

Group Spreads Holiday Cheer in the Valley, p. 8

FREE

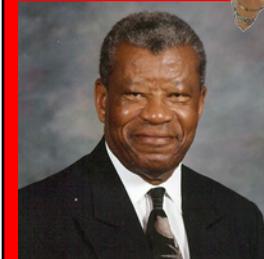
'The Gift' on the Tree, p. 6

Friday
December 24, 2021
Vol. 8, No. 16
ValleyWeeklyllc.com



The Valley Weekly

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Col. (Ret) James O. Heyward

"Living simply makes loving simple." – bell hooks

The Legacy Center to Hold 'Marriage Retreat'

The Legacy Center will hold a "Legacy Marriage Retreat" December 30-January 1 at the Westin Huntsville, 6800 Governors West, Huntsville, Ala. Members of the community are encouraged to sign up and to bring their life partners, notes Chanda Crutcher, board president.

Registration/hotel check-in begins at 3 p.m. Thursday, December 30. Husband-wife team David and Tamela Mann (actors from Tyler Perry's "Madea" film series) will be featured at the opening session at 6 p.m., "A Night with the Manns."

Friday, December 31, begins with a 7:30 a.m. breakfast. A segment on "Marriage IQ" by Dr. Tammy & Gary Donahue will start at 9 a.m., followed by workshops on finances, blended families, first-generation marriages and communication. "Just the 2 of Us!" will begin at 12 noon. A New Year's Eve Party featuring Chief Entertainment and Nashville recording artist Lisa Diggs will begin at 9 p.m. Activities conclude Saturday, January 1, with a 9:30 a.m. Prayer Brunch.

For more information, visit LiveYourLegacyHere.com.



Annual 100 BMOGH Gala Is Fundraiser

The 100 Black Men of Greater Huntsville (100 BMOGH), a Huntsville charitable organization, held its black tie or formal dress annual Holiday Gala on Saturday, Dec. 18, at the North Hall of the Von Braun Center.

The 100 BMOGH, a chapter of the national group 100 Black Men of America, stated proceeds from the Holiday Gala will support academic scholarships and the organization's "Four for the Future" overall mission. The 100 BMOGH is a non-profit 501 (c) (3), with an emphasis on mentoring, education, health and wellness and economic empowerment. The organization's main purpose is "to empower youth to reach their full potential."

The local chapter of 100 BMOGH, established in 1999, is actually comprised of 74 people, all volun-



teers who must apply and undergo a background check before becoming members. The Holiday Gala has been around for 22 years, although last year's event took place virtually due to

COVID-19.

This year's entertainment featured comedian Deno Posey of Birmingham, known for his clean comedy satire, who will also serve as the evening's emcee.

Huntsville's Charles and Tanya Harris Band, specializing in rhythm and blues and "neo soul" music, provided the evening's live music. - Gary T. Whitley, Jr.

OU Professor Publishes Book on Music History

Dr. Audley C. Chambers, professor of historical musicology at Oakwood University, and two other

colleagues have just completed a textbook on African American Music which chronicles and illuminates the history of Black music

from the 1600 to the present.



The Valley Weekly

INSIDE THIS ISSUE!

Washington in One Minute, Page 2
Preston Brown's Champion Game Plan, Page 3
Valley Deaths, Page 3
Valley Events, Page 3
tim allston: Perspectives, Page 5
Rev. Michael Rice: Called 2 Preach, Page 6
"Jahni" Moore's PowerShots, Page 7
Spotlight on Our Elders, Page 7

Happy Holidays!

Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston, Ph.D.

**Editorial Consultant/
Senior Editor**

Jerome Saintjones, Ed.S.

Editorial AssistantsLinda Burruss
Phyllis Chunn
William Huston, Sr.
Gary T. Whitley, Jr.**Advertising Associate**

Phyllis Chunn

- Contributing Editors -tim allston
Minister Preston Brown
Robert Drake
Ron Hamm
Pastor Michael D. Rice**Website Administrator**

Calvin Farier

Mailing Address:The Valley Weekly
415A Church Street - Suite 100
Huntsville, AL 35801
(256) 651-9028
www.valleyweeklyllc.com
Copyright 2021

Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@valleyweeklyllc.com. Items do not necessarily reflect the views of The Valley Weekly, LLC.

