

# WISHING YOU A HAPPY NEW YEAR!

POSITIVE-INSPIRATIONAL-EDUCATIONAL

# FREE



Friday  
December 27, 2024  
Vol. 11, No. 17  
ValleyWeeklyllc.com

**SALUTE!**  
Rosetta James Foundation  
ELDER OF THE WEEK



Mother Hazel Hawk

*"You can't start the next chapter of your life if you keep re-reading the last one." - Michael McMillian*

## Black Historian Speaker for 'Elderberries' Event

Latham Church is honored to welcome historian and museum curator William Hampton as its next guest speaker at its "Elderberries" event on Thursday, January 16, 2025, at 109 Weatherly Road, Huntsville, Ala., 11 a.m.



stories." Join the Latham Church family for food, fellowship, and a memorable journey through Huntsville history as William Hampton shares his stories.

Learn all about Huntsville's history from one of its life-long residents, who works to preserve the historical legacy of the Tennessee Valley.

In 2008, Hampton created the Huntsville Revisited Facebook page, through which he and others tell the stories of people and their pride in calling Huntsville home.

Hampton says, "I love Huntsville history! It's important for us to share

RSVP is REQUIRED to office@lathamchurchhsv.org NO LATER THAN Sunday, January 12th. Social at 11 a.m.; Meal/Speaker at 11:30 a.m. Cost: Only \$15.

## Echo & Fire Revival Set Jan. 19-21

Echo and Fire Revival Ministries, Inc. is hosting a revival at the VBC's Mark C. Smith Concert Hall January 19-21! This 2-day meet-

ing will allow you to experience prophecy, healing, salvation and/or mentorship through the truth of God's word, the power of His pre-

cious Holy Spirit, the refreshing of the Praise and Worship, and also provide tools to strengthen your Christian walk. Tickets will be

available at the VBC Box Office and online at ticketmaster.com. All tickets will be valid for all 4 days. The event is

being hosted by Dr. Alicia Ward. For additional information, visit <https://echo-and-fire-revival.faiht>.

## Rebuild Alabama Act Grant Announced

The Rebuild Alabama Act (RAA) Annual Grant

Program for FY25 has been announced and is now accept-

ing applications through February 7, 2025. For

project eligibility or more information contact TARCOG

Economic Development Staff at (256) 830-0818.

## New Year: HBG's "A Garden Affair"

Huntsville Botanical Garden will offer a sophisticated twist on New Year's Eve (Dec. 31) celebrations with its inaugural "New Year's Eve: A Garden Affair," promising guests a glamorous start to 2025.

The event, set to run from 9 p.m. to 1 a.m., will transform the Garden's Grand Hall and surrounding landscape into a festive playground, featuring dual

entertainment zones both indoors and outdoors.

Garden officials are billing it as a unique celebration that combines elegant indoor and outdoor experiences. Guests can dance to live jazz in the Grand Hall or enjoy contemporary music from a DJ in the garden's exterior spaces.

"This is something brand new for the Garden," said Sue Wagner,

the garden's chief executive officer. "Those who want to enjoy two party atmospheres in one amazing event can come for a unique New Year's Eve celebration."

The highlights include a complimentary champagne toast, a midnight balloon drop, and access to portions of the garden's popular Galaxy of Lights display. Attendees will also enjoy gour-

met small bites and festive cocktails.

The event calls for cocktail or evening attire, encouraging guests to dress elegantly for both indoor comfort and outdoor exploration. A portion of the garden illuminated around Little Smith Lake will provide a magical backdrop for celebrations.

Tickets are priced at \$100 for garden members and \$125 for non-members.

The ticket includes one drink token, midnight champagne toast, and access to all entertainment. The event is restricted to guests 21 and older, with limited ticket availability.

Organizers recommend purchasing tickets in advance through the garden's website at [hsvbg.org/calendar-event/new-years-eve-2024-25/](http://hsvbg.org/calendar-event/new-years-eve-2024-25/).

