

# ADVICE: 'Don't Wait for Tomorrow' - p. 4 FREE



## The Branding of Kamala Harris - p. 5

Friday  
 October 25, 2024  
 Vol. 11, No. 8  
 ValleyWeeklyllc.com



### SALUTE!

Rosetta James Foundation  
 ELDER OF THE WEEK



Col. (Ret.) James O. Heyward

"The privilege of a lifetime is being who you are." - Joseph Campbell

## Huntsville a Step Closer to New CSI Facility

Mayor Tommy Battle and other City leaders have broken ground on the Huntsville Police Department's (HPD) new crime scene investigation (CSI) facility, a transformative project that will enhance the department's

ability to serve and protect the community.

The new facility is located at 616 Wheeler Ave. near Huntsville Police Headquarters. The total cost of construction is just over \$9.6 million, with completion slated

for early summer 2025.

The facility will be equipped with state-of-the-art labs, office space, evidence processing areas and vehicle processing bays. The campus will also feature a separate, climate-controlled

13,500-square-foot building dedicated to vehicle and evidence storage.

The demands of modern crime scene processing require cutting-edge tools and the right environment to get the work done efficiently. With more

space and resources, the facility will allow HPD to process evidence faster, work multiple cases simultaneously and continue to ensure the integrity of the evidence they handle.

- Huntsvilleal.gov

## Semper Fi Motorcycle Parade Nov. 2

The Marine Corps Reserve Center and the Semper Fi Riders are hosting the 1st Annual Semper Fi Riders Toys for Tots Motorcycle Parade on Saturday, November 2.

The event will be held on Saturday, November 2. Registration begins at 9 a.m. at the Clayton

E. MoneyMaker American Legion Post 237, 2900 Drake Ave. SW, Huntsville, Ala.

The parade will start at 11 a.m. and end at Redstone Harley Davidson, 15100 State Hwy. 20, Madison, Ala. The Madison County Sheriff Depart-

ment will provide a police escort for the parade.

All proceeds will benefit the Marine Corps Reserve Toys for Tots Program to support local families.

More information can be found at <https://huntsville-al.toysfortots.org>.

## Breast Cancer: The Year-Round Info Guide

Breast cancer is the most common cancer among American women, as well as among Black women. And although breast cancer is the most common cancer, it remains the second leading cause of cancer-related death among women behind cancer of the lungs.

Very disturbing disparities exist between Black women and white women when it comes to breast cancer screening, diagnosis, and survival, and these will be outlined below.

Breast cancer is a malignant growth or tumor that frequently begins to manifest in the milk ducts or lobules of either breast.

Breast cancer can be divided into two groups: invasive and non-invasive cancers. Non-invasive breast cancers are also called "carcinoma in situ" and are generally confined to the duct areas without affecting the surrounding tissue.

Non-invasive breast cancers can be subcategorized as "ductal carcinoma in situ" (DCIS) and "lobular carcinoma

in situ" (LCIS). LCIS is actually not considered cancer, per se. Rather, it is seen as a warning sign that can potentially lead to invasive cancer when undetected.

Invasive breast cancers may develop in the lobules or ducts but then spread into surrounding breast tissue, and can often further metastasize to the

lungs, brain, liver, bones, and other major organs. About 80 percent of invasive breast cancers fall into the category of invasive ductal carcinoma. (See p. 9)

## The Valley Weekly

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## Successful Aging Initiative This Week

Alabama Extension's Successful Aging Initiative (SAI) Conference is the ideal event for people to learn how to age successfully.

The free SAI Conference is being held on Thursday, October 24, from 8 a.m. to 1 p.m. at Union Chapel Missionary Baptist Church located at 315 Winchester Road in Huntsville, Ala.

Lunch is provided, but participants are encouraged to

pre-register at [www.aces.edu/go/SAI24](http://www.aces.edu/go/SAI24).

"Action! Creating Your Rhythm" is the theme for the Successful Aging Conference 2024.

This event promises to equip participants with tools and inspiration to move them on to another exciting chapter in life. Through artistic expression, attendees will learn to create their own rhythm to make deeper connections in their lives and communities.

"SAI 2024 will stress the individuality of aging and the necessity of doing (being active) to get desired results in life," said Danielle Rudolph, event coordinator and site director of the Virginia Caples Lifelong Learning Institute.

