

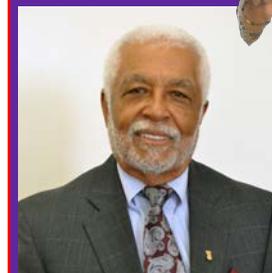
Are You Prolonging Happiness? - p. 5

FREE

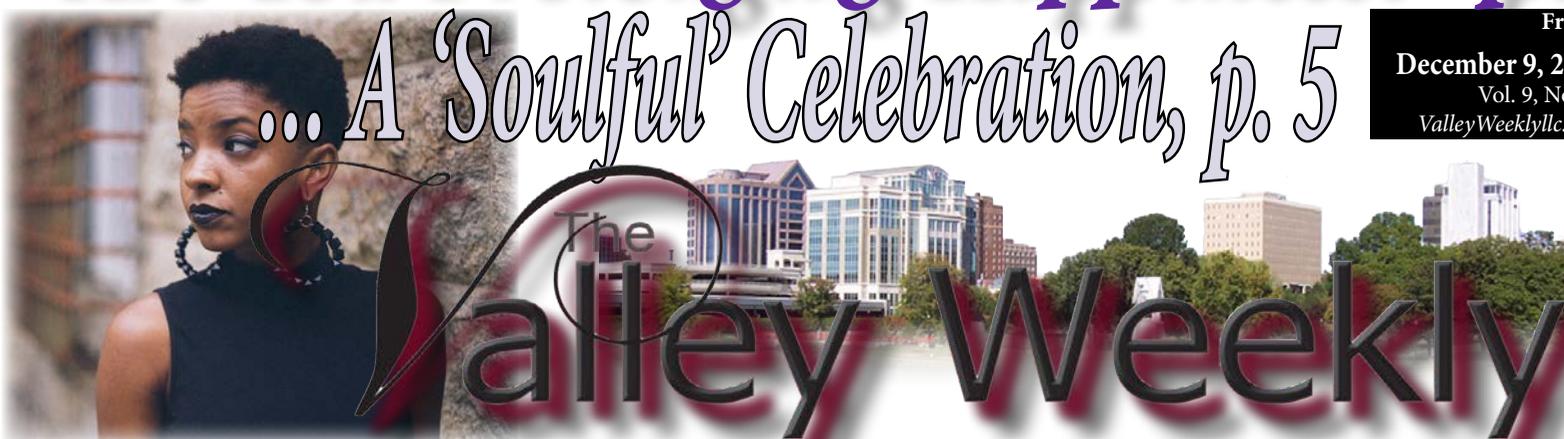
...A 'Soulful' Celebration, p. 5

Friday
December 9, 2022
Vol. 9, No. 14
ValleyWeeklyllc.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Mr. Wiley Henderson



"... Life is just supposed to make you feel." - Gloria Naylor



NEW HPAC OFFICERS: (l-r) Atty. Michael Walker, president; Dr. Dorothy Ann Downing, chaplain; Dr. Deloris A. Smothers, parliamentarian; Vanessa Williams, treasurer; Felicia Brown, secretary; and Allen Malone, vice president. (Photo by Jerome Saintjones)

HPAC Installs Officers for 2023-25

The Huntsville Progressive Alumni Chapter of the Alabama A&M University Alumni Association, Inc., (HPAC) recently installed six new officers for a two-year term, 2023-25. The virtual Installation of Officers ceremony was held on Monday, December 5, 2022, via Zoom.

Outgoing officers were recognized for their role in ensuring that the Chapter continues to award scholarships to deserving Alabama A&M University, as well as to provide financial assistance to other students in need of financial assistance to complete their pursuit of a college education. The Chapter also

supported the annual Black Tie Scholarship Gala, the AAMU Alumni Association and other University and Association initiatives, such as a Teacher Appreciation Day program at Rolling Hills Elementary School.

Chapter Vice President Marvin Williams presided over the program and introduced program participants, including and Huntsville Municipal Court Judge Sybil Cleveland, who conducted the oath of office. Other program guests included Atty. Rochelle A. Conley, who gave the charge to the new officers, and Dr. Terrance Vickerstaff, vice president of the AAMU

Alumni Association, Inc., who offered invocation and closing prayer.