- Jonathan Shelley



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# Valley Weekly Washington One Minute

by Ron Hamm

Here are the top issues and events in Washington for last week:

**1. CONGRESS.** The House and Senate were expected to wrap up the 118th Congress last week and to adjourn for the year at the end of last week. The House released the text of another stopgap spending measure to keep the federal government open through early 2025 that had to be enacted before Friday, while the Senate had to approve both the stopgap and the massive \$883.7 billion defense authorization bill that made it through the House earlier. When Congress adjourned *sine die* last week, it will remain out of session until the 119th Congress convenes on January 3, 2025. Former House Speaker Nancy Pelosi had

emergency hip replacement surgery Saturday at the Landstuhl U.S. Army hospital in Germany after falling while at an event in Luxembourg with other Members of Congress marking the 80th anniversary of the Battle of the Bulge during World War II.

**2. EXECUTIVE BRANCH.** The Washington Post reported that the Biden Administration would grant a waiver to California to allow it to set climate rules for cars and SUVs that go further than current federal law – in this case California's ban on sales of new gasoline-powered cars by 2035. On last Tuesday, the White House Climate Policy Office hosted a multi-agency Sustainable Freight Workshop at the White House to

advance low to zero-emission technologies and fuels across the freight ecosystem. Last Saturday, President Biden spoke by telephone with Acting South Korean President and Prime Minister Han Duck-soo, who assumed power

after the National Assembly impeached President Yoon Suk Yeol. A few weeks ago, the President announced that he was pardoning 39 people and commuting the sentences of nearly 1,500 others, setting a new daily record for clemency focusing on those under home confinement during the COVID-19 pandemic. Former FBI informant and GOP star witness Alexander Smirnov agreed to plead guilty to fabricating a story that President Biden and his son Hunter were each paid a \$5 million bribe by the Ukrainian energy company Burisma (upon which claim the House Biden impeachment inquiry had focused). Smirnov faces up to 6 years in prison.

### 3. SUPREME COURT.

The Supreme Court has no oral arguments scheduled until January 13, 2025. When it returns, it will hear a major First Amendment case on Jan. 15 to consider a challenge to a Texas law that requires websites to verify the age of their users if at least one-third of their content is "harmful to minors," (i.e., pornography). The U.S. Court of Appeals for the 5th Circuit upheld the law, rejecting an argument that it violated the First Amendment by imposing a burden on adults' access to that content. The case is Free Speech Coalition, Inc. v. Paxton. In other news, last week the Court announced that it had created a pilot program in which members of the public may apply for courtroom seating through a fully automated online lottery, which will begin

with the February 2025 argument session and will replace the old system of waiting in line in the hope of getting a seat. The online lottery is here: <https://ticket.supremecourt.gov/onlineticketing/Request>.

### 4. FEDERAL RESERVE.

The Federal Reserve's Federal Open Market Committee met last Tuesday and Wednesday and was expected to cut the federal funds rate again by 25 basis points. Last Wednesday, the Labor Department announced that the Consumer Price Index increased 0.3% in November, after rising 0.2% in each of the previous 4 months, for an annual rate of 2.7%, ticking up from October's 2.6% rate – with the main culprit for the increase being soaring insurance premiums, particularly for autos that

have jumped by 51% since December 2019.

### 5. EDUCATION AND WORKFORCE.

On December 12, the House Republican Steering Committee selected Rep. Tim Walberg (R-Michigan) to be the next Chair of the House Education and the Workforce Committee for the upcoming session of Congress. He will succeed the current chair, Rep. Virginia Foxx (R-North Carolina). Rep. Walberg won the position over fellow Republican Rep. Burgess Owens of Utah.

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- Tupac Shakur

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## ... And a Happy New Year!

### Ahhh ... Christmas!

There comes a time in our lives when we must accept the realities of life and move forward. One of my favorite songs is "Stand," written by Donnie McClurkin. The premise of this powerful song is that when we, as individuals, have done all we can and still feel alone or isolated, when there is nothing more we can do, we just "Stand" and allow the Lord to see us through. I do not believe that Mr. McClurkin is suggesting we disengage from the process of living, giving, and helping. Instead, it's a call to remain steadfast and faithful.

The election is over. It's time to move on. During this Holy season, I invite you to join me in standing firm on our beliefs while also focusing on giving to the people and passions we cherish. Each of us has the power to make a meaningful difference in the lives of others and in the world around us. Let's "Stand" on this belief!

