

# MERRY CHRISTMAS!

FREE

## Keeping a Holiday Safe Kitchen, p. 8

Friday  
December 25, 2020  
Vol. 7, No. 15  
ValleyWeeklyllc.com

*"Allie Swann," p. 2*

*"Into this climate of fear and apprehension, Christmas enters, streaming lights of joy, ringing bells of hope, and singing carols of forgiveness high up in the bright air."*

- Maya Angelou

The Valley Weekly  
POSITIVE-INSPIRATIONAL-EDUCATIONAL

### ASALH Sets 2021 Theme

The Association for the Study of African American Life and History (ASALH) has announced the Black History Month theme for 2021. The theme for the popular yearly observation is "The Black Family: Representation, Identity and Diversity."

According to ASALH promos, "The black family has been a topic of study in many disciplines—history, literature, the visual arts and film studies, sociology, anthropology, and social policy."

Moreover, the black



family's "representation, identity, and diversity" have been stereotyped and vilified throughout history. The family offers a rich tapestry of images for exploring the African American past and present.

### HMA to Feature Works of Printmaker, Sculptor

The works of mid-career printmaker and sculptor Althea Murphy-Price from University of Tennessee-Knoxville explore the links between individuality and assimilation, and will be on display at the Huntsville Museum of Art.

A Spelman College, Purdue and Temple graduate, Murphy-Price often manipulates manufactured synthetic and human hair, emphasizing its role as embellishment, as well as its ability to signify racial identity. She uses both hair and hair accessories to create prints and sculptural installations, including signature Hair Rugs which are created by dusting synthetic hair over lace overlays to create striking carpet-like patterns.

The Huntsville Museum of Art will host a lecture and preview reception on Friday, January 15, from 6 p.m. - 8:30 p.m., hosted by HMA Black History Month committee.

### UAH Helps Develop Air Quality Monitoring App for Thailand

Thailand will get help mitigating air pollution from a new satellite data application co-developed by The University of Alabama in Huntsville (UAH), a part of the University of Alabama System.

Air pollution in Thailand becomes a problem when the low temperatures and calm winds during the Asian monsoon dry season, and air pollution from forest fires and agricultural burning, create a cross-boundary issue in the Lower Mekong Delta.

The new app, called SERVIR-Mekong Air Quality Explorer, enables large-scale monitoring of air quality in Thailand by using NASA

satellite Earth observations and modelled data. The new app will enable quicker mitigation steps and air quality improvements. Current Thai efforts heavily rely on ground-based monitoring, which has limited spatial coverage leading to gaps in information.

It was cooperatively developed by UAH Earth System Science Center (ESSC) and the NASA SERVIR Science Coordination Office, along with the Royal Thai Government Pollution Control Department (RTGPCD) and Geo-Informatics and Space Technology Development Agency (GISTDA), which is Thailand's NASA equivalent. - UAH.edu

### 'Model Environment' Helps Clean Area's Homeless Camps

Huntsville's Operation Green Team and the Police Department depend on Model Environment when assistance is needed in keeping a homeless camp or waterway clean, according to a report by Lucy Berry for HuntsvilleAL.gov.

"When you're talking about cleaning up in and around a homeless camp, not every volunteer wants to do that," said Green Team Director Joy McKee.

"It takes a special volunteer to come in and help us with that project."

That's why McKee and HPD Lt. Grady Thigpen are especially grateful for Model Environment's service to the City and commitment to keeping local waterways clean.

McKee said Model Environment, a Huntsville-based team of "eco-activists" working to clean litter



and reduce pollution in our waterways, not only improves quality of life for homeless residents, but ensures the environment is healthy in the long-term.

"We're trying to help make sure our community is clean, especially our water," McKee said. "The work (Model Environment) is doing makes a difference."

The Valley Weekly  
INSIDE THIS ISSUE!