The new slate of officers includes Atty. Michael Walker, president; Allen Malone, vice president; Felicia Brown, secretary; Vanessa Williams, treasurer; Dr. Deloris A. Smothers, parliamentarian; and Dr. Dorothy Ann Downing, chaplain.

HPAC was chartered by the Alabama A&M University Alumni Association, Inc., on October 27, 2000, in Birmingham, Ala., with 46 chartered members. Currently, the chapter has over 60 active members.

100 Black Men Announce Annual Gala

The 100 Black Men of Greater Huntsville, Inc., will hold its Annual Holiday Gala at the Von Braun Center (VBC), South Hall 2 on Saturday, December 17, 2022, at 7 p.m.

This event is the organization's most celebrated event of the year, and organizers are encouraging attendance, support and partnership to make "all the difference in the world" for the group and the young people it supports.

The formal event includes a dinner, live entertainment, testimonials, and highlights of all the major achievements of 100BMOA mentees that, because of the help of supporters, were able to be accomplished.

Visit the website to arrange attendance or to secure partnership/sponsorships for this year's grand occasion.

100BMOA urges the continued support of the public and looks forward to celebrating the Mentor-



ing Program's youth, and renewing the organization's commitment to the future of the local community. For additional informa-

tion, visit the website at <https://www.100bmogh.com/holidaygala> or e-mail 100bmoa.ghc@gmail.com.

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Washington in One Minute



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

1. ON THE FLOOR. The House and Senate are in session this week. The House, among other items, will take up the amended same sex marriage bill passed by the Senate last week and also may turn to the \$858 billion Defense Authorization bill. Senate Democrats will hold their leadership elections on Thursday, two days after the much-anticipated Georgia runoff election between Sen. Raphael Warnock (D-GA) and challenger Herschel Walker.

2. THE WHITE HOUSE. On Monday evening, the President and First Lady hosted Members of Congress at the annual Congressional Ball, which will be followed by a series of holiday parties over the next two weeks at the White House for members of the media, Administration officials, congressional staff, and others. On Tuesday, the President will travel to Phoenix, Ariz., to visit semiconductor chip manufacturer TSMC, which is constructing a \$12 billion plant.

3. SUPREME COURT.

The Supreme Court heard arguments Monday on a free-speech claim by a Colorado website designer who opposes same-sex marriage (303 Creative v. Elenis) and on Wednesday it heard a case on whether the North Carolina legislature has the power to regulate federal elections without interference from state courts (*Moore v. Harper*). The court last week agreed to expedite its review on 2 lower court rulings that have halted President Biden's student loan debt relief plan, with oral arguments planned for February 2023.

4. OPERATION HIGHER COURT. On Thursday at 10:00 a.m., the House Judiciary Committee held a hearing on recent revelations about "Operation Higher Court" and allegations that Supreme Court Justice Samuel Alito leaked the authorship and outcome of his opinion in the 2014 Hobby Lobby case, which allowed privately held companies to object on religious grounds to the Obamacare contraception coverage mandate in employee health care plans.

In a Nov. 19, 2022, New York Times article, former anti-abortion activist Rob

Schenck described how he recruited wealthy donors to influence the justices in a campaign dubbed "Operation Higher Court," which included a dinner with Justice Alito

and conservative Ohioans Gayle and Donald Wright (who Schenck claims leaked details to him about the pending Hobby Lobby decision). On Nov. 20, two House and Senate Judiciary Subcommittee Chairs sent Chief Justice John Roberts an interrogatory letter asking for details related to Schenck. Read the letter here: Judiciary Letter.

5. 2024 DEMOCRATIC PRIMARIES. Last Saturday, the Democratic National Committee's Rules & Bylaws Committee approved a plan sponsored by President Biden to change the order of the presidential nominating states for 2024 with South Carolina supplanting Iowa as the leadoff state, followed by New Hampshire, Nevada, Georgia, and Michigan. The new plan would also end caucuses in favor of primary elections.

6. JOBS REPORT. Last week, the U.S. Bureau of Labor Statistics announced that the U.S. economy added 263,000 jobs in November, significantly higher than the 200,000 jobs economists had expected. The unemployment rate was unchanged at 3.7%, with

notable job gains in leisure and hospitality, health care, and government, while declines were recorded in retail trade and in transportation and warehousing.

