

The Valley Weekly

"If you make a habit of buying things you do not need, you will be selling things you do."
- Filipino Proverb

FREE

Volume 6 No. 13

www.valleyweeklyllc.com

Friday, December 6, 2019



Randolph School Hosting Candlelight Concert

The public throughout the Tennessee Valley is invited to attend the Randolph School's free Candlelight Concert.

The performance will be held on Thursday, December 12.

Poinsettias will adorn the stage at Thurber Arts

Center as choral students perform. Doors will open on the Garth campus at 6 p.m. The concert will start at 6:30 p.m.

Local Events Commemorate Legend Rosa Parks

Alabama State Representatives Laura Hall and Anthony Daniels will host the Rosa Parks Day Huntsville-Madison County Commemoration Service on Sunday, December 8, at Church Street Cumberland Presbyterian Church, 228 Church Street, in Downtown Huntsville, 4-5:30 p.m.

The activity will feature music by the Oakwood University Aeolians; a dramatic re-enactment by Danita Jones; panel discussion by Catherine Flowers,

Sonnie Hereford IV and David Person; a dance performance by the Rocket City Dance Troupe; and winners of the Rosa Parks Essay Contest - "I Am Rosa Parks."

Community pioneers will also be recognized at the 90-minute program, which is a culmination of activities that kicked off with a Rosa Parks Day program, voter registration, proclamation and free bus rides at the Parking and Public Transportation Station on Monday, December

2, co-sponsored by The Ivy Center and the Alabama Bicentennial Committee.



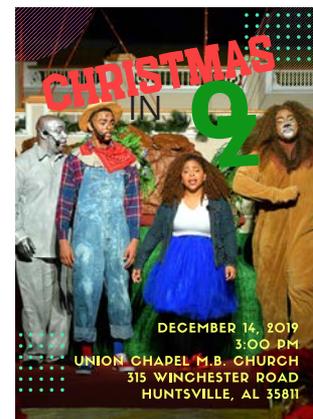
Union Chapel MB Church to Present 'Christmas in Oz'

The Worship Arts Ministry of Union Chapel Missionary Baptist Church, located at 315 Winchester Road N.E., will present its encore Musical Christmas Production entitled "CHRISTMAS IN OZ" on Saturday, December 14, at 3 p.m. in the Church Sanctuary.

Don't miss it this year! A dynamic cast of characters

put a Christian twist on an old family favorite, "The Wiz," with lots of drama, singing, dance and a live band, presented in a manner that everyone from the youngest to the oldest will surely enjoy!

Come celebrate the true spirit of Christmas and witness Dorothy's revelation as she discovers the true meaning of Christmas!



Group Wraps Up Annual 'Socks for Seniors' Effort

Hendley Chapter #855 Order of Eastern Star Prince Hall Affiliated will conclude its second annual "Socks for Seniors" Drive on Dec. 6.

Because some seniors struggle during the winter months with simple needs, such as socks, organization members are spreading holiday cheer with pairs of socks to promote good health and to ensure seniors keep warm.

Committee members began accepting non-skid socks as early as November 1, and they will conclude the drive on Friday, December 6. Interested persons can contact Sis. Monica Dilihunt, Sis. Keanna Houston,

Sis. Chandra Marsh or Bro. Brandon Wesley. Socks will

be delivered to a local nursing home.

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Washington in One Minute



Here are the happenings in Washington, D.C., this week:

1. The House and Senate are in session this week. With just 15 legislative days until the current funding stopgap measure expires on Dec. 20, House and Senate Appropriators must come to an agreement on whether to include \$5 billion requested by President Trump for the Mexican border wall.

On Nov. 23, the House and Senate reached an agreement on how to allocate the \$3.7 trillion in annual spending among the 12 appropriations bills, but time is running out for Congress to pass the bills to keep the government open ...

2. On Monday, President Trump departed for the United Kingdom, where he attended meetings in central London and in Watford (15 miles outside the city) on Tuesday and Wednesday marking the 70th anniversary of the North Atlantic Treaty Organization (NATO) Alliance ... Last Thursday, the President made a surprise Thanksgiving visit to Afghanistan to meet with U.S. servicemembers and Afghani-

stan President Ashraf Ghani, where he declared his intention to reduce the number of U.S. troops from 14,000 to 8,600, and restart talks with the Taliban.