Champion Game Plan, Page 3  
Developing Black Male Teachers, Page 3  
John Moore's "PowerShot", Page 4  
Valley Deaths, Page 5  
tim allston: Perspectives, Page 6  
Washington in One Minute, Page 7  
Keeping Your Kitchen Yuletide Safe, Page 8

# Called 2 Preach

by Pastor/Founder Michael D. Rice  
Grace Gethsemane Mission Church

## “Heaven’s PPE”

**Ephesians 6:10-18**

In these days of a raging pandemic, we have heard much about PPE (Personal Protection Equipment). Because of the diabolical and deliberate selfishness and incompetence of an administration that proved itself to be illegitimate, we had to witness frontline medical workers having to succumb to wearing heavy

duty trash bags to protect themselves from the deadly disease that we call COVID 19. In the early days of the breakout of the disease, there was a frantic attempt to find adequate equipment for those who needed it most and should have never had to deal with this kind of shortage.

Thank God that this kind of shortage never occurs in the spirit realm as



it does in the natural. The natural realm is plagued by prideful, power seeking persons who are control by *spiritual wickedness in high places*. Every believer always

has access to *Heaven’s PPE*. Paul called it *the whole armor of God*. The pieces are *available, approved and accomplish* what they are designed to, the protection of believers from the *wiles of the devil*. It is this protection that helps believers to *stand and after they have done all, to continue to stand*. With heaven’s PPE in place, believers can be



*strong in the Lord and in the power of His Might*. We are always in the crosshairs of the enemy. The PPE is

always available. Put it on! Leave it on! The fight is on! The promise is that *we are more than conquerors*.

### Spotlight on Our Elders ... Featuring

## Mr. Allie Swann

A native Mississippian, Allie Swann was born in rural Macon, Miss., on a farm owned by his grandfather and father. He earned his bachelor’s degree from Mississippi State University in 1958 in accounting and economics. A retired financial officer at NASA-Marshall Space Flight Center, Swann followed up his 35-year stint with the agency with productive community involvement.

He proudly served in the United States Army for two years and later earned the Master of Administrative Science from the University of Alabama in Huntsville. He came to Huntsville to conduct an audit of Redstone Federal Credit Union as an auditor for the Bureau



of Federal Credit Unions. While here, some of his fraternity brothers from Mississippi State’s Lambda Chi Alpha encouraged him to consider a move here, which he did.

Swann has served as a volunteer in numerous community organizations and agencies through the years. He has been a board

member and treasurer of Interfaith Mission Services; an adjunct professor of accounting at the University of Alabama in Huntsville; and as a volunteer at Trinity United Methodist Church, First Stop, and the Burritt Museum.

Swann enjoys woodworking. He is an avid reader of history and political books. He has travelled all over the United States and to Europe, Canada and Mexico.

Swann and his lovely wife Linda have five grown children, two sons and three daughters, all Huntsville residents, except one daughter in Nashville. In addition, the Swanns have been blessed with 12 beautiful grandchildren.

**DECEMBER 25 - CAB CALLOWAY** - Cab Calloway was a bandleader, and he was the first jazz singer to sell a million records. Born in Rochester, New York, Calloway is perhaps best known for his signature tune “Minnie the Moocher”.

- BlackinTime.info



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# AAMU Receives \$500K Grant from Alabama Power

Alabama A&M University (AAMU) has received a \$500,000 grant from Alabama Power and its parent, Southern Company, to help bolster its technological capabilities across the campus. The gift is part of Southern Company and its subsidiaries' \$50 million HBCU Initiative, a multiyear funding strategy announced in January 2020 that provides HBCU students with scholarships, internships, leadership development and

access to technology and innovation to support career readiness.

"We are very pleased to receive this generous grant from Alabama Power and Southern Company," said Dr. Andrew Hugine, Jr., president of AAMU. "During these challenging times, especially with the coronavirus pandemic having changed the way we serve our students, this grant will help us improve our technology capabilities and

continue to innovate to meet the needs of the current and future students of Alabama A&M University."