Average hourly earnings continued their rise, last month by 0.6% to \$32.82, and over the past 12 months have increased by 5.1%. The next Federal Reserve meeting is Dec. 13-14, at which an additional interest rate hike is expected to be announced.

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The Valley Weekly

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The Valley Weekly

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THE VALLEY WEEKLY
**VALLEY
DEATHS**



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW
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Funeral service for MRS. SHIRLEY JEAN MOORE MC-DANIEL (b. 1957) will be held Saturday, December 10, at 1 p.m. at Douglas Tabernacle Primitive Baptist Church with Elder Dr. Mario Ford officiating.

Funeral service for MS. JOAN BAKER (b. 1951) was held Friday, December 2, in the Nelms Memorial Funeral Home Chapel.

Funeral service for Rosetta James Foundation Elder JESSIE M. SINGLETERRY (b. 1929), MR. RANDOLPH FLAKES (b. 1940) and MR. WILLIAM HENRY MCDONALD (b. 1938) will be announced at a later date.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW
Huntsville, AL 35810 - (256) 534-8481

Funeral service for MR. LEO TURNER (b. 1953) was held Wednesday, December 7, at the True Light COGIC (6380 Pulaski Pike NW, Huntsville, Ala.) with Elder Terrell Harris.

Funeral service for MOTHER ALICE ANN FUQUA (b. 1943) was held Sunday, December 4, at the Union Hill Cumberland Presbyterian Church in America (3126 Nevel Drive, NW Huntsville, Ala.) with Dr. Edward Anderson officiating.

Graveside service for MR. CHARLES EASKIN JONES (b. 1956) was held Saturday, December 3, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.) with Pastor Aaron Brown officiating.

Funeral service for MR. SAMUEL PRIDE, JR., was held Saturday, December 3, at the New Beginnings Christian Church (604 Jordan Ln NW, Huntsville, Ala.) with Pastor Jennifer Davis as the eulogist and Pastor Errol Davis officiating.

Funeral service for MASTER JEREMIAH CANAAN WILLIAMS (b. 2012) was held Friday, December 2, at the Mount Zion Baptist Church (1112 Jefferson Street, Nashville, Tenn.) with Bishop Joseph W. Walker, III officiating.

SERENITY FUNERAL HOME

2505 University Drive NW
Huntsville, AL 35816 (256) 539-9693

Funeral service for MARCUS IRVIN (b. 1982) will be held Saturday, December 10, at Pentecostal Lighthouse, 6107 Blue Spring Road NW, Huntsville, Ala., at 12 noon.

THE VALLEY WEEKLY
**CHAMPION
GAME PLAN**

PRESTON BROWN



"I ONCE WAS LOST"

Luke 15:7 says, "I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety nine righteous persons who do not need to repent."

You know, one of the things that I love most about Jesus is that He meets us where we are, but refuses to leave us there. He meets us in our sinful ways and says "go and sin no more."

The main theme in the

book of Luke is that Jesus came to seek and save the lost. And, He was especially sensitive to those who were hurting, because He knew that hurting people hurt other people. That's why He had no problem eating with sinners and tax collectors.

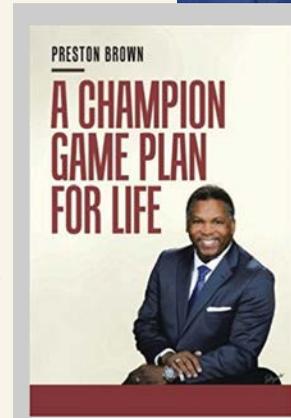
In this scripture, Luke talks about the love that God has for sinners and he explains them in the form of "lost things."

First a lost sheep. Then, a lost coin. And, then a lost son. In all of these stories the "lost" are found.

And, when it happens, everyone rejoices.

The message that is revealed here is, God places great value on one repenting sinner, therefore clarifying his mission that

He came to seek and save sinners. Jesus came to deal with much more than the financial statement or the special programs that we



have from time to time. On the contrary, Jesus reminds us that there is more value in saving the life of a sinner who was lost but is now found ... Stay encouraged,

my brothers and sisters. Please order a copy of my book, "A Champion Game Plan for Life."