The keynote speaker this year is Amanda Senn, director of the Alabama Securities Commission.

# 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 November 12.

**2. THE WHITE HOUSE.** Upon returning from Germany, President Biden spent the weekend at Camp David. On Tuesday, President Biden traveled to New Hampshire for an event highlighting the Administration's work to lower prescription drug costs. He was in Arizona on Thursday

and Friday for an official event.

**3. SUPREME COURT.** The Supreme Court last Wednesday refused a request from GOP-led states to put a new air pollutant regulation from the EPA on hold while a challenge to the rule moves through the lower courts. The rule would reduce carbon dioxide emissions by requiring some power plants to meet emissions standards similar to what they would achieve using 90% carbon capture.

Earlier this month, the Court also declined to put 2 other EPA rules on hold.

**4. CONSUMER SPENDING.** Last Thursday, the Commerce Department announced that retail sales rose a strong 0.4% in September (up from a 0.1% increase in August), as spending at clothing shops, restaurants, and grocery stores jumped, while spending at furniture shops and electronics stores fell.

**5. EDUCATION.** On October 15, Virginia Foxx (R-NC) and Aaron Bean (R-FL) sent a letter to Education Secretary Miguel Cardona, expressing concerns that the proposed changes to the Perkins V state plan guides may exceed the department's authority. They

argue these changes could burden career and technical education (CTE) programs, state agencies, and school districts. The updates aim to standardize how states collect and report CTE student performance data, but CTE advocates warn that states may need to submit new or amended four-year plans by 2026, which could be challenging since many have just completed their current plans.

**6. CAMPAIGN EVENTS.** On Monday, Vice President Harris (who turned 60 on Sunday) campaigned with former

GOP Congresswoman Liz Cheney (R-WY) in suburban neighborhoods in Philadelphia, Detroit, and Milwaukee. On Wednesday, Harris headlined a town hall on CNN hosted by Anderson Cooper. On Thursday, Harris campaigned with former President Obama in Georgia and with former First Lady Michelle Obama on Saturday in Michigan. On Monday, former President Trump held a rally in Greenville, NC, a rally on Wednesday in Duluth, GA, and a rally on Thursday in Las Vegas. As of Sunday

night, NBC News reported that 13.7 million voters have already cast their votes by either early in-person voting or mail-in ballots (46% Democrats to 36% Republicans), which is approaching 10% of the total number of voters who voted in the 2020 election (158.4 million voters).

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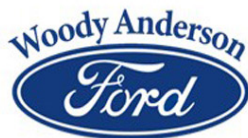


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# October: A Month of Awareness and Action

As we move through October, we find ourselves at a crossroads of reflection and action. This month, we honor not just National Breast Cancer Awareness Month, but also Domestic Violence Awareness Month—two critical issues that impact our communities profoundly.

In 1981, a Day of Unity was established by the National Coalition Against Domestic Violence, laying the groundwork for what would become Domestic Violence Awareness Month in 1987. By 1989, the U.S. Congress recognized the need for this awareness through commemorative legislation. The mission remains clear: to elevate public understanding of domestic violence and its far-reaching effects.

As former President Barack Obama aptly stated while in the Oval Office, “Domestic violence affects every American. It harms our communities, weakens the foundation of our Nation, and hurts those we love most.” His words remind us that this issue transcends personal struggle; it is a societal challenge that calls for collective action. During this month, let us not only acknowledge the strides we’ve made but also recognize the work that still lies ahead. Each of us must take up the mantle to end domestic violence in our homes and in our neighborhoods.



Equally pressing is the fight against breast cancer. For countless families, this disease can feel just as violent. It touches us all—mothers, fathers, sisters, brothers, friends. While many are aware of its presence, there remains a significant gap in understanding prevention and treatment options. It is our duty to ensure that everyone has access to the knowledge and resources needed to combat this illness. I have spoken to this earlier in the month.

At *The Valley Weekly*, our dedicated staff and writers are committed to fostering education and awareness around contemporary, pressing issues. We believe that informed communities are empowered communities. This month, let’s elevate our conversations, share our stories, and support one another in these battles.

Together, let’s pledge to be proactive—whether in seeking preventive care for breast cancer or standing up against domestic violence. Stay informed, stay engaged, and let’s work hand in hand for a future where every American can live free from fear and health disparities.

