesday, October 1, 2024, former President Jimmy Carter celebrated his 100th birthday, the oldest ever by a U.S. president. There was a benefit concert held in Atlanta, and a parade in his hometown Plains, Georgia. But according to his grandson Chip, his one birthday wish is still within reach: voting on November 5 for Kamala Harris, 'I'm trying to make it': Jimmy Carter's goal is to vote for Kamala Harris."

Carter's request mirrored one voiced over 2000 years ago by the prophet Simeon. Our earlier Bible text indicated that Simeon, also fearing death due to old age, asked God that he be allowed to live long enough to see and touch the Messiah, Baby Jesus.

"Madam Messiah"?

I wonder how many American voters – how many people of color, and how many older women – have made a request similar to Jimmy Carter's, that God allow them to live long enough to vote this fall for Kamala Harris, their "Madam Messiah."



For many of us it was inconceivable to have been able to witness the 2008 election of Barack Obama, the first Black president - and then to re-elect him in 2012!

And it continues to boggle minds that Obama's election in many respects defeated racism and classism. A Harris election will not only again defeat racism and classism but also elitism and sexism. Harris will conquer elitism and classism being a non-Ivy-Leaguer from a middle-class background. And as a woman of color, she defeats sexism and racism.

But when she wins - even just the popular vote on November 5 - our prayer must not be that of prophet Simeon or even centenarian Jimmy Carter: just live long enough to see that ceiling pierced.

Instead, our prayer and push should be to crack that ceiling wide open and to discover, for the first time, a brand new floor to stand atop and build the next society.



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Millennial Moment

by Gloria B. Caldwell

Insulted or Instructed ...

How many times have we encountered challenges that have left us feeling insulted, overlooked, or simply unmotivated? It's easy to dismiss constructive criticism or guidance when it feels harsh or unwelcome. However, it's essential to understand that every piece of feedback, even if it doesn't feel good, can serve as a powerful catalyst for growth. Instead of allowing yourself to be insulted, recognize the opportunity to be instructed.

When someone points out your shortcomings, consider that they might see potential in you that you're not yet aware of. Embrace the feedback not as a personal attack but as a chance for improvement. Every great leader, artist, and innovator has faced criticism; trust me. The key is to listen and reflect, then use that insight to move yourself forward.

Think of the times you've felt insulted—what did you



learn from those experiences? Often, those moments can guide us to discover new strengths or hone existing skills. Choose to transform that initial sting into motivation. Reframe your mindset: what if the comments intended to hurt were actually intended to challenge you?

Stay focused on your

goals and your personal growth. Use the lessons learned from criticism as stepping stones to success. Remember, it's your journey, and you have the power to choose how you respond. Let every insult turn into an instruction, guiding you toward the best version of yourself. Lace Up! *Let's Go!*

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VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

October 16 Lotus Mars Music Hall Von Braun Center Huntsville, Ala. 8 p.m.	3 p.m. Downtown Art Walks (Downtown Huntsville, Inc.) Big Spring Park Huntsville, Ala. 5-8 p.m.
October 17 Campus 805 After 5 Butler Green Huntsville, Ala.	Food Truck Rally Big Spring Park Downtown Hsv. Inc.
October 18 24th Putcha Venkateswarlu Memorial Lecture Nobel Laureate Joachim Frank Dawson Building Auditorium Alabama A&M University	Movies in the Park Sponsor: Downtown Hsv. Inc. Mystic Forest Fantasy Masque III SpringHill Suites Downtown

Huntsville
Huntsville, Ala. - \$25
7 p.m.-Midnight

October 18-19
Tennessee Valley Auto Fest
Joe Davis Stadium
Huntsville, Ala.

October 19
Bradford Scholarship Gala
"Lighting the Path in Excellence in Music Education"
www.bradfordscholarship.org
Von Braun Center/South Hall
Ballrooms 1 & 2
Huntsville, Ala.
6 p.m.