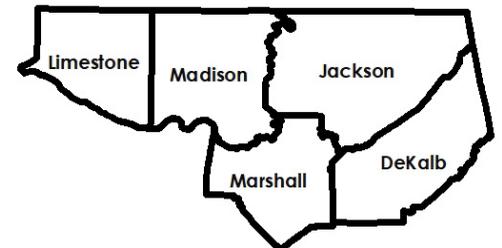


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 - You are in the 24-month Medicare waiting period.
 - You lost your job due to Covid-19, no insurance and on unemployment.



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THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

Thru January 2023

Huntsville Museum of Art Presents "Donato Giancola" Downtown Huntsville Huntsville, Ala.

Thru January 2

Rocket City Christmas Light Show Toyota Field - 5 p.m.

Thru January 29

Winter Park The Orion Amphitheater Huntsville, Ala. TheOrionHuntsville.com

December 8

ROTC Commissioning Ceremony Alabama A&M University Contact: Wenona Brown-

Hamilton, (256) 372-4021 Knight Center 1 p.m.

Christmas Parade Downtown Huntsville Huntsville, Ala. 6 p.m.

Karaoke Thursday Featuring DJ 808 Reflections Lounge & Entertainment 8694 Madison Boulevard Madison, Ala. (256) 542-3559

December 9

Fall Commencement Alabama A&M University Event Center 10 a.m. Faith Covenant Academy

Graduation East Hall 2 Von Braun Center Huntsville, Ala.

Winter Tour Chris Tomlin X Mercyme Propst Arena Von Braun Center 7 p.m.

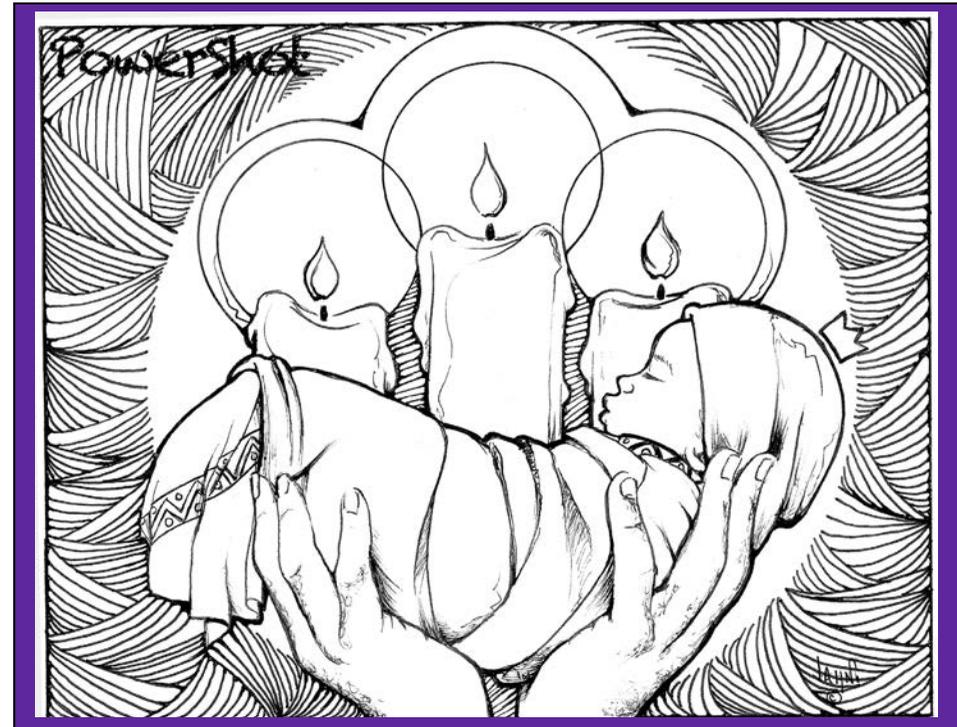
December 10

Champion Chevrolet Holiday Party South Hall Ballrooms 1 + 2 Von Braun Center Huntsville, Ala.

Sneaker Ball Gala Purpose Event Venue 8760 Madison Boulevard Suite J -\$65/\$100 Attire: Formal (21+) www.purposeeventvenue.com 8 p.m.-1 a.m.

December 16

BTL Presents "A Very Electric Christmas" Mark C. Smith Von Braun Center Times Vary



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Mayor Gives 'State of the City' Address

After a year of national accolades and historic growth, Mayor Tommy Battle outlined Huntsville's forward-looking approach on November 29 during his annual State of the City address at the Von Braun Center.