Until next week ...



**OCTOBER 25 - CIARA** - Ciara Princess Harris is an American singer, songwriter, dancer, and model. Born in Austin, Texas, she traveled around the world during her childhood, eventually moving to Atlanta, Georgia where she joined the girl group Hearsay. She later signed a publishing deal, and befriended producer Jazze Pha, who recorded demos that would appear on her debut album. With his help, Ciara signed a record deal with LaFace Records. Since making her musical debut in 2004, Ciara has attained eight Billboard Hot 100 top-ten singles. She has also received many awards, including three BET Awards, three MTV Video Music Awards, three MOBO Awards, and one Grammy Award.



- [BlackCelebrityBirthdays.org](http://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

## “Don’t Wait for Tomorrow”

In John 5:8 Jesus says to the man who had been waiting by the pool for thirty-eight years, “Get up! Pick up your mat and walk.”

You know, one of man’s greatest tragedies is that he wastes what God has given him on earth. Waste of any kind is sad, and certainly, the waste of someone’s life is the saddest of all. As we read this scripture it talks about a man who was so comfortable with his living conditions (which were not good), that he didn’t want to do what was necessary to change it. For thirty eight years he was okay with just being a spectator by the pool but not getting in the pool and therefore not participating in God’s plan for his life ... which was to be healed.

Yes I know, he was not in the best physical shape to do this, however, he never even tried. Do you know anyone like this? Because it’s sad when someone ends up in a walker, gray haired and

all alone with nothing but regrets. That is not the life that Jesus died for us to have. We as Christians need to be determined not to live our lives like that. Sometimes in life we can’t always just wait for a miracle to change our circumstance. I believe that the only way not to have regrets tomorrow, is to do what is right today.

Tomorrow can be a dangerous word, es-

pecially if God is dealing with us to do something or change something right now. Procrastination can be the enemy for all of us if we are not careful. So it’s time to “get up, pick up your mat” and start doing something with the gifts and talents that God has given us. Don’t wait for tomorrow; do it today and it will change your whole life around. Remember, we can’t go back and change the beginning of our lives, however, we can start where we are and change the end-




ing.  
*Prayer:* Heavenly Father, help us to do the things today that will keep us from having regrets tomorrow.

*Question:* What steps can you take right now, to get your life back on track?

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:**  
“Turn the Lights On”



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THE VALLEY WEEKLY

# VALLEY DEATHS



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*Funeral service for MR. BILLY JORDAN (b. 1974) will be announced at a later date.*

*Funeral service for MR. WILLIE COLE (b. 1952) was Sunday, October 13, at Hopewell Missionary Baptist Church, 292 Cemetery Road, New Market, Ala.*

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*Funeral service for MRS. JUANITA JORDAN MOORE (b. 1947) will be held on Saturday, October 26, at 2 p.m. at the Union Chapel Missionary Baptist Church with Pastor O. Wendell Davis officiating.*

*Funeral service for MRS. IDA M. WHERRY (b. 1938) was Wednesday, October 16, at Union Chapel Missionary Baptist Church with Pastor O. Wendell Davis officiating.*

*Funeral services for MRS. LORETTA RENA MITCHELL (b. 1976) was Saturday, October 19, at Bethel C.M.E. Church.*

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*Funeral service for MR. LORENZO COWAN, SR. (b. 1944) was Friday, October 18, at the Royal Chapel of Memories with Pastor Dennis Jones officiating.*

*Funeral service for MS. SHEILA RENAIL CLAY (b. 1958) was Sunday, October 13, at the Royal Chapel of Memories with Reverend Billy Jones officiating.*

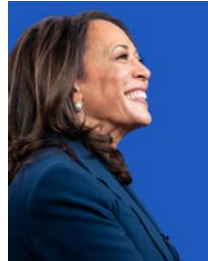
## The Branding of Kamala Harris, “President Yes/And”

*“I have become all things to all people so that by all possible means I might save some.” - 1 Corinthians 9:22*

We often assess things through the narrow prism of “either/or,” as in either cold or hot, black or white, or left or right.

However, through Kamala Harris’ ascendancy to the White House, we have learned that things can be “yes/and,” personally and professionally.