The funds awarded to Alabama A&M will be used to support an extended reality lab that combines both augmented and virtual reality; visual collaboration classrooms that feature multi-touch, multi-user software; and, cloud virtual desktops. The University noted that this gift will immediately impact its nearly

6,000 undergraduate and graduate students.

"Alabama A&M appreciates the long-standing partnership with Alabama Power and Southern Company. This gift will bring exciting and cutting-edge technologies that build upon the investments already made across the campus," said Archie Tucker, II, vice president for marketing, communication and advancement.

Alabama Power and Southern Company are part of a growing group of corporate and philanthropic partners that have increased support for HBCUs in the wake of COVID-19 and mounting calls for racial justice.

AAMU is a historically Black and public land-grant institution in Huntsville, Ala. Visit [www.aamu.edu](http://www.aamu.edu).

## Faith Initiative Scholarship Available

FAITH Initiative, Incorporated, a 501c3 nonprofit established by Fellowship Presbyterian Church USA, announces the annual scholarships to be awarded *Spring 2021*. 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. Students selected from the Tennessee Valley will be informed by letter, and the formal announcement will be made at the Annual Fundraising

Event of the organization scheduled for *Spring 2021*. Due to the current COVID 19, this event may be virtual. Successful applicants are expected to participate.

Scholarship applications may be obtained from FAITH Initiative organization at [faithinitiativenonprofit@gmail.com](mailto:faithinitiativenonprofit@gmail.com) or call 256-714-9399. Applications must be received not later than *March 19, 2021*.



*"Jazz was not only built in the minds of the great ones, but on the backs of the ordinary ones." - Cab Calloway*

## Champion Game Plan for Life

"THE MAIN EVENT"

by Preston Brown



wonderful time of the year, but not for the reason that most people think. You see, there is no way

that any of us could be saved without God sending us His one and only son. This act of love will always be the real meaning of Christmas ... Stay encouraged, my brothers and sisters, and MERRY CHRISTMAS to you and your family, and remember to stay safe.

You can purchase a copy of my book "A CHAMPION GAME PLAN FOR LIFE," at [amazon.com](http://amazon.com)

Luke 2:10 says, *But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord."*

You know, we will never enjoy the *season* of Christmas, until we enjoy the *reason* for Christmas. In other words, until we understand the real meaning of Christmas, it will only be about parties, Christmas trees and making sure we get everything on our shopping list. Now there is nothing wrong with these things, if we keep them as "side attractions" and not the "main event."

We need to know that Jesus is the reason for the

season and there is no substitute. But so often when the season of Christmas gets here, we get distracted by so many other things that we miss the message.

Remember, Jesus did not come to entertain us, He came to be the Savior of the entire world. He didn't come to be politically correct, He came for the message of hope. He also came to be Lord of our lives.

That's why I believe so often we miss the "main event" of Christmas because we make our God too small. We reduce Him down to sleigh bells and jingle bells and 'Santa Clause is coming to town.' It's the most



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

# UA-A&M Grad Helps Address the Need for Black Male Teachers

*The Males for Alabama Education (M.A.L.E.) Initiative, under the leadership of Dr. Lena Walton, dean of Alabama A&M University's College of Education, Humanities and Behavioral Sciences, hosted a virtual seminar entitled "Effective Teachers Understand that Teaching is Hard Work."*



Education alumnus Julian Simpson was the seminar speaker. An educator for five years and currently serving in his third year at Liberty Middle School in the Madison City School

district, Simpson attended The University of Alabama on a football scholarship.

Upon completion of his college football career, he

was signed as a free agent for the Green Bay Packers in 2007. He then went on to play eight years in the Canadian Football League

(CFL) for the Calgary Stampeders.

Simpson reminded seminar participants of the hard work involved in teaching, stressing that successful educators are knowledgeable of their content and are effective in classroom management.

They also build relationships with students and colleagues, and they understand how to adapt based on the needs of learners.