The theme of Mayor Battle's address was Quality of Life Infrastructure. He explained that investments in roads, greenways, parks and other amenities benefit citizens but are also being made with future generations in mind.

Among the many projects to see fruition over

the next few years is the second phase of Mayor Battle's Restore Our Roads initiative.

The projects, which will cost an estimated \$800 million, will enhance traffic flow around the City and in and out of Redstone Arsenal.

Mayor Battle also mentioned the City's historic growth in the commercial, industrial and residential construction sectors.

The mayor said the City's Inspections Department issued more



certificates of occupancy in the last year since the department began keeping records in 1983.

Mayor Battle also highlighted the 24 percent growth in employment in the Huntsville metro area over the past 12 years.

- HuntsvilleAL.gov



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drakestate.edu

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*"Life is too important
to be taken seriously."*

- Oscar Wilde

How Long Will You Prolong Happiness?

How Long ...

What things are in your morning thoughts? What consumes your mind throughout the day? What is that one thing you can't shake? When your mind goes idle ... it goes back to it. Whatever that thing is, it's what you are allowing to control you.

Is it something positive, or negative? Is it pain, disappointment, or dreams and goals? You need to understand that you can only have one thought at a time. What thought is your thought of choice *today*?

Reliving hurt and pain that has probably been there over a long period of time, is not conducive to achieving your greatness,



DLC Accepting Applications for 15th Cohort
tnvalleydlc.com/applications



or betterment. It's actually inimical to that which you desire to be. So why allow that to control your destiny? Get over it, forgive it, and move on. This continual thought that is haunting you has no place setting up residence in your mind. Evict it!!! Replace it with a goal, desire

... want.

You don't *have* one (a goal)? That definitely means you've been dwelling on your past for too long! Take a moment to reset your mind. Write out something positive to think of. Look at that every morning, and every night. Hopefully, it's something you want to move towards. Whether it's happiness, a business idea, a talent you want to develop, or to figure out your gift (because you do have one):

Be intentional about what your mind frequents!

How long will you be held captive by unforgiveness, dismay, old wounds? Set yourself free! It's your decision. Focus on new life, new love, new hopes, and big dreams. If you set yourself up for that, it will keep you busy and, I promise, in time, you will see gain as opposed to pain!

How long will you prolong happiness? It's up to you. Don't delay! *Go get it!*



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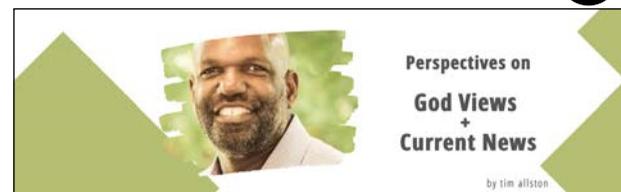


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A New Generation Of Service



Celebrating 30 Years of "Handel's Messiah: A Soulful Celebration"

"For unto us a child is born, unto us a son is given, . . ." - Isaiah 9:6

As we move into this holiday season of celebrating the birth of Jesus Christ referenced in the above Bible text, let me introduce you to the 30th anniversary of a Christmas classic - with a local connection.

In 1992, Handel's Messiah: A Soulful Celebration debuted as a re-interpretation of composer George Frideric Handel's 1741 oratorio.

This 75-minute presentation was co-produced by Ms. Gail Hamilton, Norman Miller, and Huntsville, Alabama native Mervyn Warren.

A 1985 Oakwood College graduate and original member of its Grammy Award-winning Take 6 a cappella sextet, Warren's re-interpretation showcased multiple genres of African American music.

For example, he remixed Handel's original opening Overture to create Overture: A Partial History of Black Music, Overture; it featured such African-American genres as spirituals, hip-hop, R&B, ragtime, big band, jazz fusion, and blues.

To conclude this 16-song album, Quincy Jones conducted the Hallelujah Chorus finale Hallelujah!, which featured an All-Star cast of Black entertainers; view the list at Handel's Messiah: A Soulful Celebration - Wikipedia.

The Results?