The success of her political rise portends that her favorability amongst diverse voters, volunteers, and donors results from her breaking one of the cardinal rules of marketing, that you can’t be all things to all people.



For example, Kamala the person is yes/and:

- **Ethnically**, YES, she is Black AND South Asian;
  - **Geographically**, her residencies and education are Midwestern, Canadian as well as Washington’s Howard University and the University of California/Hastings College of Law in San Francisco
  - **Relationally**, Harris is a Black Baptist and married to an American Jew, Douglas Emhoff.
- More? Harris the professional is not only yes/and maritally but also:
- **Career**. Our career public defendant is married to a corporate/entertainment attorney.
  - **Veep-ship**. Historically, VPs receive little to no attention. The 32nd VP John Garner once famously described his position as “not worth a bucket of warm spit.”

But yes/and Harris as the Senate president cast more tie-breaking votes than any other vice president. Additionally, in April Ryan’s 2022 book, *Black Women Will Save the World*, this White House correspondent reported that Biden tasked Harris early on with six of their administration’s toughest challenges: immigration, police reform, voting rights, COVID-19, workers’ rights, and bridging the digital divide.

- **Politically**. Favored by her Democrats? Yes, and her candidacy is flush with noted GOP endorsers starting with former VP Dick and daughter congresswoman Liz Cheney.
- **Fundraising?** In three short months, she became the first-ever billion-dollar fundraising presidential candidate! And
- **Friend-raising?** Just like Jack Kennedy’s innovative friend-raising tool in 1960 was TV, and Obama’s novel weapon was social media, Harris’ friend-raising through Zoom ranged from White Dudes, Cat Ladies, Dead Heads, Evangelicals, Red States, etc - along with 170,000 volunteer-signups in her first campaign week!

Use the successful Kamala Harris yes/and model and diversify your own personal and professional lives, starting today.



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# Millennial Moment

by Gloria B. Caldwell

## Hate It So Much ...

Hate it so much ...

Ohhh, those words. I hate this, I hate that! Have you ever hated where you were? Hated where something you chose to do got you. Have you ever hated your irrational behavior or your ability to procrastinate or make decisions? Have you ever hated not being able to bring yourself to do something?

So, do you understand that change cannot happen until you hate something so much that you make a decision to change it! Change making decisions based off emotions. Hate not being intentional enough to structure yourself so you don’t procrastinate.

Change, in anything, requires liking the outcome of something more than the present comfort of something else.

It’s disliking something so bad that you tough yourself through what it is that brought you there. Even if that something “feels” good in the moment! Oh, Change!

Sounds easy, and it can be, over time. Those things that you “call out” as things you hate can be turned around and over time



corrected, and you will soon enjoy the fruits of your labor, decisions, sacrifices, and routine. Life is what you make it. Sit with yourself and figure out the self-inflicted pieces of it that can be changed!

God loves you, and so do I.

He has given you a gift: *open it.*

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Boo Bash  
Brahan Spring Recreation Center - 6-8 p.m.

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

**October 25**

Movies in the Park  
Sponsor: Downtown Hsv. Inc.  
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Jesse McCartney  
Mars Music Hall

Von Braun Center  
Huntsville, Ala. - 8 p.m.

**October 26**

Monster Mash  
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Mark Russell Recreation Center - 10 a.m.-12:30 p.m.

Huntsville Parks & Recreation  
Mark Russell Recreation Center - 10 a.m.-12:30 p.m.

Magic City Classic  
AAMU vs. Alabama State  
Legion Field  
Birmingham, Ala.

**October 27**

Halloween Party & Haunted House  
Sponsor: Huntsville Parks & Recreation  
The Orion Amphitheater

4-9 p.m.

**October 29**

Adaptive Fall Fun Festival  
Sponsor: Huntsville Parks & Recreation  
Fern Bell Recreation Center  
5:30-7:30 p.m.

Haunted Hallways & Fall Festival  
Sponsor: Huntsville Parks & Recreation  
Calvary Hill Recreation Center - 5:30-8 p.m.

**October 30**

A Frightful Night of Fun & Games  
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Optimist Recreation Center  
5-8 p.m.