There is no better time than this Christmas season to live and give. Each of us has something to give, and while I don't know what your particular gift might be, I encourage you to share it. Giving is Living! When we give, our souls are assured and uplifted by the knowledge that we are contributing to making people's lives better—which, in turn, makes the world a better place. For those with the means to donate, your generosity can have a significant and lasting impact. For those who may not be in a position to give financially, remember that we also have time, talents, and skills that we can contribute.

Reflecting on the past, I'm reminded of the joy and fulfillment that comes from giving of oneself. Forty-three years ago, Bill was an elementary school teacher, and I had just graduated from college, working with first-generation college students and low-income families who dreamed of building brighter futures. At that time, we didn't have much in terms of material wealth, but we had time, hope, and the ability to inspire. Today, the accomplishments of our former students affirm that those efforts mattered. They make my life worth living and giving.

Just last week, The Rosetta James Foundation Board of Directors announced the Class of 2025 elders who will be honored on March 8, 2025, at The Jackson Center. This upcoming Class 19 will recognize active elders—aged 70 or older—who live and give in our community every day. Their lives are a testament to the power of enduring commitment to service and generosity. Please plan to join us for this annual event.

As we approach the New Year, let us take this opportunity to reflect on how we can contribute. Now is the time for us to "prime the pump" and consider what we can do to make a difference.

Until next week, let us live, give, and stand together as we approach new beginnings.

*Dorothy*



The Valley Weekly

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Sixteenth Page	2.5x2.5	\$75
	Classified 1 col.x1 inch	\$100/Flat Fee

**DECEMBER 27 - JAAMAL CHARLES - Jamaal RaShaad Jones Charles is an American football running back who is currently a free agent. He played college football for the University of Texas, and was drafted by the Kansas City Chiefs in the third round of the 2008 NFL Draft. On May 2, 2017, Charles signed a one-year, \$3.75 million contract with the Denver Broncos. In the season opener against the Los Angeles Chargers on Monday Night Football, Charles had 10 rushes for 40 yards but lost a fumble in his Broncos debut. In Week 3, in a 26-16 loss to the Buffalo Bills, he scored his lone rushing touchdown of the season. In 14 games, he had 296 rushing yards, one rushing touchdown, 23 receptions, and 129 receiving yards.**

- [BlackCelebrityBirthdays.org](http://BlackCelebrityBirthdays.org)



THE VALLEY WEEKLY  
**VALLEY  
DEATHS**



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Funeral services for **MR. JOHN TURNER** (b. 1969) and **MS. KATIE AYERS** (b. 1950) will be announced at a later date.

Funeral service for **MS. BETTY STEVENSON** (b. 1959) was Sunday, December 15, at First Seventh Day Adventist Church, Evangel Drive, Huntsville, Ala..

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Funeral service for **MR. ANTHONY ALLISON** (b. 1956) was Monday, December 23, at the Nelms Memorial Funeral Home Chapel.

Funeral service for **MRS. KATIE M. TONEY** (b. 1949) was Sunday, December 22, at St. Elizabeth Cumberland Presbyterian Church in America with Pastor Columbus Waddle officiating.

Funeral service for **MRS. JOYCE ANN JOHNSON** (b. 1943) was Thursday, December 19, at the Nelms Memorial Funeral Home Chapel with Pastor Larry Petty officiating.

Public viewing for **MR. ROY WASHINGTON** (b. 1944) was Monday, December 16, at Nelms Memorial Funeral Home from 8 a.m.-6 p.m.

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Funeral services for **MRS. JOYCE JAMAR** (b. 1933), **MRS. SANDRA COLAR** (b. 1959) and **MS. RITA FAYE STOWERS** (b. 1956) will be announced at a later date.



Memorial service for **MR. CHRISTOPHER BAYLOR** (b. 1961) will be Saturday, December 28, at the Royal Chapel of Memories at 11 a.m..

Funeral service for **MR. JOHN LAVARUS MOORE** (b. 1977) was Saturday, December 21, at Blackburn CPCA, 507 Plummer Road, Huntsville, Ala, with Pastor Zachary Williams officiating.

# Spiritual Game Plan

PRESTON BROWN'S

Today's Spiritual Game Plan:

## "Thinking about Tomorrow Today at Christmas"

Matthew 6:34 says, "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble on its own."

We are living in challenging times to say the least. Many of us, this Christmas, are thinking about and worrying about tomorrow today. Now, It's one thing to prepare for tomorrow today, but it's a whole different thing to worry about tomorrow today especially during the holiday season. Let us all remember that worry will get us nowhere. It only gives us something to do, however it produces nothing but wasted energy. I believe we all need to stay in the present, because today is a gift from God.