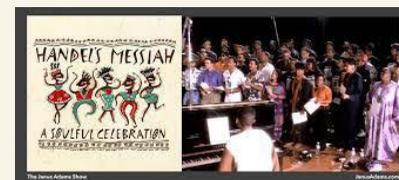
A Soulful Celebration won the 1992 Grammy and Dove Awards for Best Contemporary Soul Gospel Album and Contemporary Gospel Album of the Year, respectively; also in 1992, it charted

on The Top Gospel Albums (#3), Top R&B/Hip-Hop Albums (11), Top Contemporary Christian Albums (13), and The Billboard 200 (82).

Shortly after receiving their 1992 Grammy Awards, I was privileged to bring "Skipper" Warren and Hamilton to Hampton University in March 1993, to conduct a music workshop concluding with Warren guest-conducting Hallelujah! with HU's His Chosen Sound gospel choir. Need to refresh your holiday spirit? Revisit *Handel's Messiah: A Soulful Celebration* - Wikipedia, . . .

. . . Then, more importantly, go out and create your own Soulful Celebration in your home, work- and worship place, . . .

... And finally and most importantly, make it last 30 years!



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.

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.

For more information, call (256) 427-5011.

Legacy Center Plans Special Holiday Event Dec. 16

The Legacy Center will hold its "Christmas Around the World: A Holiday Tour" event on Friday, December 16, beginning at 11 a.m.

The three-hour activity will take place at The Legacy Center offices located at 2212 Jordan Lane SW, Huntsville, Ala.

For additional information, e-mail morgan@liveyourlegacyhere.com or call (256) 777-4224.

THE VALLEY WEEKLY ALL FOR THE FAMILY Spiritual Well-Being

Spiritual well-being of all family members is a major characteristic of strong, healthy families.

Raised by our maternal grandparents after the untimely passing of our 30-year-old sickly mother, my two younger sisters and I have been active members of a church wherever we have lived throughout our lives. We and our grandparents have willingly used our time, God-given gifts and talents to glorify Christ, encourage and support others as head of the deacon board, deaconess, pastor's wife

Sunday school/Bible study teachers, youth leaders, pianists, ushers, choir members/soloists, chair of committees, speakers for special occasions, administrators, tithers, etc.

Six Reasons for Attending Church

1. To worship God. We are advised in Ephesians 2:8 to remember the Sabbath day and keep it holy.

2. To partake the sacrament. Jesus instructed us to remember this day in 1 Corinthians 11:2. By doing this, we acknowledge the

unmatched sacrifice Jesus made to pay for our sins by being crucified on the cross.

3. The church needs us. Our time, talents, tithes and offerings are required to help carry out God's Great Commission in Mathew 28:19-20 and to draw others unto Christ.

4. To be taught God's Word and be uplifted. Participating in Sunday School and Bible Study empowers us and strengthens our spirituality so we can live so others will see Christ in us.

5. To gain a sense of belonging. By attending church, we join a community where we can socialize and support each other, get spiritual mentors, make friends and build a support network on which you can rely.

6. To allow God to



Dr. Margaret J. Kelly

speak to us. Sometimes when we attend church, the answer to a question or options for problems we have been struggling to resolve, are revealed in a sermon, prayer, song, testimony or interaction with a church member. At church, we are positioned to clearly hear God in our hearts and minds.

Sources: www.churchofjesuschrist.org

WJAB

90.9 FM

www.wjab.org

Come Discover the Magic on the Mountain!

No matter what time of year you explore Burritt on the Mountain, there is something delightful and new to see. And no matter how young – or old – you are, there is something for you on the Mountain! If you've never visited, you're in for a treat. If it's been awhile, what are you waiting for? Come on up and let the Magic begin!

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 November-March: Tuesday - Saturday: 10am - 4pm & Sunday: noon - 4pm

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DECEMBER 9 - REDD FOXX - John Elroy Sanford was an American stand-up comedian and actor, best remembered for his explicit comedy records and his starring role on the 1970s sitcom *Sanford and Son*. Foxx gained notoriety with his raunchy nightclub acts during the 1950s and 1960s. He performed on more than 50 records in his lifetime.



- BlackCelebrityBirthdays.com



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

Wiley J. Henderson

Wiley Joseph Henderson was born in Clarke County, Alabama. He was a distinguished graduate, longtime employee and retiree of Alabama A&M University. He participated in further studies at the University of Alabama at Birmingham, University of Alabama in Huntsville, Auburn University, University of Tennessee and Central State University.