Bollywood Night 2024
Von Braun Center North Hall
Huntsville, Ala.
6 p.m.

October 24
Tucker Wetmore: Waves on a
Sunset Tour
Mars Music Hall
Von Braun Center
Huntsville, Ala.
8 p.m.

AAMU Alum Wins Grand Clio Award

Craig Mitchell, a 2013 Alabama A&M University marketing graduate, has emerged as a leading voiceover artist, recently earning the coveted Grand Clio Award for his work on the "Driving While Black" (DWB Auto) campaign. The campaign, which won the highest honor at the Clio Awards, used the concept of a new car model to highlight the tragic realities of racial profiling on the road.

The St. Louis native says his journey into voiceover work began during his early career at Steve Stoute's agency, Translation LLC. As a young account executive working with the NBA, he was asked to record a script for an NBA pitch video. "To my surprise, every chief marketing officer in the league loved it," says



Mitchell.

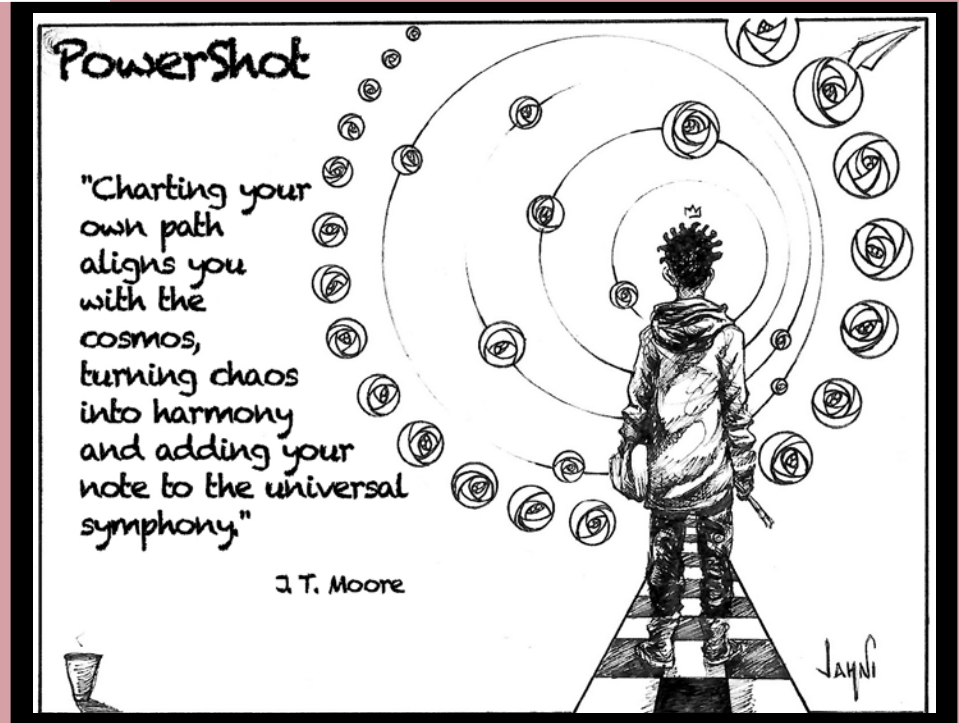
"My actual first booked and paid voiceover gig was for a State Farm Insurance commercial featuring Damian Lillard," says Mitchell. "It got a lot of play on ESPN, Sports Illustrated, and the brand's social media."

As an advertising executive, he helped manage the NBA's "This Is Why We Play" (2015-2017) and the Brooklyn Nets "We Go Hard" campaigns. Since then, his career has taken off. In addition to his voiceover work, Mitchell is also an actor, event host

and entrepreneur. Mitchell founded CM Effect LLC, an independent creative and talent agency, and Melodies NYC, a New York-based music community.

Mitchell's voice has been featured in a wide array of high-profile projects, including narrating Roc Nation's "Hov Did That" for "The Book of Hov" exhibit for Jay-Z at the Brooklyn Public Library.