3. Last Saturday, House Speaker Nancy Pelosi (D-CA) announced that she will lead a delegation of 14 Democratic lawmakers to the United Nations Conference on Climate Change in Madrid this week. The conference's main goal is to pave the way for the operation of the historic 2016 Paris Climate Change Agreement, from which President Trump announced his intention to withdraw in 2017.

4. According to The Hill newspaper, the House Permanent Select Committee on Intelligence circulated a draft report to committee members Monday on the committee's impeachment investigations into President Trump's dealings with Ukraine ... Last Friday, House Judiciary Committee Chair Jerrold Nadler (D-NY) sent a letter to President Trump giving him until 5 p.m. on Dec. 6 to decide whether

he would have his counsel participate in the committee's impeachment hearings (Sunday night the White House replied it would not be part of Wednesday's hearing, but did not rule out participating in future hearings).

5. Also on Monday, the U.S. Supreme Court heard arguments on New York City's ban on transporting licensed handguns outside the city – including to shooting ranges and second homes. New York now argues that the case is moot as it has amended its law to allow gunowners to transport their weapons outside the city, but gun rights advocates say that under the new rules gun owners may not stop for gas or coffee on their way out of the city and they can't take their guns to a vacation rental. Court observers expect that the court may use the case as an opportunity to broaden the scope of the individual right to bear arms. The case is New York State Rifle & Pistol Association v. City of New York. In another high-profile case, on Tuesday the justices were scheduled to hear a case on whether local landowners near a former copper smelting plant that emitted tons of arsenic and lead over 20,000 acres in southwestern Montana may seek additional damages beyond what EPA has ordered as part of a \$450 million Superfund remediation plan. The case is Atlantic Richfield Co. v. Christian.

6. On Wednesday, the House Subcommittee on Economic

and Consumer Policy held a hearing on "Broken Promises: Examining the Administration's Retreat on Banning Vaping Flavors." According to a Politico story from Nov. 27, President Trump backed away from his initial position in favor of a ban on flavored e-cigarettes after being shown a poll – sponsored by the Vapor Technology Association – that found 96% of vapers said they would be less likely to vote for a candidate who wanted to

ban flavored e-cigarettes. In contrast, a POLITICO/Morning Consult poll of Nov. 22-24 found that 55% of all voters support banning flavored e-cigarettes, while only 24% oppose a ban.

7. Last week, Secretary Betsy DeVos announced the U.S. Department of Education will prioritize funding for grant applications for students, teachers and parents in Opportunity Zones. The department described the zones as

areas with "substantially higher rates of unemployment, lower rates of educational attainment, lower median household income and higher poverty rates, on average, than the rest of the nation."

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The Valley Weekly

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Prospective Debutante participants of the 62nd Debutante Presentation and Ball prepare wreaths for the wreath-laying ceremony.

The members of Epsilon Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Inc., along with the Prospective Debutantes of the 62nd Debutante Presentation and Ball and members of the Delta Omega Zeta Chapter of Zeta Phi Beta Sorority, Inc., joined forces for a worthwhile cause.

The groups placed wreaths on more than 150 gravesites to honor fallen U.S. Veterans on Saturday, November 16, at the Northside Cemetery, located in Huntsville, Ala. In many homes, there is an empty seat for one who made the ultimate sacrifice for country.

The organizations came together because of their conviction that there is no better time to express appreciation than during the hustle and bustle of the holiday season.

An enormous amount of appreciation and gratitude is extended to Mrs. Joy Parker, liaison for Wreaths Across America, for all of her assistance in spearheading this endeavor, whose organizational mission is to coordinate wreath-laying ceremonies at more than 1,600 locations across the United States, at sea and abroad.

Photos: Dominique Jefferson



Members of Epsilon Gamma Omega Chapter, Delta Gamma Omega Chapter and Mrs. Joy Parker gather after the Wreaths Across America presentation for community participants.

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Perspectives on EGO-holism

by tim allston

The 6-week Thanksgiving/Christmas/New Year's Challenge: Eating to Live, or Living to Eat?

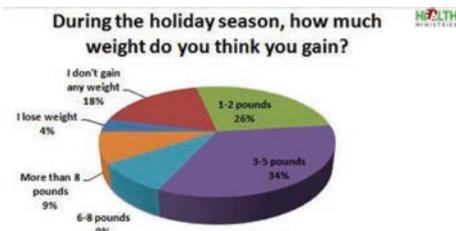
"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" 3 John 2, KJV.