Simpson reminded participants of how emotionally taxing the profession can be, as well as how teachers and teachers-in-training could overcome the challenges of teaching.

The Males for Alabama Education (M.A.L.E.) Initiative hosts monthly

seminars for program participants, faculty, students, and invited guests.

M.A.L.E. is a scholarship program focused on the recruitment, retention, and preparation of minority males to become PK-12 teachers in Alabama's public schools.

The M.A.L.E. Initiative provides tuition and other financial assistance for undergraduate and graduate students.

Persons interested in becoming a participant in the Males for Alabama Education program should e-mail M.A.L.E. Program Coordinator, Dr. Larry Collier, at [larry.collier@aaamu.edu](mailto:larry.collier@aaamu.edu), for more information.

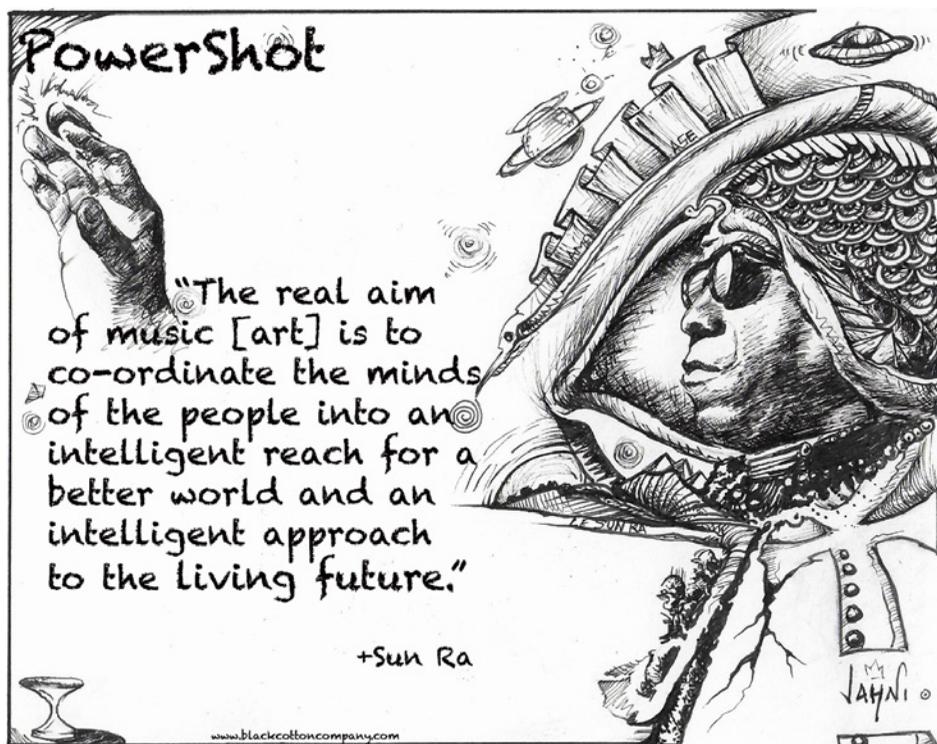
## Huntsville Council Meetings



Huntsville City Council Regular Meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 5:30 p.m., Downtown Huntsville.

Watch the meetings live via [HuntsvilleAL.gov/HSVTV](http://HuntsvilleAL.gov/HSVTV) or on the City of Huntsville Facebook page (@huntsvillecity).

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



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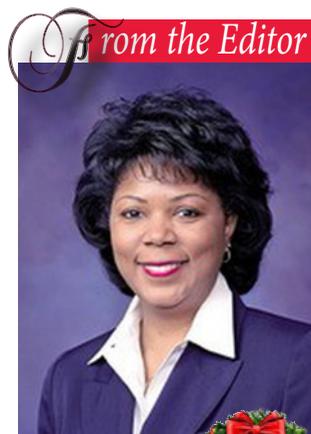
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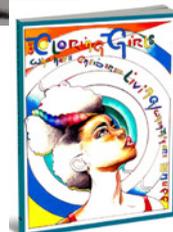
**Last Minute  
Christmas Gifts?**

The Valley Weekly had an opportunity to talk to international artist John "Jahni" Moore last week. Jahni is a gifted illustrator and painter who touches our lives with deep points of care and compassion. During our interview, we were interested in what motivates the style and substance of his work from day-to-day.