Submissions to TVW do not necessarily reflect the belief of the editorial staff and TVW is not responsible for the authenticity of submissions.

**The Valley Weekly
Ad Rates Single Issue**

Back Cover	10x10-inches	\$1,000
Full Page	10x10 inches	\$800
3/4 Page	7.5x10 inches	\$600
Half Page	Horizontal	\$400
	Vertical	\$400
Fourth Page	5x5 inches	\$200
Eighth Page	2.5x5 inches	\$100
	2.5x2.5	\$50
Classified	1 col.x1 inch	\$50/Flat Fee
	(4 col. in. minimum=\$24)	
6 Month/1 Yr.-10% & 20% Discount!		

FAITH Initiative, Inc. Scholarships for College Available

FAITH Initiative, Incorporated, a 501c3 nonprofit established by Fellowship Presbyterian Church USA, announces the annual scholarships to be awarded Spring 2022.

The scholarships are open to deserving students from the Tennessee Valley who have been accepted to an accredited university or technical school and who demonstrate the potential to become a productive member of the community.

Recipients are not

required to be enrolled or accepted in an institution of higher learning in Alabama



to receive the scholarships.

Applications and requirements have been mailed to area high school counselors and local churches.

However, your assistance is requested in getting this announcement to high school seniors. Students selected from the Tennessee Valley will be informed by letter, and the formal announcement will be made at the Annual Event of the organization scheduled for Spring 2022.

Successful applicants are expected to participate. Scholarship applications may be obtained from the FAITH Initiative organization at [\[tativenonprofit@gmail.com\]\(mailto:tativenonprofit@gmail.com\); website for Fellowship Presbyterian Church at \[fpchuntsville.org\]\(http://fpchuntsville.org\); or call 256-714-9399. Applications must be received not later than March 8, 2022.](mailto:faithini-</p>
</div>
<div data-bbox=)

The Henderson and Anthony Family Scholarship for Choral Performance is established to provide a scholarship of \$500 per semester (\$1,000 per year) to two sophomore, junior, or senior singers (per semester) enrolled in a college or

university music program or singing in the choir. (This comprises two \$1,000 scholarships.)

The scholarship pays the students to sing in the Fellowship Presbyterian Church's major choir as a soprano, alto, tenor, or bass.

Interested college students may contact FAITH Initiative organization at faithinitiativenonprofit@gmail.com; or call (256) 714-9399 for more information.

New City Hall Deemed 'Legacy Project'

The City of Huntsville's new City Hall and its adjoining parking garage are closer to reality after the Council's regularly scheduled meeting on Dec. 16.

The City Council unanimously approved a resolution authorizing Mayor Tommy Battle to enter an agreement between the City and Turner Construction Co. for construction services of the new City Hall and parking deck to be built across the street at the site of the current parking garage on Fountain Circle.

General Services Director Ricky Wilkinson called



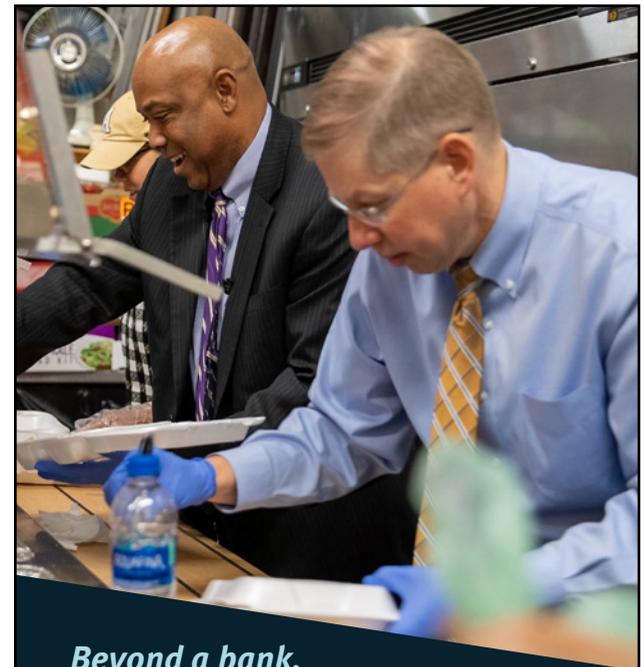
the \$76.8 million contract approved by City Council a significant milestone for the City of Huntsville.