Henderson was actively involved in civic and community outreach programs for more than half a century.

As a young professional, he organized a civic club to inform and increase voter registration in his rural south Alabama community. He also helped to organize a federal credit union to serve minority educators. For several years, he served as chairman of the board for this organization. Additionally, he completed terms as president of both the local teachers and parent teacher associations. While serving as president of the local Normalite Alumni Association, he coordinated annual fund raising activities for Alabama A&M University. He remained at the forefront as a leader in his church. While serving as chairman of the trustee board, he spearheaded a fundraising effort that resulted in the building of a new edifice. He also served

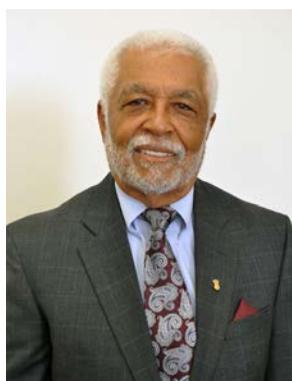
as superintendent for the Sunday School.

Upon moving to Huntsville, he and his family affiliated with the NAACP, Alabama Democratic Conference, and First Missionary Baptist Church. He served as a board member for the Child Development Center at First Missionary Baptist Church, and as an advisor for the Fellowship of University Students. He participated in the Congregational Care and Keenage Ministries.

Over the years, Henderson skillfully used his fraternal affiliations as a venue for community outreach. While serving as president of his undergraduate chapter of Alpha Phi Alpha Fraternity, he began a legacy of working with programs that enhanced the health, social and leadership skills of young black males.

He continued this legacy by serving in the office of undergraduate advisor for more than 20 years. He further expanded his outreach to youth by serving as a leader with the Boy Scouts of America. His community outreach continued through volunteer fundraising. Annually, he participates in fundraisers for the American Heart Association, Muscular Dystrophy and the March of Dimes.

As a retiree of the Ala-



bama Higher Education System, Henderson continued to give full-time service to Alabama A&M University. His love and dedication for his students was exemplified in the many long hours he gave by always arriving on the job early and leaving late. Over the years his students nominated him for Who's Who Among American Teachers four times. He also received recognition as Professor of the Month and Teacher of the Year from the Student Government Association.

During three decades of tenure at Alabama A&M University, Henderson made substantial financial contributions to the university through payroll deductions and other venues. He gave leadership for the class of 1956 campaign to raise \$50,000 for the university. His fellow classmates presented him the Class Achievement Award at his 50th class reunion.

"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@valley-weeklyllc.com.

Remembering the Huntsville Gazette

The Huntsville Gazette, an African American newspaper was established on November 22, 1879. Charles Hendley, Jr., former teacher and principal, was the editor.

(Samuel Bowles) S. J. B. Carter, assistant principal of the State Normal School, a prolific writer and outstanding speaker, was the associate editor.

At that time, a single copy subscription cost \$1.50 per year; 90 cents for six months; and 50 cents for three months.

The paper covered state,



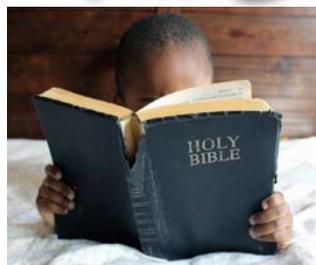
national and occasionally international news. How-

ever, the main focus was coverage of local and area news that affected African Americans in North Alabama.

The articles included schools, churches, businesses, politics and fraternal groups. In fact, most of the written history and culture of 19th century African Americans in Huntsville/Madison County is found in the *Huntsville Gazette*. The newspaper ended on December 29, 1894.

- Contributed by
Ollye Doyle Conley

This Sunday's Lectionary



Sunday, December 11

Third Sunday
of Advent

(Track 2 - Year A)

Isaiah 35:1-10

James 5:7-10

Matthew 11:2-11

Psalms 146:4-9

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How *Not* to Sabotage Your New Year's Resolutions

(BPT) - Have you ever thought that, since you're starting a healthy new lifestyle tomorrow, you may as well throw all your healthy goals out the window - just for today? If so, you're not alone. As one year ends and a new year approaches, many people considering health-related resolutions are already "writing off" the end of the year. According to Herbalife Nutrition's fifth annual "Writing Off the End of the Year" survey, 60% of those planning to postpone starting their healthy habits until the new year have already begun doing so - admitting that mid-November is their cut-off. And unfortunately, one-fourth of Americans are still carrying weight they gained at the end of the previous year, perpetuating a cycle of self-sabotage that's hard to break.