According to Jahni, "It's the visible part of what I do as a creative. If you watch a true cook in the kitchen, there's a master plan and from that plan and a willingness to explore, a type of magic takes place.

As a child, there were seven of us in the house; Mom, Dad, and five children. If we had fried potatoes and biscuits in the morning and there were leftovers, Mom would be in her kitchen lab working her alchemy and that evening we'd have the most scrumptious potato patties, bread pudding and other items she conjured up for a full meal. We all left the table satisfied by her vision.

That's pretty much how it is with art and the process. What you see on the wall, the canvas or paper is the finished product, the result of a divine commu-



nion that took place in my studio's play space. I call my studio C.H.U.R.C.H.. It's an acronym for Come Help Us Restore Cosmic Unity. I say us because I'm never in the studio alone."

We are sharing some of Jahni's work this week. From his ColorGirls coloring books to note cards, paintings, drawings and murals, Jahni has a plethora of items that will be excellent Christmas gifts for late deciders. Check his

gallery out before Santa comes at jahniheartist.com. His works are appropriate for both home and office. He can also be reached via email at getjahni@yahoo.com. Take a look and fill the stockings with Joy for someone's heart.

'Tis this glorious Season to everyone. May the gifts of love, peace, and JOY be yours this Christmas.

*Dorothy*

## The Valley Deaths

**NELMS MEMORIAL FUNERAL HOME -**  
2501 Carmichael Avenue NW - Huntsville, AL 35816 -  
(256) 539-8189

Funeral service for MR. DONALD L. PRUITT (b. 1958) was held Sunday, December 13, in the Nelms Memorial Funeral Home Chapel.

Graveside service for MRS. EMMA JEAN WALKER (b. 1937) was held Saturday, December 12, at Big Cove Cemetery with Pastor Wallace Steele officiating.

Graveside service for MR. O. C. FLETCHER, JR. (b. 1947) was held Thursday, December 10, at Valhalla Memory Gardens with the Reverend Joe Kelly officiating.

Funeral service for MR. JAMES EARL HARRIS, SR. (b. 1933) was held Wednesday, December 9, in the Nelms Memorial Funeral Home Chapel.

Funeral service for MRS. ALICE ELVIRA THOMAS (b. 1943) was held Tuesday, December 8, in the Nelms Memorial Funeral Home Chapel with Pastor Debleaire Snell officiating.

**ROYAL FUNERAL HOME - 4315 Oakwood Avenue -**  
Huntsville, AL 35810 - (256) 534-8481

Memorial service for MR. JOHN ANDREW LOCKLEY was held Sunday, December 20, with Pastor Nelson B. Stokes officiating.

Funeral service for MR. REGINALD LAMONT MOSES was held Thursday, December 17, at the Royal Chapel of Memories with Pastor Debleaire Snell officiating.

Public viewing for MRS. FANYA FIELDS FAULKNER (b. 1914) was held Thursday, December 17, from 12-6 p.m.

Graveside service for MRS. LILLIE PEARL SUITT (b. 1930) was held Monday, December 14, at the Valhalla Memory Gardens (698 Winchester Road NE, Huntsville, Ala.) with Brother James Earl Gray officiating.

Graveside service for REVEREND KAISER LESLIE, SR. (b. 1936) was held Sunday, December 13, at the Madison Memory Gardens (100 Hughes Road, Madison, Ala.) with Brother Ricky Lee Leslie officiating.