"This is a legacy project for the City as a whole," Wilkinson. "This is a

structure that will stand for at least the next 75 years and have a huge impact on downtown Huntsville."

Turner Construction will begin demolishing the current parking garage in mid-January and expect the process to take 60-90 days.

The seven-story municipal building, which will span 170,000 square feet and serve 365 employees, will start going vertical in mid-2022 and take about two years to complete.



*Beyond a bank.
Beyond expectations.*

At Bryant Bank, our vision is to see every Alabamian experience a financially stable future and live in a thriving community.

We are invested in your success and the success of the place we both call home. We're here to be a trusted partner, to exceed your expectations, and to help both you and our community invest in its full potential.

BRYANT BANK

Downtown Huntsville & Southeast Huntsville
Personal, Business, & Mortgage Banking Services
BryantBank.com | 256-535-1045



NMLS 582857

This Sunday's Lectionary

(Track 2)

Sunday, December 26, 2021

Isaiah 61:10-62:3
Galatians 3:23-25;4:4-7
John 1:1-18
Psalm 147



THE VALLEY WEEKLY

VALLEY DEATHS



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW - Huntsville, AL 35816 - (256) 539-8189

Graveside service for MR. ALBERT LEE DOZIER ("BOY RED") (b. 1949) was held Sunday, December 19, at Meadowlawn Garden of Peace.

Funeral service for MRS. JANIS CRAWFORD (b. 1953) was held Saturday, December 18, at New Hope Missionary Baptist Church (Hollywood, Ala.) with Pastor William R. Tibbs, Officiant and Pastor Columbus Waddle, Eulogist.

ROYAL FUNERAL HOME

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

Funeral service for MR. LAWRENCE JONES (b. 1940) was held Monday, December 20, at Indian Creek Primitive Baptist Association Tabernacle with Elder Dr. Maurice Childress officiating.

Funeral service for MS. CHARLOTTE SMITH (b. 1952) was held Sunday, December 19, at the Royal Chapel of Memories with Pastor Jaymes Mooney officiating.

Graveside service for MS. RUTH BOBO (b. 1938) was held Saturday, December 18, at Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.) with Reverend Anthony Stewart officiating.

Funeral service for MS. EVERLYNA B. GERMANY (b. 1939) was held Friday, December 17, at the Oakwood Seventh-Day Adventist Church (5500 Adventist Blvd Huntsville, Ala.) with Dr. Toussaint Williams officiating.

Graveside service for MR. PARRISH LATRE LOWE (b. 1999) was held Monday, December 13, at the Oakwood Memorial Gardens (1 HL Cleveland Way Huntsville, Ala.), with Minister Diana Langford officiating.

SERENITY FUNERAL HOME

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

Funeral service for MS. NICOLE MARIA WINSTON (b. 1982) was held Friday, December 17, at Serenity Funeral Home, 2505 University Drive NW, Huntsville, Ala.

THE VALLEY WEEKLY
VALLEY EVENTS
HAPPENINGS, ACTIVITIES & MORE!

Thru December 23

Nights of Santa
EarlyWorks Children's
Museum
5 p.m.

December 25
Christmas Day

January 1
New Year's Day

Dr. Daniel K. Wims Be-
comes Alabama A&M
University's 12th President

January 2
Final 'Rocket City Christ-
mas Light Show-Through'
Toyota Field
Huntsville, Ala.
5 p.m.

January 4
Faculty-Staff Conference
(Virtual)
Alabama A&M University

January 6
Comedian Josh Pray
TikTok, YouTune
Stand Up Live
Huntsville, Ala.
7 p.m.

January 15
Martin Luther King, Jr.
Birthday

January 21
Rocket Awards
U.S. Space and Rocket
Center
1 Tranquility Base
Huntsville, Ala.
5-8 p.m.

January 30
Harlem Globetrotters
Von Braun Center
Huntsville, Ala.
3 p.m.

THE VALLEY WEEKLY

CHAMPION GAME PLAN

PRESTON BROWN

THE REAL CHRISTMAS STORY

Luke 2:11, says "Today in the town of David a Savior has been born to you; he is the Messiah, the Lord."