In Matthew 6:25-34, Jesus talks about worry in such a way that it should help all of us, as we deal with this holiday season. For example, Jesus reminds us that life is more important than food or clothes. In other words,

it's more important than the economy or rising gas prices. He also reminds us that we have more value than the birds of the air, and yet He provides them with the food that they need. He sums it all up by saying, "Who of you by worrying can add a single hour to his life."

I believe it is important for all of us to prepare for whatever challenges that we are facing in our lives today

and realize that yes, tomorrow will come full of surprises of its own. However, we should not let it rob us of today's gift, because life is short enough. So, let us all enjoy this holiday season with a spirit of love, joy, hope and peace!

Let us all learn how to think about things pertaining to our families and loved ones today, however, let us not worry about tomorrow today. Let us continue to trust and depend on God who sent his one and only Son, so that we could have the abundant life that comes from believing in the one that sent us this beautiful gift.

May God grant you spiritual success this Christmas, in learning how to not worry about the things that you have no control over.

*Question:* Do you ever find yourself thinking and worrying about things that you have no control over? Why?

Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my books, *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life* at [amazon.com](http://amazon.com)

### NEXT WEEK:

"Looking Forward, Not Behind"

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## Introducing Travis the Hunted, and Sanders the Hunter:

### Our New Two-way Role Models (Part 1 of 2)

*“Train up a child in the way he should go, and when he is old, he will not depart from it.” - Ephesians 6:1*

On Saturday, December 14, Jackson State/University of Colorado corner-back/wide receiver Travis Hunter was awarded the 2024 Heisman Trophy.

However, more than receiving college football's most coveted award, he and his coach now serve as the latest standards of how to excel not only both ways in football, but also in the college classroom.

Hunter and his mentor, "Coach Prime" Deion Sanders, offer current examples of how an HBCU experience can prepare and propel one to showcase excellence on the national scene.

### Travis the Hunted, Sanders the Hunter

In his teary-eyed Heisman Trophy acceptance speech, Hunter credited his freshman year coach and school, Sanders and Jackson State University, respectively.

Recognized as 2021's ESPN #2 high school football recruit in the nation Sanders, then the second-year Jackson coach, pursued Hunter and caused him to de-commit from Sanders' alma mater Florida State, and to join him at the Mississippi historically Black college/university (HBCU) Jackson State ("... that was my learning ground, my proving ground, I had to get started somewhere, and I started there, ...," Hunter stated at the New York Heisman ceremony).

"Hunter's pledge to Jackson State unquestionably serves as the most important signing by an HBCU in the modern recruiting era. As such, it could drastically change how HBCUs and FCS programs see themselves in the landscape of the sport, according to [Travis Hunter to Jackson State: In all-time stunner, Deion Sanders steals No. 1 prospect from Florida State - CBSSports.com](#).

Before exiting in 2022 for Colorado, Sanders and Hunter led a 12-1 Jackson State to its second straight conference title.

Then at Colorado, this twosome led the Buffaloes this year to a 9-3 record, #20 in national rankings, and a December 28th trip to the Alamo Bowl against Brigham Young University.

Between his Heisman announcement and acceptance speech Hunter hugged his mother Ms. Ferrante Edmonds who birthed him into this world, as well as the one who birthed his legendary college career, Deion Sanders.

What made Sanders uniquely qualified to birth this junior Academic All-American psychology major into stardom? Part 2 will provide those answers.



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# Millennial Moment

by Gloria B. Caldwell

## The Call ...

*Have you ever been praying, waiting anxiously on God to hear you and respond? Knowing that it's His will and not yours. Trusting, then wondering or doubting, if what your desires are, are His! Maybe you've even taken it back for a moment, just to start the process all over again!*

Have you ever stopped and said, "Here God, just take it!" You have gotten to the point where you understand you may have to live with it, deal with it, manage through it, and adjust yourself to do that. Has time gone on, and although it may have seemed a little trying from time to time, you figured out some way to just cope. Even when it doesn't feel right, or you may get down, you have given it over to him, understanding that whatever His answer is ... it will be what it will be!