The Verdict?

Journal of Obesity, July 4, 2017: "The researchers found that weight gain during this six-week period IS NOT subsequently lost in a year, and represents more than 50% of the weight gained throughout the year."

With this sobering introduction, Huntsville husband/wife health educators Curtis and Paula Eakins presented "The Six-Week Stretch: Maintaining Weight during the Holidays" on Saturday-Sabbath, November 23, at local First Seventh-day Adventist Church.

To those of us who promise, "I'll just lose it after New Year's," the Eakins countered, "This annual accumulation of weight gain during these six weeks is a major culprit to an increasing rate of overweight, obesity and the front driver to a host of diseases nationwide!"



"On Thanksgiving or Christmas Day alone, an individual might consume 6000 calories - three times the recommended daily allowances" British Medical Journal, Dec. 10, 2018.

4 Tips to Avoid Tipping the Scales

- 1) Eat breakfast!
- 2) Make them get up! "If the table is loaded with dishes of food at arms' reach, people were more likely to eat more. Make guests go to another room to get their food," Curtis recommended.
- 3) Hide the food! Paula: "That's right. When the meal is over, if the leftovers (especially desserts) remain in one's sight on the kitchen table, people tend to keep 'sampling' continuously."
- 4) Pre-snack before going to parties/social gatherings. "Or, drinking just 8 oz of cold water before going will give us the tremendous advantage of reducing calorie consumption!"

To learn more healthy tips, visit You Tube's "Thanksgiving with the Eakins," <https://www.youtube.com/watch?v=nHirTxsgEXY> featuring holiday festive rice, pepper "steak", sweet potato pudding, Southern collard greens and pumpkin cheesecake recipes.

Finally, A Solemn Challenge from Oakwood University's Founder - Mrs. Ellen G. White: "Let not any more Thanksgiving days be observed to please and gratify the appetite and glorify self" Adventist Health, p. 475.

Ego-holism Recovering Step #7: Now that you know go, elevate and grow!

tim allston is the author of the free book, *7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else,"* free and downloadable now at www.GetEgoHelpNow.org.



Huntsville City Council Meetings

Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

City Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m. People can sign up for notices of Council meetings and special sessions online at <https://signup.e2ma.net/signup/1825550/1780821/> For more information, call (256) 427-5011.

NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.

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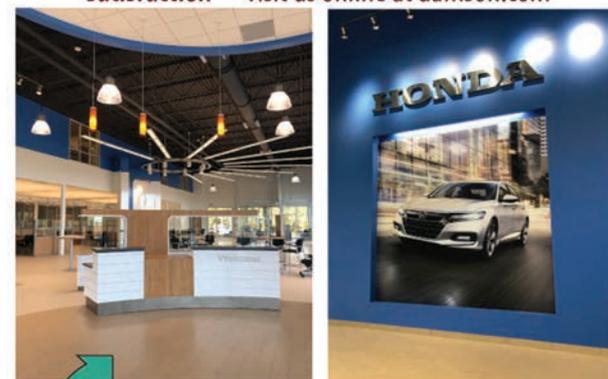
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The Valley Weekly Calendar of Events

December 5

50th Anniversary Celebration of University Designation and Founding of the AAMU Foundation
Alabama A&M University
Speaker: Dr. Michael Eric Dyson
Author, Scholar, Activist
T.M. Elmore Building- 7 p.m.

December 6

Fall Commencement
Alabama A&M University
Von Braun Center Arena
1 p.m.

Huntsville Bible College
Presents
Laughing All the Way's
"An Old Fashioned Christmas"

Featuring Comedian
Broderick Rice
Jaycee Community Center
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Huntsville, Ala.
Tickets: (256) 469-7536 - \$40

December 7

Meals on Wheels Broadcast on 94.1 FM (with Toni Terrell)
Huntsville/Madison County Senior Center
2200 Drake Avenue, SW
Huntsville, Ala.
10 a.m.-12 noon

December 8

Rosa Parks Tribute - "I Am Rosa Parks" Youth Essay Winners Announcement
Sponsors: Reps. Laura Hall and Anthony Daniels
Church Street Cumberland Presbyterians Church
226 Church Street
Huntsville, Ala. - 4 p.m.