You know, there are so many stories about Christmas. There is "The Christmas Story" that talks about Ebenezer Scrooge. There is the "Grinch who Stole Christmas." Then, there is "Rudolph the Red-nosed Reindeer," just to name a few. Now all of these are wonderful Christmas stories, but there is only one "real" Christmas Story and that is the story of the

birth of Jesus. Because when it comes to Christmas, it's either real, or it's just entertainment.

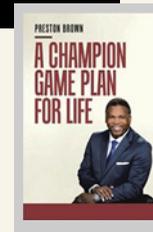
Now, when we look at the gospel of Luke, he depicts what that first Christmas was really like. No lighted Christmas trees, no "fan-fare", just a baby wrapped in swaddling clothes and laid in a manger, because there was no room left for him in the inn. Just think how profound that was, because when He came to this world, we didn't have

any room for Him, and yet He said, in my father's house there are many rooms



(John 14:2).

You see, this is not a "rags to riches" story, this is a "riches to rags" story where God comes down from heaven and makes himself small, like a baby, to be the savior of the whole world. You see, the bottom line is this, there are many stories about Christmas, but the only one that is the real deal, is the one that tells the story of Jesus ... Stay encouraged, my brothers and sisters. Make sure you purchase a copy of my book, "A Champion Game Plan for Life", available at amazon.com or preston-brownministries.com



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!

NOW OPEN!

3101 Burritt Drive • Huntsville, Alabama 35801 • 256.536.2882

www.burrittonthemountain.com

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

A&M Alum Behind Showcasing of Campus in Panasonic Promo



“As a graduate of Alabama A&M University, it’s an honor to partner with the University and showcase the school as one of the leading STEM universities in the country,” said AAMU alum Fidelis Itsede who, with a team from Panasonic Automotive, is on campus this week for a special video shoot.

The video, featuring a new Panasonic technology, will debut globally in Las Vegas in January at the Consumer Electronics Show (CES 2022), the most influential tech event in the word.

“I suggested shooting the video at my alma mater,” said Itsede. “This is a great way to highlight what AAMU offers students.”

Itsede earned his degree in mechanical engineering from AAMU in 2002 and is the senior engineering manager in advanced engineering at Panasonic Automotive Systems Company of America. His wife Sharita also graduated from AAMU in 2002 with a degree in mechanical engineering. In fact, Itsede arrived on campus ahead of the video team Monday to meet with their former professors, including Dr. Zhengtao Deng, dean of AAMU’s College of Engineering, Technology and Physical Sciences.

“With Alabama A&M being one of the top HBCU schools in the country, Panasonic will follow up with the engineering department and present internship

opportunities to engineering students. This initiative will commence in the early spring of 2022. I’ve reached out to Dr. Deng and Mrs. Yvette Clayton with AAMU Career Development Services regarding this initiative,” says Itsede.

Itsede and his team will wrap up shooting Wednesday before heading back to Georgia.

“We’re excited to showcase our new technology with AAMU as the backdrop,” Itsede beamed. “The video debuts at CES 2022 starting Jan. 4 – 8, 2022.

After it debuts there, we will share the video with the university. Alabama A&M will be recognized by Panasonic as the venue used for this filming.” *by Debra Daniel*

THE VALLEY WEEKLY ALL FOR THE FAMILY

On Saturday, December 25th, many families all over the world will celebrate the birth of our Lord and Savior, Jesus Christ.

While decorations, giving gifts and entertaining family and friends can be joyful experiences, it is important that we also take time to meditate on the **“Reason for the Season.”**

The following acrostic has relevant facts that can help keep you focused.

C- Creator
H- Holy One

R- Redeemer
I – Immanuel
S- Savior
T- Transformed
M- Mighty God
A – Alpha and Omega
S- Son of God

~Think It Over~

For God so loved the world that He gave us His only begotten son, John 3:16, the ultimate gift we can receive. Jesus instructs us in John 13:34 to “love one another as He loves us.” Consider giving a gift of unconditional love to



Dr. Margaret J. Kelly

your family and friends for Christmas.