Life keeps moving on,

the world keeps spinning, and then, ring ... you get the call!!! This is the call that you've been waiting on. The resolution, the rekindling, the forgiveness, the promise, the promotion, the child, the surgery, the healing!!! Oh, how great is our God!!! You move into an overflow of gratefulness. Thankful that your prayers were answered.

An influx of emotions thrust you into this, "Thank you Jesus mode" because all along, you KNEW He had you. Your faith meter is leaning on the right side. It's on 100%, in the green. You proclaim that He is an on-time God and reflect on all the things He has done for you.

But ... were you really in trust mode, or just plain tired? Why didn't your gratitude start way before the promise came? Had you just reconciled with

the fact that you had to live with it? Or maybe His answer was just, no! Was it faith or fatigue?

We have to really up our faith. Speak, out loud, the desires of our hearts! The call is coming! He wants what is best for you! He just wants to see if you are strong enough to handle what He has for you.

Most of the time it is far greater than what you realize. When you have truly given it over and are leaning on Him, the call comes, and everything is expedited! Trust Him! Know that every battle is His, not yours.

Every action, reaction, and disappointment sets you up to see if you'll be ready for the story He has written for you. The one He wrote before your physical existence.

Be patient, give it over to Him, trust Him ... and wait on The Call ... it's coming! God loves you, and so do I. He has given you a gift; *open it.*

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The Valley Weekly

# VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

**Thru January 5**

Skating in the Park  
Big Spring Park  
Downtown Huntsville

A Garden Affair  
Isenberg Grand Hall  
4747 Bob Wallace Avenue  
Huntsville, Ala.  
9:30 a.m.-12:30 p.m.

**December 29**

Rocket City Christmas  
Light Show & Winter Wonderland  
Open Now

New Year's at Noon  
701 Amphitheater Drive  
Huntsville, Ala.  
11 a.m.

**December 31**

New Year's Eve:

Stella's Sparkling NYE:  
Pink Champagne Bash

127 Holmes Avenue NW  
Huntsville, Ala.  
8 p.m.

NYE Party Life Huntsville  
Tickets: nyepartylife.com  
Westin Huntsville  
9 p.m.-1 a.m.

New Year's Eve Experience  
at Catacomb435  
Tickets: \$125  
Catacomb435  
100 Jefferson Street North,  
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Huntsville, Ala.  
11 p.m.-1 a.m.

**January 3-5**

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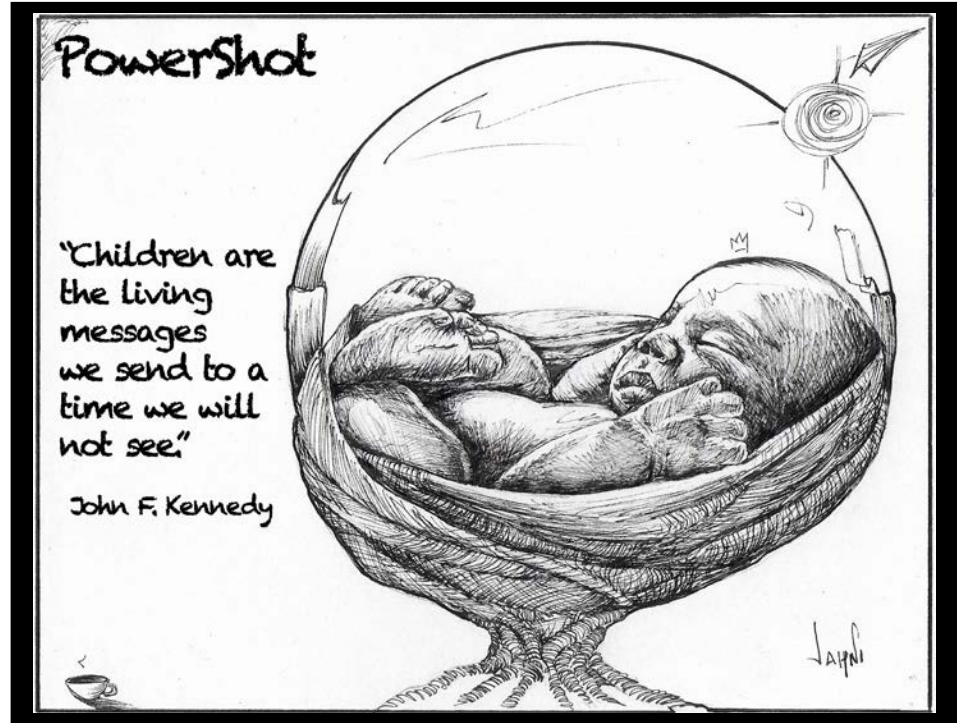
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*"The destruction of Black males now is indirect, so that the Black male victims themselves can be led to participate in - and then be blamed for- their own mass deaths." - Frances Cress Welsing*