**SERENITY FUNERAL HOME - 2505 University Drive  
NW - Huntsville, AL 35816 - (256) 539-9693**

Arrangements to be announced at a later date for RAN-DOLPH GILBERT, EMMA WILDER, JOHN HUMPHREY, MARY THOMAS, JAMES "STEVE" STEPHENS, NATHANIEL CAMPBELL, VIRDA MCDONNELL, DAVID "FATS" GORDON and CLIFTON BRUCE SHAW, JR.



## Why Did Biden Pick Harris?

(Part 4 of 5)

Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water."

The woman said, "Sir, you don't even have a bucket to draw with, and this well is deep. So how are you going to get this 'living water'?" - John 4:10-12

Samaritan to Jesus: If this water is what you need, then how did you plan to drink from this deep well?

Harris to Biden: If you want the nomination and the White House, how do you plan to obtain it?

The Samaritan offered a bucket of opportunity; Harris toted her unique bucket-resume to Democrats' first well: the first debate.

### Jacob's Well = The First Debate

The June 27, 2019 debate's spotlight shone brightest on veteran Biden and newbie Harris.

After attacking Biden's partnering routinely with Senate segregationists, Harris landed her knockout punch: "but you also worked with them to oppose busing. And there was a little girl in California who was part of the second class to integrate her public schools and she was bused to school every day. That little girl was me" <https://bit.ly/3ks0YCw>.



### Race Relations

Harris exposed Biden's Achilles' heel that neither her 18 debate colleagues nor Biden's campaign would have imagined from a traditional primary opponent!

Likewise, the Samaritan exposed Jesus' needing water.

In that brief exchange, Harris showed Biden that he needed what she had to offer that he could never supply.

Comparably, the Samaritan woman showed Jesus the same. Fittingly now, both Jesus and Biden responded, . . .

**Verses 13-14:** *Jesus said, "Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever."*

Jesus rebounded quickly and offered her himself, the Water of Life.

Similarly, Biden told Harris on August 11, 2020, when offering her the vp-ship, "You can drink from this (Democratic primaries) water every four years. But the water that I can offer you (historic running mate ticket status and, potentially, the White House) will cause you to never thirst again!"

The Closer: #7

(Part 5 of 5) By employing the #7, both Jesus and Biden sealed their deals.

tim allston is the author of the printed/digital/audiobook, The U.S. Coronavirus Crisis and the Rise of the "Silver-Mettle" Leaders, available now at <https://amzn.to/3cx1koV>.

# Tennessee Valley Calendar of Events

## December 23

Skating in the Park  
Huntsville Museum of Art  
4-10 p.m.

Rocket City Light Tour  
House Decoration Contest  
Sponsored by First Baptist Church Huntsville & Madison  
[www.fbchsv.org](http://www.fbchsv.org)  
5-9 p.m.

## December 24

\$5 After 5 p.m.  
Huntsville Museum of Art  
5-8 p.m.

Rocket City Light Tour  
House Decoration Contest  
Sponsored by First Baptist Church Huntsville & Madison  
[www.fbchsv.org](http://www.fbchsv.org)  
5-9 p.m.

## December 25

Rocket City Light Tour  
House Decoration Contest  
Sponsored by First Baptist Church Huntsville & Madison  
[www.fbchsv.org](http://www.fbchsv.org)  
5-9 p.m.

Local Lineup Series  
Presented by ROCKET  
95.1 and STAR 99.1  
Mars Music Hall  
Von Braun Center  
7-10 p.m.

## December 28

Monday Night Football on the Big Screen  
Stovehouse  
6 p.m.

## December 29

Open Mic Comedy  
The Legume Room  
Salty Nut Brewery  
7 p.m.

## December 31

New Year's Eve with Retro Rock Revival  
Mars Music Hall  
Von Braun Center  
7p.m.

## January 2

Super Saturday Sidewalk Sale  
Downtown Huntsville Square

Galaxy of Lights Driving Night  
Huntsville Botanical Garden  
5:30-9 p.m.