**I wish you a Joyous
Christmas and
Prosperous New Year!**

**I am not African because I was born in Africa
but because Africa was born in me.**

— Kwame Nkrumah

W&A
WOMACK & ASSOCIATES LLC

“Partnering With You to Make Informed Decisions”

*Comprehensive Financial Planning *Estate Planning *Accounting Services
*Tax Planning and Preparation for Individuals, Businesses, Estates and Trusts

To learn more contact us:

Lori A. Womack, CPA/PFS, CFP®
Managing Member

4650 Whitesburg Dr S, Suite 101
Huntsville, Alabama 35802

 **State Farm®**

MARY F SPEARS, AGENT

7833-A Highway 72 West
Madison, AL 35758
Bus: 256-837-8899 Fax: 256-837-8225
mary.spears.cffc@statefarm.com





Christmas 2021's "New Normal": Less is More

An unspoken Christmas tradition: we find a perfect Christmas gift for that baby or toddler; put it in a box and adorn it with wrapping paper. But often after seeing the gift, their attention returns to playing with the noisy wrapping paper and the box. It often makes us think, "Perhaps next time, I'll give the child just the box and the wrapping paper!"

The reason we choose to give a gift to someone should not be in how much it costs, but the gift's motives should outweigh the trappings.

So often we believe and practice that more is better. And often, that is not the case. So before we crowd the malls, and overextend our credit cards this Christmas, prioritize more "Christ" and less the "mas(s)!" Jesus taught this to the Samaritan woman at Jacob's Well in John 4.

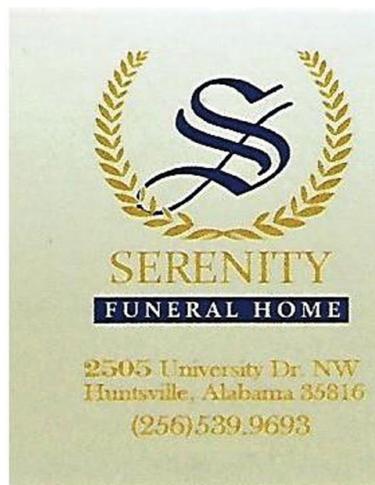
Here, both were seeking refreshment. The woman came to draw water and return home, and the thirsty Jesus also needed water but more importantly sought to establish his ministry beyond his own Jewish people.

After asking her for water to quench his immediate thirst, he then offered her something better. While this well water will satisfy you temporarily, Jesus advised, I as the living water will fill you forever. She then accepted Christ, dropped her empty bucket and ran back to Samaria to share Jesus' message. Therefore, she became the first missionary to the non-Jewish world!

Jesus' advice back then described what should be our Christmas "thirst" now. Our accumulation of Christmas "toys" will satisfy temporarily but rarely long term. I once saw a poster that read: "PROSPERITY: Spending money we don't have, to bring things we don't need, to impress people we don't even like!" That summarizes much of our Christmas shopping and gift-giving. But when we offer to others the gift of Jesus Christ, that gift is not temporal, but its value increases exponentially.

This season, don't withhold Christmas gift-giving, but instead, offer your recipients more Christ and perhaps less mas(s).

- tim allston



A New Generation Of Service



Design • Print • Mail • Promotional
256-539-1658 www.xcelprint.com

Albert's Flowers

Located Downtown in Medical District; Closest Florist to Huntsville Hospital
Free Delivery to Huntsville Hospital and Local Funeral Homes

716 Madison Street - Huntsville, AL 35801

FLOWERS, GIFTS,
EXOTIC FLOWERS

Graduate of
American Floral Art School

256-533-1623

256-536-6911

www.albertsflowers.com



Our duty is to fight! Then we can adjust the problems that remain in the life of the [black] man.

— Emmett J. Scott

"For me, forgiveness and compassion are always linked: how do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?"

- bell hooks

COVID-19 Assistance

UNITED WAY COVID-19 Assistance Fund

Donate:
www.uwmadison-county.org
Get Assistance: Call 211

SMALL BUSINESSES

disastercustomerservice@sba.gov
(800) 659-2955

COVID-19-RELATED UNEMPLOYMENT

Alabama Department of Labor
(866) 234-5382
labor.alabama.gov

MADISON COUNTY HEALTH DEPARTMENT

(256) 539-3711

LATEST COVID-19 INFORMATION

Alabama Department of Public Health
www.alabamapublichealth.gov

Centers for Disease Control and Prevention
cdc.gov

TAKEOUT/ DELIVERY RESTAURANTS

https://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/

THE VALLEY WEEKLY

CALLED 2 PREACH

REV. MICHAEL RICE

The Gift on the Tree

Galatians 3:13-14

As I write this, there are homes where the Christmas trees are already up, and others are not.