The study, which surveyed 2,000 Americans and 2,750 international respondents from five different countries, revealed that over half (53%) admitted to break-

ing their diets at the end of the year, with 37% saying that was specifically due to holiday food temptations. The average respondent said they expect to gain five and a half pounds before 2023 - on top of any weight they're still carrying from last year's holiday season.

Health goals remain at the top of resolutions

According to the survey, people thinking ahead to next year's resolutions are still putting health, nutrition and wellness at the top of their list.

Top New Year's resolutions for 2023:

1. Save more money - 57%
2. Eat healthier - 55%
3. Exercise more - 54%
4. Focus on self-care - 49%
5. Improve work/life balance - 42%

But unfortunately, indulging in the excesses of the holidays at the end of 2022 could set you up for a harder climb to reach your lofty health goals. In fact, nearly half of those surveyed (49%) said they planned to wait until the



new year to try and lose weight.

Just how far do people go when "writing off" the end of the year?

Here are the top survey responses that were offered regarding just how far people admit to having let themselves go at the end of the year:

- * Eaten more than one dessert at a meal - 41%
- * Eaten more than one of the same meal in a day - 35%
- * Eaten more than three

meals in a day - 35%

- * Eaten an extra-large midnight snack - 26%

- * Eaten so much I've had to undo a button on my pants or loosen a belt - 24%

- * Deliberately worn stretchy clothes to accommodate overeating - 19%

- * Hid my favorite holiday foods/treats to save for later - 18%

- * Eaten until I feel sick/unwell/full to bursting - 17%

From this list, you can see why writing off the end of the year could add up to a lot of habits to change after the New Year's party

is over.

Why not set yourself up for success instead?

This year, instead of writing off the end of the year, you could change the cycle of end-of-year excess with a little smart planning and common sense moves. The result? Your New Year's resolutions will be starting from a position of strength, with that much less weight to lose or habits to change come Jan. 1.

Here are a few tips from Dr. Kent Bradley, chief health and nutrition officer

at Herbalife Nutrition, to help you get through the holidays and avoid that end-of-year health sabotage:

- * Have a protein-rich snack before going to a holiday party to reduce your feelings of hunger - and the chance that you'll overeat when you get there.

- * Enjoy a small bite of an indulgent food you love, since most of the enjoyment is often in the first bite - thus avoiding the discomfort of overeating.

- * Plan for smaller portions if you're hosting, or choose smaller portions from a buffet or dinner - to reduce overeating and also cut down on food waste.

These tips show that it's still possible to enjoy the holidays without throwing all of your health goals out the window.

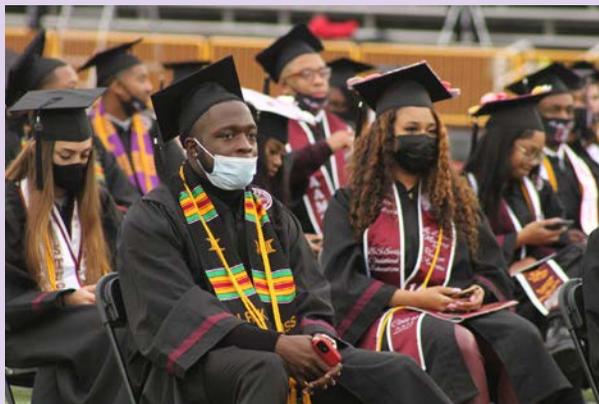
Start now

If you're planning to start 2023 with a "new year, new you" attitude like 63% of the survey respondents, avoid the sabotage trap now by being more aware of your habits over the holidays. Your 2023 self will thank you.

AAMU Fall Commencement Dec. 9

Alabama A&M University will hold its fall commencement exercises on Friday, December 9, at 10 a.m. at the new Event Center, located on the AAMU campus near Louis Crews Stadium.

The guest speaker will be Alabama A&M University Board President Pro Tempore Roderick DeWayne Watts.



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