## January 3

OakTree Bistro's "Commit 2 B Fit" New Year's Event  
Health Screenings, Cooking Class, Presenters, Raffles  
5001 Adventist Boulevard  
Huntsville, Ala.  
11 a.m.-2 p.m.

## January 6

Bluegrass Jam (Free)  
Straight to Ale Speakeasy  
7p.m.

## January 9-10

Elite Cheer Company Big Bid Championship  
South Hall  
Von Braun Center

## January 14

Winter Plant Defenses |

## Nature Academy

*Plants, with or without leaves, can become a source of food for animals looking for a meal in the winter months. Just like animals, plants have ways to protect themselves.*  
Huntsville Botanical Garden  
12-2 p.m.

## January 15

Preview Reception for Althea Murphy-Price  
Huntsville Museum of Art

## January 15-17

The Boat Show  
South Hall  
Von Braun Center

## January 18

Martin Luther King Day  
26th Anniversary of the Day of Service

## January 20

The Price Is Right Live Stage Show  
Mark C. Smith Concert Hall  
Von Braun Center  
8 p.m.

## January 27

Terrariums: Bringing Gardens Indoors (Virtual Class)  
Huntsville Botanical Garden

## February 9

Gardening for Birds | Nature Academy  
Huntsville Botanical Garden  
10 a.m.-12 noon

## COVID-19 Assistance

### UNITED WAY COVID-19

Assistance Fund

Donate:

[www.uwmadison-county.org](http://www.uwmadison-county.org)

Get Assistance: Call 211

### SMALL BUSINESSES

[disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov)

(800) 659-2955

### COVID-19-RELATED UNEMPLOYMENT

Alabama Department of Labor

(866) 234-5382

[labor.alabama.gov](http://labor.alabama.gov)

### MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

### LATEST COVID-19 INFORMATION

Alabama Department of Public Health  
[www.alabamapublichealth.gov](http://www.alabamapublichealth.gov)

Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)

### TAKEOUT/ DELIVERY RESTAURANTS

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

*"You always have two choices: your commitment versus your fear."* - Sammy Davis, Jr.

# Washington in One Minute



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

1. **ON THE FLOOR.** The House and Senate leadership on Sunday announced an agreement on a combined \$1.4 trillion FY 2021 omnibus appropriations package and a \$900 billion COVID relief bill – that also includes the Water Resources Development Act. The House and Senate were slated to vote on multiple bills Monday and the COVID relief

portion of the bills would include:

- \$300 per week of extra federal unemployment benefits for 11 weeks through March 14
- \$600 in new direct payments to all adults and their dependent children for those persons making less than \$75,000 per year (Couples \$150,000 per year)
- \$284 billion for a new round of Paycheck Protection Program (PPP) loans
- \$82 billion for K-12 schools

and colleges

- An extension of the deadline for states and cities to use unspent money provided by the Cares Act through December 2021

- \$45 billion for transportation, including \$14 billion for public transit

- \$25 billion for assistance to renters and an extension

of the eviction moratorium through January 2021. A deduction allowance for businesses for the costs covered by forgiven PPP loans.

On Sunday night, the House and Senate approved a 1-day stopgap bill to keep the federal government open overnight and was anticipated to pass another 7-day stopgap Monday to allow the spending bill to be approved by both houses, printed, and sent to

the President for his signature.

2. **BIDEN TRANSITION NEWS.** This week, President-elect Biden is expected to make more announcements on cabinet appointees, which may include his pick for Attorney General (rumored in the press to be down to Judge Merrick Garland and Sen. Doug Jones, D-AL). On Monday, he and Dr. Jill Biden received COVID vaccine shots that were broadcast live. Last week, he announced the following picks for his administration:

- Pete Buttigieg, Secretary of Transportation
- Rep. Deb Haaland (D-NM), Secretary of Interior
- Michael Regan, Administrator of the Environmental Protection Agency
- Gina McCarthy, White House Climate Czar
- Ali Zaidi, Deputy White House Climate Czar
- Jennifer Granholm, Secretary of Energy