If the truth be told, the emphasis for some is the decorations. For others it is the distribution of gifts “under” that tree.

However, there is another tree that is spoken of in these verses that describes the one that Jesus hung on. Paul says that



Jesus *became* a curse for us (believers) because it is impossible for anyone to be able to keep the law perfectly.

Since no human can or could ever do that, Jesus became human and as such did keep the law perfectly but was hung on a tree as if He had not.

That was His payment for the sins of all who would embrace Him as the Gift from God the Father. This was not a gift “under” the tree but rather “the Gift” “on” the tree.

The marketplace is full of advertisements about gifts and their suitability and price. There is even a reference to “black Friday” as the day that one can receive the “best prices” on



pixabay.com

certain gifts. Persons have been known to wait out in the cold to be among the first to enter the doors of the stores that offer those

discount prices.

There is another “black Friday,” however, followed by resurrection Sunday.

That Friday is when the

Gift hung *on* the tree to remove the curse of sin.

Thank God for that Gift.



Woody Anderson Ford

256-539-9441

www.WoodyAndersonFord.com

2500 Jordan Lane, Huntsville, AL



**Dedicated To You.
Delivering Results.**

Personal Injury | Auto Accidents | Probate & Estate Administration
Corporate Law | Real Estate Law | Divorce | Criminal Law

Contact Us

Phone: 256-533-1667

Fax: 256-533-1696

info@martinsonandbeason.com

www.martinsonandbeason.com

facebook.com/martinsonandbeason



No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.

I am not African because I was born in Africa
but because Africa was born in me.

— Kwame Nkrumah

MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.



JAMES F SMITH & ASSOCIATES

256-852-7310

415 CHURCH ST NW BUILDING B
HUNTSVILLE
jamesfsmith@allstate.com



Allstate

Subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co. © 2013 Allstate Insurance Co.

168974

DECEMBER 24 - LEE DANIELS - Lee Louis Daniels is an American producer, director and writer. He produced *Monster's Ball* and directed *Precious*, which received six Academy Award nominations, including Best Director; it won two of the awards.

- BlackCelebrityBirthdays.com



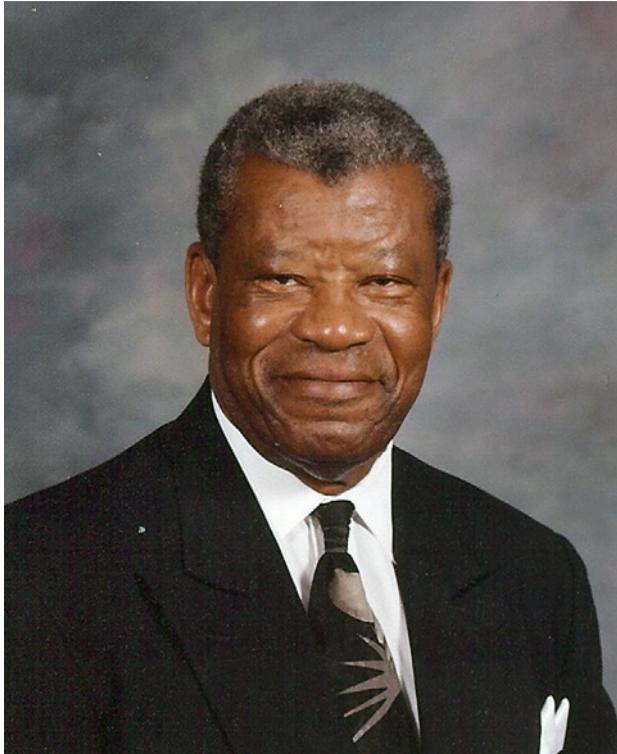


Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

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. His last military assignment was Professor of Military Science at Alabama A&M University (AAMU).