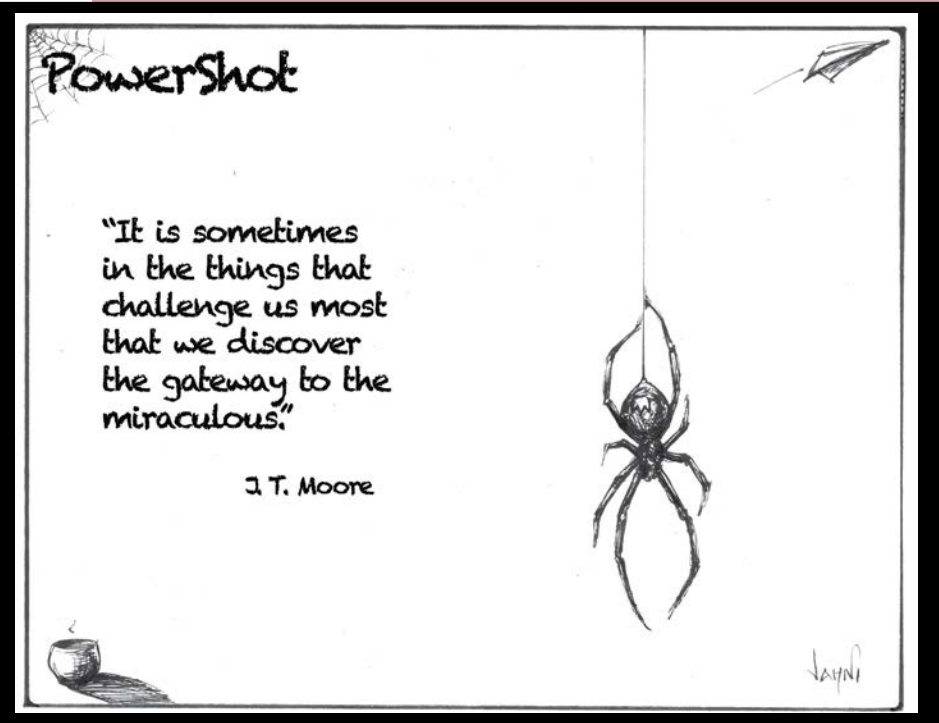
## Breast Cancer: The Year-Round Info Guide

**BREAST CANCER STAGES:** **Stage 0.** breast cancer is known as carcinoma in situ, the most common being DCIS, as described on Page 1; **Stage 1.** Breast cancer signifies early invasive cancer in which the tumor has not spread beyond the breast tissue and is no more than  $\frac{3}{4}$  of an inch in diameter; **Stage 2.** Breast cancer involves a tumor between  $\frac{3}{4}$  of an inch and 2 inches in diameter with some involvement of the local lymph nodes under the arm; **Stage 3.** Breast cancer can involve a combination of various factors, including larger tumor mass, involvement of lymph nodes behind the breast bone, tumor spread into the chest wall or skin of the breast, or under or above the collar bone. Stage 3 also may manifest as inflammatory breast cancer, a rare form of breast cancer wherein the breast becomes red and swollen due to the blockage of lymph vessels in the breast tissue and skin; **Stage 4.** Breast cancer involves the spreading of the disease to other parts of the body and distant organs, a process often referred to as metastasis.

### Screening

Breast self-exam (BSE) is an important part of self-screening for women of all ages, although studies show that the percentage of women who practice regular monthly BSE is relatively low.

Mammograms are a very crucial aspect of breast cancer screening and are still considered the best method of early detection. Starting at the age of 40, annual mammograms are recommended for all women, as well as an annual clinical breast exam by a qualified medical professional. - *BlackDoctor.org*



*"Happiness is nothing but everyday living seen through a veil."*

- Zora Neale Hurston

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

## Col. (Ret.) James O. Heyward

A native of Sumter, S.C., James O. Heyward, Sr., was a career Army officer who retired from active service in 1983 with the rank of Colonel. Col. (Ret.) Heyward served in key command and staff positions in the United States and overseas, amassing a diverse background of extensive experience in planning, management and operations to include training, logistics, resource management, counseling and investigative work.

Since his retirement, he held the position of Director of Admissions at AAMU from 1984 to 1997. In this position, he was responsible for directing and coordinating the University's recruitment effort and administering the academic scholarship program. During his work in higher education, he held key positions in the Association of Collegiate Registrars and Admission Officers on the state and national levels, and was affiliated with other

professional educators organizations.