Last year, Mitchell was named one of the newest voices of Budweiser. He's also voiced Nike's NBA 75th Anniversary campaign, Budweiser's "Six Degrees of Bud," which aired during the 2023 NBA Finals and the 2023 Super Bowl, and worked with the NFL on CBS.



*"The kind of beauty I want most is the hard-to-get kind that comes from within: strength, courage, dignity."
- Ruby Dee*

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

Dr. Joseph Henderson

Coach Joe Henderson was born in Hale County, Ala. He later earned both the Bachelor of Science degree in history and physical education and the master's degree in counseling and guidance from Alabama State University in Montgomery. He received the Doctor of Education degree in human development counseling from George Peabody College at Vanderbilt University, Nashville, Tenn. He served his country in the U.S. Army as a military policeman for two years, becoming the first African-American to receive "MP of the Month" at Camp Casey, Korea.

Dr. Henderson's work in sports began in Demopolis, Ala., at U.S. Jones High School in 1959, when he served as head track and field coach, as well as assistant football and basketball coach, until 1967. In 1975, Coach Henderson entered the ranks of college coaching at Alabama A&M University. His first assigned duties were as an instructor in physical education, athletic counsel, assistant basketball coach and head track coach. He was given one (1) shoe to start his track program. From one shoe at AAMU, Coach Henderson produced seven (7) Olympians, over 100 All Americans, three NCAA Division II Women's Outdoor Championships and one Indoor NCAA Division II Women's Championship. His women's team won 16 consecutive SIAC outdoor

track and field championships and 12 consecutive SIAC cross country championships. Some of his most successful athletes were: Grace Jackson Small (Olympic Silver Medalist), Jearl Miles Clark (Olympic Gold Medalist); Dannette Young Stone (Olympic Gold Medalist); Sharol Henry (First AAMU National T&F Champion); and a host of NCAA national champions, All Americans and SIAC champions.

His peers voted him Regional (NCAA) Coach of the Year seven (7) or more times and National NCAA Coach of the Year three (3) times. During the early years of his college career Coach Henderson served as commissioner of the Alabama AIAW, which included all of the major colleges and universities in Alabama and athletic director at AAMU from 1977-1979.

When he was appointed as athletic director in 1977, the athletic program consisted of four male sports. During his two years and under his supervision, the athletic program grew from four men sports to seven (7) men sports and six women sports.

Under his administration, the only national soccer championship was won by Coach Salah Yousif.

Coach Henderson started the present Huntsville Metro Track Club in the early 1990's. The Club has had other names, such as Normal Track Club, AAMU Track



Club and HMTTC. Coach Henderson has served as Vice President for the Alabama USATF.

He was unanimously voted as President of the USATF Alabama (United States of America Track and Field) September 27, 2009 and again in September 24, 2011, for a second term. USATF is one of the largest organizations in the world, with over 60,000 athletes.

Henderson organized and coached a youth track club for over 20 years within the Limestone, Madison County and Huntsville, Ala., area. He committed himself to serve with honest integrity, and a commitment to work closely and effectively with all the officers, and committees of the USATF Alabama organization to reach its goals and increase the membership and participation in the track and field events sponsored by the Alabama Association.

He married Mildred B. Henderson, and they have two sons, Titus O. Henderson and Joseph D. Henderson, and two grandchildren.

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OPEN: April–October: Tuesday – Saturday: 9 am – 5 pm & Sunday: noon – 5pm
November–March: Tuesday – Saturday: 10am – 4pm & Sunday: noon – 4pm

This Sunday's Lectionary

Sunday, October 20, 2024
Twenty-Second Sunday
After
Pentecost



(Track 2, Year B)
First Lesson:
Isaiah 53:4-12
Psalm 91:9-16
Second Lesson:
Hebrews 5:1-10
GOSPEL:
Mark 10:35-45



"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.