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. He formulated, recommended and implemented recruitment and admissions policies—all crucial to a stable enrollment of quality students. During his work in higher education, he held key positions in the Association of Collegiate



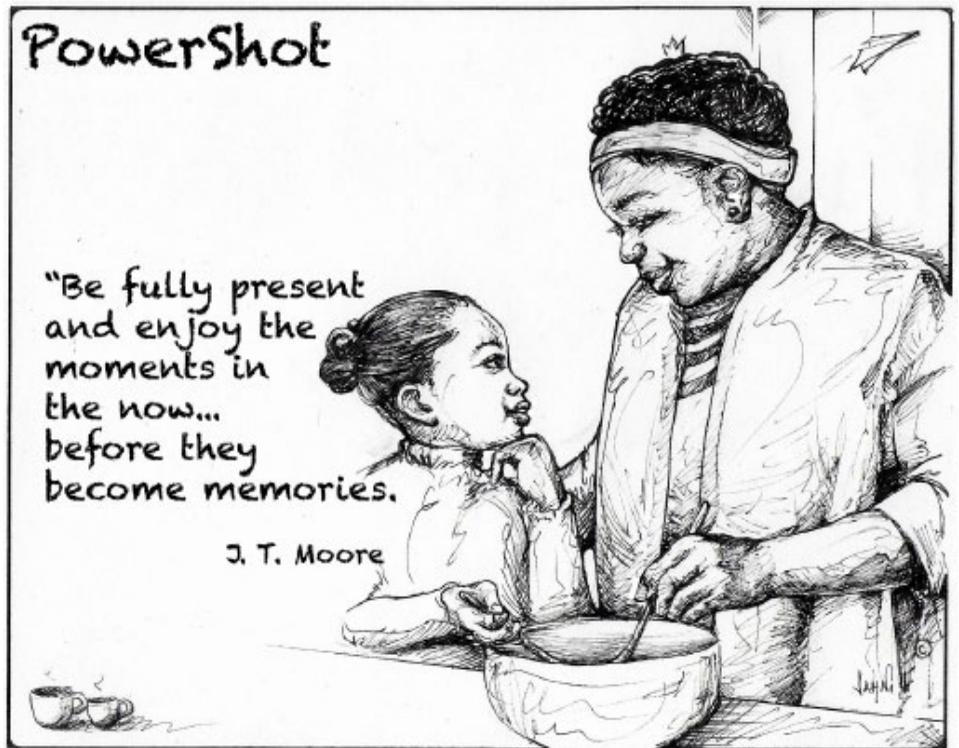
Registrars and Admission Officers on the state and national levels, and was affiliated with other professional educators organizations.

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 Personnel Management for Executives Program. In

1979, he was inducted into the South Carolina State University Army ROTC Hall of Fame. In 1996, he received the South Carolina State University Distinguished Alumni Award.

Heyward was also a former Paratrooper and received numerous military awards and citations, including the Legion of Merit. Col. (Ret.) Heyward and his wife Willie Mae have two sons.

"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.



JERRY DAMSON
HONDA ACURA

satisfaction
 visit us online at damson.com

DRAKE STATE
 COMMUNITY & TECHNICAL COLLEGE

ADVANCING GREAT CAREERS

drakestate.edu

Show me a population that is deeply religious, and I will show you a servile population.

– Hubert Harrison



How to Avoid Overloading Your New Year's Resolutions

(BPT) - Face it, everyone's done it - abandoned wellness goals over the holidays, hoping to make up for it with New Year's resolutions. According to a recent study, half of Americans have broken a diet due to the holidays. In the fifth annual "Writing Off the End of the Year" survey, commissioned by Herbalife Nutrition, the average respondent expects to gain eight pounds over the holiday season. But most aren't worrying about the weight gain, and instead plan on enjoying the season without sticking to their diets. What's their solution? More than 60% say they will wait till the new year, making that extra weight next year's problem.

But it doesn't have to be that way. Putting those extra holiday pounds on your New Year's resolutions just makes it harder down the road. And unfortunately, the pandemic has compounded the problem. For 40% of respondents, the extra weight they anticipate is in addition to weight they've already

gained during the pandemic. The stress of the past year and a half has spurred many to overeat, with 65% feeling like they "deserve" treats this year more than previous years. Between the pandemic and the holidays, how can you avoid piling on the pounds - and overloading your 2022 resolutions?