- Brenda Mallory, Chair of the White House Council on Environmental Quality

3. **CORONAVIRUS VACCINE.** According to Reuters, the U.S. government plans to deliver 5.9 million of newly-authorized Moderna vaccine doses and 2 million Pfizer doses this week. House Speaker Nancy Pelosi (D-CA), Senate Majority Leader Mitch McConnell (R-KY), and Vice President Pence got their first vaccine shot on Friday. All Members of Congress are now eligible to get shots, according to guidance issued Thursday by the Capitol Attending Physician Dr. Brian Monahan. On Sunday, the CDC's Advisory Committee on Immunization Practices issued guidelines for the next 2 phases of who should receive the COVID vaccine: (1) Phase 1a is made up of 49 million people who are essential workers in meat plants, grocery stores, prisons,

public transit, teachers, and day-care and people over 75 years of age; and (2) Phase 1b is made up of 129 million people who are essential workers in finance, information technology, food service, energy and transportation and logistics and people 65 to 74 and people 16 to 64 with high risk medical conditions.

4. **HOUSE 2021 CALENDAR.** The House Leadership released its legislative calendar for 2021. The Senate has not released its calendar for 2021.

**HAVE A MERRY CHRISTMAS!**

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## How to Keep a Safe Kitchen During the Holidays

(BPT) - According to the National Fire Protection Association (NFPA), cooking is the leading cause of home fires and home fire injuries - and the second leading cause of home fire deaths. Cooking fires increase during the holiday season. The type of cooking appliances used makes a difference; people using electric ranges showed a higher risk of cooking fires (and associated losses) than those using gas ranges.

The good news? Technology mixed with safe cooking behavior can make a big difference. Here are some tips for protecting people and property from stove fires.

### 6 Ways to guard against kitchen fires

**1. Install the right technology.** Anyone cooking on an electric coil stove top can make it significantly safer by replacing the coils with SmartBurner. Unlike traditional electric stove coils that can get dangerously hot very quickly, SmartBurners are designed with temperature limiting control technology that helps keep them from

reaching the high temperatures that can cause most cooking oils to auto-ignite. By controlling the temperature, the burner lets you cook your food as usual, but with peace of mind.

**2. Check the area for fire dangers.** Before turning on your stovetop, move anything that can catch fire away from the heat source. This includes mail, towels, napkins, paper plates, pizza boxes or even cleaning supplies. Wipe up spilled grease so it won't catch fire.

**3. Dress for success.** Loose sleeves and clothing can catch fire. Instead, wear clothes with short sleeves, or roll them up. In the NFPA study, clothes catching fire was a key factor in 14% of deaths caused by home cooking fires.

**4. Be ready to act fast.** When you cook, keep a cookie sheet or large pan lid nearby. If there is a pan fire, you can quickly cover the pan and put out the flames. Then turn off the heat and leave the pan covered until it cools. Never try to move a burning pan, as that can spread the flames.

**5. Create a kid-free zone.** Aim to keep children

at least three feet away from any area where you're cooking. And never hold a child while you're cooking or moving around hot liquids or foods. Be especially careful during the holidays. The NFPA reports that the peak days for home cooking fires last year were Thanksgiving and Christmas - times when family tends to gather around the kitchen.

**6. Don't leave.** This one sounds obvious, but unattended cooking was cited as the leading cause of cooking fires and injuries in the NFPA study. Stay in the kitchen and keep an eye on what you fry, broil and grill. If you need to leave the kitchen, turn the stove top OFF. When you are roasting, simmering or baking food, stay at home and check it often. Set a timer to remind you to check the food while it is cooking.

By following these tips for fire safety in the kitchen, you can help save people and property from the leading cause of home fires - cooking. For more information, visit [PioneeringTech.com](http://PioneeringTech.com).

Photo: njfsab.org

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