Early and Expert Tips to Save Money While Heating Your Valley Home

(BPT) - As the days get shorter and cooler, it's the perfect time to turn your attention to your heating system. Before it gets too chilly, you'll want your HVAC system to be in great condition - clean, tuned up and ready to go.

The pros at Aire Serv, a Neighborly company, offer safety and money-saving tips so your home will be comfortable during the colder days to come.

Check the basics

Experts recommend periodic checks that all heating and return vents around your home are unobstructed. Making sure furniture and other items don't block air from moving freely means a consistent temperature from room to room, and your furnace won't have to work as hard.

Also, clear areas around your water heater, clothes dryer (including the vent) and fireplaces to reduce the risk of fire and other hazards.

Pro tip: Close your fireplace damper when not in use, so warm air can't escape.

Schedule your fall tune-up

Even if you consider yourself handy, it's best to have a trained HVAC service professional perform the tune-up and cleaning so your HVAC system and furnace can operate efficiently - saving you money on energy bills all year, keeping your home more comfortable and ensuring the system is safe.

Don't wait for the first frigid day to get your furnace serviced, as many service professionals receive increased calls during extremely cold days due to



system breakdowns. A fall service means you'll have prioritized service and have no down time. And definitely don't wait until noticing things like bad smells to call your service professional. While it may be normal to smell burning dust at the beginning of the season, it could also be a warning sign of a dangerous problem.

Consider a duct cleaning service to clear dust and debris from your home's heating ducts. Experts recommend that with some exceptions, duct cleaning should be completed every

3-5 years.

Remember: If you smell gas, leave your home immediately and call 911, then contact your service professional.

Change your furnace filter frequently

If you can't recall the last time you changed the furnace filter, chances are it's overdue. Experts recommend swapping HVAC air filters every 30 to 90 days to ensure no dust or debris builds up in your system.

When air can flow freely through the unit, your system doesn't need to work as hard to heat your home. This translates to lower energy bills and a fresher home. If anyone in your family struggles with asthma or allergies, prioritize this task, and consider changing the filter more frequently - especially when pollen is high.

Pro tip: Write the date on the side of your filter when you change it and put a

reminder for the next swap on your calendar.

Thermostats make a difference

To help save money on heating costs, take time to learn how your thermostat works. Turning down your thermostat is one of the most effective ways to save on heating: You can save approximately 15% of your heating bill just by lowering heat 7 degrees over an eight-hour period.

It's common to react to short-term temperature changes by bumping it up and down, but constant changes cost more. If you don't have one, get a programmable thermostat so you can "set it and forget it." Set lower temps when you're away from your home or asleep, but no lower than 67 degrees, to prevent issues like freezing pipes.

Pro tip: If your HVAC system isn't working well despite regular maintenance and cleaning, your thermostat could be the culprit. Upgrading to a new programmable thermostat, or smart thermostat you can operate from your phone, could be a great step toward a more efficient heating system.

Consider HVAC upgrades

If you have an older furnace, you may want to consider a new, more energy-efficient unit. Most older homes have ducted systems, but ductless heating systems (also called ductless mini-split systems) have an outdoor compressor connected to multiple indoor units so you can heat or cool specific zones or rooms.

Your service technician can help you learn the pros and cons of each system and assess issues like purchase price versus operating expense, your home's floor plan, existing ductwork and aesthetic differences.

Dislike dry air in your home? The answer could be a whole-home humidifier. Furnace heating systems can cause havoc on your skin, making air dry and difficult to breathe - and negatively impact wooden furniture. A furnace humidifier installed on your furnace can distribute moistened air equally throughout your home.

To learn more and find an experienced Aire Serv service professional to help keep your home warm, safe and comfortable, visit Aire-Serv.com/tune-up.



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Notes of a Native Son: Curating Spaces

- by afroblastik (John 'Jahni' Moore)

Curation is about much more than hanging art on walls or items in a collection—it's about shaping environments that reflect our values, histories, and aspirations. As an artist, I recently completed a commission for the new City Hall, an institution of governance and civic pride. Yet, directly across the street, the basement of a former bank holds a darker legacy: it once imprisoned enslaved people, treating them as chattel collateral in its cold stony bowels. This stark contrast between spaces reminds us how intricately intertwined the

present is with the past, and how our relationship with space has the power to elevate or diminish our humanity.