December 21

100 Black Men of Greater Huntsville Annual Holiday Gala
Von Braun Center North Hall
6 p.m. Tables - \$500
Contact: Charles Hyder at

(256) 651-0134

January 27

Osher Lifelong Learning Institute (OLLI) at UAH (A Learning Community Designed for Adults 50+) Day-time and Evening Courses
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He who forgives ends the argument.

- African Proverb



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Champion Game Plan for Life *by Preston Brown*

PREPARING FOR THE RACE

Hebrews 12:1 says, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

When I was in high school, I was fortunate enough to run on the 4x100 yard relay team that won the state title. Now, in order for us to accomplish this as a team, there had to be some preparation on our part. First, we had to remove the things that hindered us--things like pride and selfishness we had to get rid of. In order to run the race that was set before us, we all had to be encouraging to one

another. We also had to prepare for exchanging the baton to each other. Many races have been lost due to a bad exchange. So preparation was the key to being successful in the 4x100 yard relay. Now the writer of Hebrews compares our spiritual lives to a race, as well. And, just like any race, there are things that we need to prepare for, as well. We have to prepare for the sin that easily entangles us and keeps us from our spiritual progress, things like our fleshly desires, which include the things that we say and do around people. Also, the things that we allow ourselves to watch on television or on the internet or what we look at in magazines. All of these things hinder our



progress. Now is the time for all of us to work on our endurance as we run the race that God wants us to run, because when we do we will experience the joy of running the race. Remember, the journey is just as important as the final destination. You will also enjoy the accomplishment of running a good race, knowing that you prepared for it. But most importantly you will receive the prize, which is the crown of glory!

Stay encouraged, my brothers and sisters. Also, remember that you can purchase my book, "A Champion Game Plan for Life," at amazon.com



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Funeral service for MR. LEVERT HERMAN MCCRARY (b. 1962) will be held Saturday, December 7, at 1 p.m. at Mount Zion Missionary Baptist Church with Minister Cynthia Binford officiating.

Memorial service for MS. SHERYL STINSON (b. 1960) was held Sunday, December 1, at the Nelms Memorial Funeral Home Chapel with Elder Dennis Green officiating.

Funeral service for MR. GUY PRAYLOW (b. 1960) was held Saturday, November 30, at Rhodex Funeral Home (3933 Washington Avenue, New Orleans, La.) with Dr. Charles E. Rodgers of Huntsville, Ala., officiating.

Funeral service for MR. BRIAN L. KELLUM (b. 1984) was held Wednesday, November 27, at Blackburn Chapel Cumberland Presbyterian Church in America (CPCA) with Pastor Tramaine D. Snodgrass officiating.

Funeral service for MRS. JOAN ELIZABETH RAY (b. 1958) was held Wednesday, November 27, at Nelms Memorial Funeral Home in Huntsville, Ala.

- Royal Funeral Home -

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Funeral service for MRS. MAGGIE ANN WILLIS (b. 1943) will be announced at a later date.

Funeral service for DEACON JIMMIE LEE LOVE, SR., (b. 1944) will be held at 1:30 p.m. Sunday, December 8, at Owens Chapel Missionary Baptist Church (2520 Elton Road NW, Huntsville, Ala.) with Dr. H. Wendell Thompson officiating.

Funeral service will be held Saturday, December 7, for MS. LELETTRICE HINES (b. 1969) at First Missionary Baptist Church, 3509 Blue Spring Road NW, Huntsville, Ala.

Funeral service for MRS. ALICE BURL FLETCHER (b. 1922) was held Wednesday, December 4, at Pine Grove Missionary Baptist Church (759-A Pine Grove Road, Harvest, Ala.) with Pastor C. Jermaine Turner officiating.

Funeral service for REV. ANDREW BAKER, JR., (b. 1943) was held Monday, December 2, at Madkins Chapel Cumberland Presbyterian Church in America (2403 Oakwood Road NW, Huntsville, Ala.) with Pastor Robert Rice officiating.

Funeral service for MRS. CAROLYN JEAN CORDELL (b. 1936) was held Sunday, December 1, at the Oakwood Seventh-day Adventist Church (5500 Adventist Blvd., Huntsville, Ala.) with Dr. Carlton P. Byrd officiating.