Some of Col. (Ret.) Heyward's significant past military assignments were Commander, U.S. Army Training and Doctrine Command Field Element, Fort Monroe, Virginia; coordinating worldwide liaison network in the United States and five foreign countries; Deputy Commander, U.S. Army Military Community, Baumholder, Germany; member, U.S. European Command, J-3, Joint Task Force Division, Germany; staff member, U.S. Army War College, Carlisle Barracks, Pennsylvania; Battalion Commander, U.S. Army Training Command, Fort Bragg, North Carolina; and many others.

Heyward holds a B.S. degree from South Carolina State University and an M.A. from Shippensburg State University. He graduated from the Armed Forces Staff College and the U.S. Army Per-



sonnel Management for Executives Program. Heyward was also a former Paratrooper and received numerous military awards and citations, including the Legion of Merit.

Heyward remained active in community activities, including membership and past president of the local graduate chapter of Alpha Phi Alpha Fraternity, Inc.; member of Epsilon Kappa Boule, Sigma Pi Phi Fraternity; holds membership in the Royal College of Papal Knights in the Americas; and more.

Col. (Ret.) Heyward was a member of the Executive Board of the Greater Alabama Council, Boy Scouts of America, Birmingham.



"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 27, 2024

Twenty-Third Sunday

After

Pentecost



(Track 2, Year B)

First Lesson:

Jeremiah 31:7-9

Psalms 126

Second Lesson:

Hebrews 7:23-28

GOSPEL:

Mark 10:46-52

# TARCOG: Medicare's Open Enrollment Period Has Started

The Medicare Open Enrollment period has begun. Consumers must enroll by December 7 for coverage beginning January 1.

TARCOG is available to assist citizens in DeKalb, Jackson, Limestone, Madison and Marshall counties with the open enrollment process, said Executive Director Michelle Giliam Jordan.

Open enrollment is the opportunity for participants to compare health and prescription drug plans or add extra benefits. If they haven't done so already, Jordan encourages all participants to review

their plans before the deadline.

All eligible participants should take advantage of open enrollment to ensure they have the right Medicare plan for their individual needs.

During the annual enrollment period, participants may:

- Drop a Medicare Advantage Plan
- Cancel an existing Part D plan
- Enroll in a Part D plan
- Change from one Medicare Advantage plan to a different one
- Change from Medicare to a Medicare Advantage

plan

- Change from one Part D prescription drug plan to another

Through the Alabama State Health Insurance Assistance Program (SHIP) Program, certified counselors and volunteers throughout the state are committed to helping Medicare beneficiaries make informed choices regarding health benefits at no charge to Medicare recipients.



Regional Council of Governments (TARCOG) covers DeKalb, Jackson, Limestone, Madison and Marshall counties in North Alabama. TARCOG is designated as the region's Area Agency on Aging. Staff plans and provides

services to those age 60 and older. Its Economic Development and Planning team provides community and regional planning, economic development and job creation and project funding services to local governments and TARCOG members throughout the region.

The counselors and volunteers are not affiliated with an insurance company and will not attempt to sell insurance to Medicare beneficiaries.

Anyone needing help with Open Enrollment in DeKalb, Jackson, Limestone, Madison and Marshall Counties

may contact TARCOG at (256) 830-0818 for an appointment.

In other areas, a SHIP counselor can be located by calling 1-800-243-5463 or on the ADSS website at [AlabamaAgeLine.gov/helpservices/](http://AlabamaAgeLine.gov/helpservices/)

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# Notes of a Native Son: SABBATH

by afroblastik [John 'Jahni' Moore]

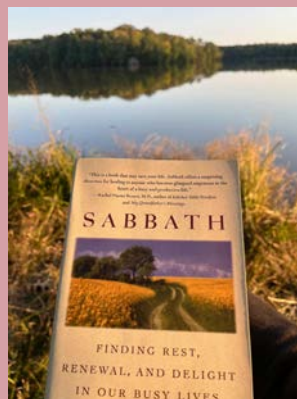
Just over a year ago, I resolved to honor myself through, by, and for the work I do. Yes, I recognize that the work is the path to purpose, the production. However, there is no production without a producer. Therefore honoring myself with adequate rest and rejuvenation became more of a priority. I admit, however, with my imagination output and the resulting schedule, it's been no easy task. It's easy for me to run my body at breathtaking speeds and relentless productivity levels, simply because it will. I also know that it is not sustainable. At some point the piper must be paid.