We are the curators of the spaces we inhabit—our homes, workplaces, public buildings, and the invisible spaces between us as human beings. For too long, access to these spaces, particularly those of influence and power, was denied to people based on race, class, or



gender. Today, as we step into places where chosen

sectors of society were forbidden, we carry a responsibility to reimagine and reshape them with intentionality. Whether we are conscious of it or not, we design the spaces that define us, deciding who gets to be seen, heard, and respected within them.

Curating space goes beyond physical walls; it's also about the various interactions that shape our societies. How we treat one another in these spaces, the

stories we honor, and the legacies we confront are all part of this curation. Just as we, as artists, choose what to display in a gallery, we choose what to elevate or omit in our life space as well. Spaces, after all, are more than just physical—they are emotional and symbolic. They carry the not so dead weight of history but also the potential for resurrection and transformation.

Today, as we gain access to spaces once closed to some by law, litany, or self-imposed limitation, we do so with the knowledge that we are responsible for

more than just being there. We must curate them for ourselves and future generations, ensuring that the injustices of the past do not persist and walk among us in contemporary designer hoodies. Every room we enter, every relationship we foster, and every piece of art we create becomes a part of that narrative—a reflection of how we choose to inhabit the world and bridge the spaces between us. The question is not just how we fill these spaces, but how we use them to uplift and honor those who came before, while making room for those yet to come.

The Legacy Center Opens New Site at Calvary Hill

Open House and Kohler & Sponsors' Events
September & October 2024 - Calvary Hill - Huntsville, Alabama



Initial Design Concept of AAMU's Student Amenities Center

The Alabama A&M University (AAMU) Board of Trustees approved the construction of a new Student Amenities Center. The new \$58 million facility will reshape the student experience at AAMU with state-of-the-art gathering spaces, centralized campus services, dining options, and student support offices. The strategic vision for the building allows a transformative connection of East and West campus, creating a transformative AAMU campus and establishing a new hub for activity.

“Our new facility will offer the amenities today’s students expect to experience at a university campus. This, along with other projects, further amplifies our commitment to creating and escalating exceptional student experiences that encourage student success. I commend our Board for recognizing the importance of this needed asset for our students,” said Daniel Wims, AAMU president.

According to Wims, the project along with the construction of a new academic building for science, will transform the campus and also serve the economic vitality of the North Huntsville community.

The modern building is expected to include a food court, flexible theater space, student services offices, the campus bookstore and merchandise shop, conference spaces, a game room, student governance offices, outdoor pavilions, and more.

“This facility takes our student services to the next level and greatly improves our ability to attract and engage students,” says Vice President of Student Affairs, Dr. Braque Talley. “Students expect quality amenities and comfortable spaces to gather, study, and build community. The student amenities building addresses those needs while also centralizing many of the support and auxiliary services for students.”

The university plans to engage students in the development of finalized offerings and amenities ahead of construction which is scheduled to begin later this year.

Founded in 1875 by former slave, Dr. William Hooper Councill, AAMU is the largest Historically Black College and University (HBCU) in Alabama. As a traditional 1890 land-grant institution, “The Hill” is a dynamic and progressive institution with a strong commitment to academic excellence and is the state’s largest producer of minority STEM graduates. Additionally, it is student-friendly and community-

focused and functions as a teaching, research and public service institution, including extension.

AAMU provides more than 60 undergraduate, graduate and certificate programs and concentrations, a diverse international faculty, 50 plus student organizations, and an extensive alumni network comprised of politicians, educators, entrepreneurs, doctors, lawyers, engineers, scientists, authors, artists, and more, many of whom are change agents on the local, national and international stage.



[Image: Initial design concept that may not reflect final drawings for the facility]