Funeral service for DEACON JOHN E. JONES (b. 1919) was held Sunday, December 1, at Indian Creek Primitive Baptist Tabernacle, 6378 Pulaski Pike NW, Huntsville, Ala., with Pastor Larry Smith officiating and Pastor Mylon Burwell eulogist.

Funeral service was held for MR. TEVAREUS DAWON CRUTCHER (b. 1999) on Saturday, November 30, at Progressive Union Missionary Baptist Church (1919 Brandontown Road, Huntsville, Ala.) with Minister Alexis Crutcher eulogist and Rev. Joe Stevenson officiating.

Funeral service for REV. DR. HOMER L. MCCALL (b. 1941) was held Saturday, November 30, at First Missionary Baptist Church, 3509 Blue Springs Rd., Huntsville, Ala., with Bishop Frank Madison Reid III, eulogist, and Rev. Maurice Wright II officiating.

- Serenity Funeral Home -

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Funeral service for BABY KARSON ISAAC MCLEAN of New Market, Ala., was held Thursday, December 5, at Serenity Funeral Home with Rev. Cornelious Adams officiating.



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Soul Vaccination

Philippians 4:6-7

One of the things I remember about my elementary school days is the day that nurses dressed in white came to my school to give us vaccinations. We called it "shot day." There was a mixture of both anxiousness and anticipation. We were anxious about

the pain of the prick of the needle, but there was also, at least for my sister and I, the anticipation of not having to do any chores when we got home because our mother had compassion on us due to the soreness of our arms after that vaccination. They were designed to inject antigens into our bodies that would trigger

the body's immune system to produce antibodies that would set up defenses against diseases such as polio.

Like the nurses at our school, the Apostle Paul gave his first readers and all who have read this passage since, a soul vaccination. He said to them that thanksgiving is the antigen for anxiousness. He first gave a powerful command: "Be anxious for nothing." This was followed by positive counsel: "... but in everything, by prayer and supplication WITH THANKSGIVING, let your request be known to God."

The promised comfort comes in the form of peace that passes all understanding. The vaccination that Paul offered is designed to inoculate the soul against the spread of anxiety in such a way that it results in hopelessness. Anxiety cannot be eliminated, but it can be controlled and contained. Have you had your soul vaccination?



"If you hear the dogs, keep going. If you see the torches in the woods, keep going. If there's shouting after you, keep going. Don't ever stop. Keep going. If you want a taste of freedom, keep going."

- Harriet Tubman

Spotlight on Our Elders ... Featuring

Mr. Jesse Johnson, Jr.

Korean and Vietnam War veteran Jesse Johnson, Jr., a native of Tampa, Fla., devoted more than 30 years of civil service as a specialist in equipment for the HAWK Missile System; for the Maintenance Engineering Directorate, USAMICOM; as a logistics and program management specialist; and as an international program management specialist.

Even for a few years following his retirement in 1995, he continued to serve as a consultant for international program management at Sigma Tech, Inc., of Huntsville, Ala.

His religious and community service is legion and encompasses contribu-

tions to the Lions Club, Blacks in Government, the Madison County Department of Human Resources, TARCOG Area Agency on Aging Advisory Council, Huntsville-Madison County Senior Center, Alabama Silver-Haired Legislature, First Church of God in Christ (COGIC), and Volunteers of America.

A sociology and economics graduate of Alabama A&M University,



Johnson enjoys golf, chess, home construction projects and gardening.



DECEMBER 6 - JESSE B. BLAYTON, SR. - He was born in 1897 in Fallis, Okla. Blayton made radio history in 1940 by purchasing WERD in Atlanta and became the first black American to own and operate a radio station in America. He was also Georgia's first black CPA six years later. - BlackinTime.info

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'Tis the Season for Heart Disease?

(BPT) - Deaths from heart-related causes tend to spike over the holidays. According to a recent study, the risk of heart attack increases significantly around Christmas time, and may be highest on Christmas Eve. Recognizing the symptoms of heart disease - and taking time from the busy season to see a doctor - could help to save your life, just as it did for Zbigniew "Ziggy" Banach.

Banach is a 46-year-old husband and father of two teenage boys, living in Woodstock, Ill.

Last November, Banach began feeling chest congestion and shortness of breath. On Dec. 17, 2018, he finally visited the emergency room, where he learned he had suffered a heart attack. A heart attack occurs when blocked arteries cut off the supply of blood to the heart.