As a child, I grew up in an ultraconservative religious household. Each week beginning on Thursday afternoons, we began preparation for the Sabbath. I recall one of my task was to use mayonnaise

to clean and gloss the plant leaves. That, I did with tenderness and pride, leaving the leaves shiny and radiant. We shined the silver, did the dishes, ironed clothes, and Mom prepared the largest meal of the week all in preparation for our time of rest. By sunset Friday a calming hush had come to our humble abode. For the next 24 hours we were immersed in restfulness, reading, nature, communion, and religious services. The sabbath would be closed out with song, "day is dying in the west, heaven is touching earth with rest..." We recognized the sabbath as the seventh day of the week as noted in the Torah in the book of Exodus, verses 8-11. From a little tot on up, each week we would recite the verses beginning with "Remember the sabbath day, to keep it holy."

The ultimate reason for

the sabbath was rest. No just a casual rest but a deep abiding, reconnecting rest that would bring healing from the week and prepare us to meet the week to come." Six days, it says we have to do all of our work but the seventh day, a day of rest, belongs to the divine, to rejuvenate and recreate us as sound human beings to maintain the embodiment of that divine. Otherwise, we find ourselves depleted, scattered in mind, body, and spirit, operating in a capacity far lower than our capabilities. This weakened state affects us in every aspect of our existence from our individual health to our rela-



tionships. Yet we continue to push, push, push, until we crash. We consistently circumvent our internal preservation mechanisms, crying desperately for the slow down, by drowning it out with artificial adrenaline we call caffeine. Eventually, as I stated earlier, the piper will be paid.

A few weeks ago, I picked up a book entitled Sabbath, by Wayne Muller. The understated cover of the paperback book reached out to me from the shelf. It

felt soothing in my hands with its earthy colors woodland imagery. It's subtitled Finding Rest, Renewal, and Delight In Our Busy Lives. For me it was a much needed reminder to reincorporate the joy and balance of the Sabbath in my life. The verse admonishes us to remember the sabbath, as though it was known that we would be prone to forget it.

The sabbath is for everyone. We can start by designating specific times each week for rest and reflection. This sacred time can be marked by personal rituals—like lighting a candle or spending time in nature—to signal a transition into relaxation. Disconnecting from screens and social media

during these hours allows for true rejuvenation, while engaging in meaningful activities—reading, hiking, or connecting with loved ones—nurtures our spirit. Incorporating mindfulness practices can deepen our presence, and sharing this time with family or friends fosters community and connection.

Reflecting through journaling can also provide clarity and purpose. By intentionally embracing these practices, or different ones that serve you, we can reclaim the essence of the Sabbath, fostering a deeper life beyond the rat race pace that goes beyond mere existence and invites us to be a PART of the remedy toward healing our rest-deprived world.

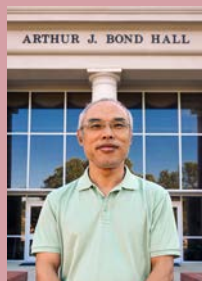
## A&M Professor Awarded Grant for STEM Ed

Associate Professor of Mathematics, Dr. Congxiao Liu, has been awarded a \$322,875 grant from the Department of Defense (DoD) to advance magnetic research and enhance STEM education at Alabama A&M University. The funding will support cutting-edge research and the creation of two new courses, significantly benefiting the University's science, technology, engineering, and mathematics (STEM) students.

The one-year grant will be used to acquire a state-of-the-art Vibrating Sample Magnetometer (VSM)-

Torque system, essential for the study of magnetic materials. Liu, who has over 30 years of experience in magnetics research and has published extensively in peer-reviewed journals, emphasized the importance of this award for both research and education.

"This grant is a major milestone for my research and for AAMU," said Liu. "The VSM-Torque system will allow us to conduct high-quality research in magnetism. Magnetic ma-



terials are crucial in modern nanotechnology with wide-ranging applications. The discovery of the giant magnetoresistance effect, for example, revolutionized information technology, and magnetic media remains critical for cloud storage today."

Liu highlighted this advanced equipment brings AAMU's research capabilities closer to those of industry labs, a crucial step in keeping the University at the forefront of technological innovation.

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