"Holiday celebrations don't have to destroy your healthy lifestyle," said Dr. Kent Bradley, chief health and nutrition officer, Herbalife Nutrition [iamHerbalifeNutrition.com]. "Focus on your long-term goals, so you can make more thoughtful choices."

Here are tips for staying on track over the holidays - and making resolutions you can keep all year.

Plan ahead.

Don't arrive hungry. Eat a high protein snack, to give you energy and keep you from overindulging at a party. Snack on hard-boiled eggs, lean lunch meat, low-fat cheese, yogurt or



a handful of nuts. Other great options are Herbalife Nutrition's protein Shakes or Protein Bites, a bite-sized protein bar.

"By focusing on proteins over carbs, slowing your eating pace and making sure you don't go to the party hungry, you can enjoy yourself and minimize weight gain," adds Bradley.

Stay hydrated.

The body can mistake thirst for hunger, which may lead to overeating. Staying hydrated with plain or sparkling water also helps you feel fuller. Sip on a glass

of water between snacks to slow down and enjoy the day.

Pace yourself.

In the survey, 48% admitted they've eaten so much during the holidays, they had to undo the button on their pants or loosen their belt, and 45% have eaten more than one of the same meal in a day - such as multiple lunches or dinners. Others said they've eaten until they feel sick, unwell or full to bursting - or they deliberately wore stretchy clothes to accommodate overeating (both 39%).

If you're hosting a gathering, start a holiday singalong, set up a fun craft or suggest a walk outside. If you're at someone else's shindig, take breaks from eating treats by talking to people or playing games. Food doesn't have to be the centerpiece of every get-together.

Make your resolutions count.

In the survey, 2/3 of respondents (64%) said they're actively delaying attempts to be healthy over the holidays - and of those, 56% said they'll begin postponing their wellness efforts by mid-November. But many said they'll pick healthy habits back up in the New Year. The study found that 39% plan to make a New Year's resolution for 2022. The top goal? Exercising more (27%), followed by eating healthier (25%) and focusing on self-care (22%).

Make your resolutions concrete, realistic and attainable - so you can keep them

well past January.

"The most successful New Year's health resolutions combine nutritious balanced diets and exercise, have specific, achievable goals - and activate a community of like-minded supportive people," added Bradley.

Here's how to make effective New Year's resolutions:

- * Make them simple and concrete: "30 minutes of exercise per day" or "Add 1 vegetable to meals," for example. If you're starting an exercise program, check with your doctor first.

- * Don't overload yourself: Start with only 1-2 goals, or you can feel overwhelmed.

- * Use the buddy system: Find a friend or group of like-minded people to support you and help keep each other accountable.

Don't give up on your wellness before New Year's, and use resolutions to focus on small, reachable goals, so you can build on that success all year long.

Film Crew Strives for Holiday Cheer in the Tennessee Valley

As the holiday season continues throughout the Tennessee Valley, "The X," about a dozen energetic cast members from "The Normal Life" film, visited Alabama A&M University recently. The film delves into the experiences of a group of students during the life-changing days at AAMU in the early 1990s. Work on the project continues to progress exponentially, as alumni who form the nucleus of the film project make new and more phenomenal strides with each passing week.

This time, however, film

team members were on an entirely different mission. The twelve wants as many people to experience the magic of the holidays as possible. Thus, members will hold a toy and blood drive. Three donation sites have been set up at Hair Queen Beauty establishments in Huntsville (4710 University Drive L1 and 2211 University Drive NW) and Decatur (2812 Spring Avenue SW Suite U).

The young cast members said they are well aware of the dire and lingering impact COVID-19 has

had around the world, and they wanted to be among the first to "do our part" to make sure that families in the greater Huntsville area "a very, very special holiday season."

The group will be collecting winter clothing items, such as coats, jackets, sweaters, hats, gloves, along with blankets, as well as nonperishable food items and unwrapped toy gifts. All the donations will be given to families in need in the Huntsville area.

"The X" wants people to "give with their hearts" to help make the holiday sea-



son a great one. Additionally, monetary donations will also be accepted. For

more information, contact AAMU alums Paul Graves at malcomb73@yahoo.

com or Khari Embery at kharioe09@gmail.com or watch their VIDEO appeal.