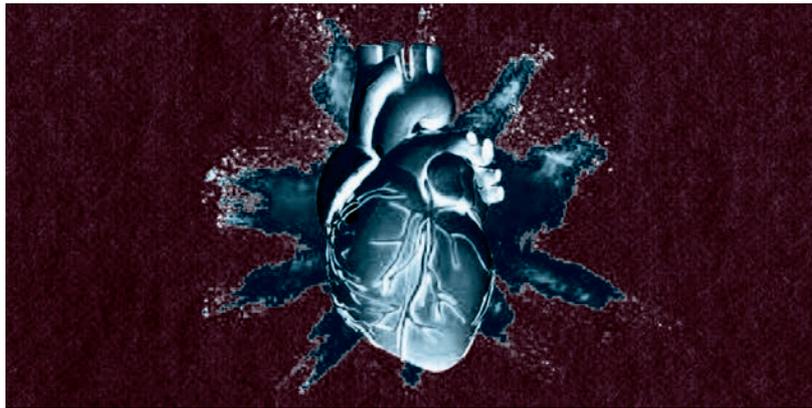
Banach had four stents placed in his arteries to restore blood flow. The heart attack had caused significant damage to Banach's heart. As a result, Dr. Hetal Gandhi of the Advocate Heart Institute in Crystal Lake, Ill., was concerned that Banach was at risk of

dying from sudden cardiac arrest (SCA).

Some people confuse SCA with a heart attack, but they are very different. A heart attack victim is likely to feel severe chest pain or other symptoms, just like Banach did. They usually remain awake and can call for help. Unlike a heart attack, SCA has no warning signs, and is likely to leave the victim unconscious and unable to call for help. SCA occurs when a failure of the heart's electrical system triggers a dangerously fast heartbeat, causing the heart to quiver or shake instead of pumping blood to the body and brain. The most effective treatment for SCA is an electrical shock (defibrillation). Without treatment, death from SCA can occur within minutes.

For protection from SCA, Gandhi prescribed Banach with the LifeVest wearable defibrillator.

"Major heart attacks weaken heart muscles and put patients at a higher risk of sudden cardiac arrest," explained Gandhi. "Espe-



cially in the first 40 to 90 days of recovery, certain patients may need devices that can respond to and protect them from sudden cardiac arrest. This gives us time to determine a more permanent solution and allows the heart muscles to regain strength after a heart attack. Wearable defibrillators can provide protection and restore a normal heart beat even if a patient is alone or asleep."

LifeVest consists of a garment, an electrode belt and a monitor. LifeVest is designed to continuously monitor a patient's heart, detect life-threatening rapid heart rhythms, and automatically deliver a treatment shock to restore normal heart rhythm and save a patient's life. With only five days until Christmas, Banach left the

hospital wearing LifeVest under his clothes day and night, only taking it off for a short shower.

Just three days later, while asleep in his home, Banach suffered SCA. Within one minute, LifeVest delivered a treatment shock that saved his life. When he awoke the next morning, Banach saw

Blue Gel deployed by LifeVest during treatment and realized what happened. His wife drove him to the hospital, where he received two more life-saving treatments from LifeVest. On Christmas Eve, Banach received an implantable defibrillator (ICD) for long-term protection.

His family visited him in the hospital to spend the holiday together. Banach tries not to imagine how different a Christmas it could have been.

"I don't know what would happen if I didn't have the LifeVest," said Banach. "I'm grateful I had

it and happy to be alive."

Researchers suggest delays in seeking medical treatment may contribute to heightened risk of heart-related death around the holidays. A person experiencing the symptoms of a heart attack should seek medical treatment right away. According to the American Heart Association, heart attack symptoms can range from slow and mild to sudden and intense, including discomfort in the chest, arms, back, neck, jaw or stomach, shortness of breath, nausea and sweating.

If you or a loved one has experienced a recent heart attack, talk to your cardiologist about SCA and the treatment options available for those at risk.



Bro Charlie Peavey

REVIVAL

Dec. 12-15

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at Westlawn
4115 9th Avenue**

Thursday & Friday-6:30 pm

Saturday – 6:00 pm

Sunday-10:30am & 2:15pm

Dinner follows first service

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