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

## Mother Hazel Hawk

Born as Hazel Lullean Ford on October 1, 1933, Hazel Hawk was the eldest of 14 children. Her large family, rooted in rural Alabama, contributed heavily to Hazel's early first love for feeding people. During Hazel's first attempt to cook at the young age of 3 years old, she set out to independently fry fish. The effort ended in her burning her hair and receiving an old-fashioned whipping. Little did many know, this chain of events was the start of Hazel's passions for feeding, educating and caring for the community.

Hazel first attended New Market Elementary/Middle School and then Council Training High School. She later studied at Alverson-Draughon College of Huntsville from 1976-1977 where she studied business administration. She went on to work a combined 32 years managing food operations for the Madison County School System at Farmer's Capital School (now Lynn Fanning Elementary) and

for Kroger, retiring in 1990. She often raised money for Farmer's Capital by selling her famous bread rolls during community fundraisers.

Throughout her career, Hazel fed thousands of people. However, her work did not stop there. Hazel began feeding the elderly and those who were less fortunate out of her own home, often harvesting many of her own crops for the efforts. She created soulful plates throughout the year, especially during the Holidays. Hazel always said, "Even closed mouths need to be fed." As long as she was able, she ensured everyone was fed without ever having to ask.

Following retirement, Hazel had the chance to travel the world. Places visited include: Jerusalem (the Holy Land), Haiti, Germany, Paris, London, Hawaii and Washington D.C. just to name a few.

Hazel was an active member of the religious organization Order of



the Eastern Star from 1961-1989. Through divine guidance from her mother, Lucille Wherry, Hazel learned to love the Lord at an early age. Hazel was previously a member of Hopewell Missionary Baptist Church from 1963-1991 where she was in the Mothers' Ministry and Adult Choir. She joined under the leadership of Rev. W.P. Petty. To date, Hazel has been a member of Union Chapel Missionary Baptist Church, under the leadership of Dr. O. Wendell Davis since 1991 and was active in the Mothers' Ministry and Senior Adult Ministry (S.A.M.). She served as Co-Chairperson of the nationally known Grandparents' Day Program.

"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote **volunteerism** and **activism** in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at [www.rosettajamesfoundation.org](http://www.rosettajamesfoundation.org). Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to [info@valleyweeklyllc.com](mailto:info@valleyweeklyllc.com).



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## This Sunday's Lectionary

Sunday, December 29, 2024

First Sunday  
After  
Christmas



(Track 2, Year C)

First Lesson:

Isaiah 61:10-62:3

Psalms 147

Second Lesson:

Galatians 3:23-25; 4:4-7

GOSPEL:

John 1:1-18



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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[www.burrittonthemountain.com](http://www.burrittonthemountain.com)

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



# AAMU Hosts Veterinarians from Bosnia-Herzegovina

Alabama A&M University has received a \$63,000 Cochran Fellowship Grant to provide specialized training for veterinarians and agricultural experts from Bosnia and Herzegovina. Six veterinarians recently participated in the two-week program led by Extension Animal Science Specialist Felix U. Samuel.



The Cochran Fellowship Program, a United States Department of Agriculture (USDA) initiative, offers short-term training to professionals from middle-income countries, promoting global trade and development by enhancing agricultural practices.

Bosnia and Herzegovina's livestock sector faces critical challenges in disease management and livestock health due to:

- Limited access to advanced training in veterinary and animal sciences
- Inadequate modern diagnostic tools
- Gaps in implementing best practices in animal health

These challenges have led to outbreaks of zoonotic and endemic diseases, reduced productivity, and trade restrictions. Addressing

these issues required targeted capacity building to equip local veterinarians with modern strategies for improving animal health and disease management systems.

Through the USDA Cochran Fellowship Program, AAMU delivered a tailored training program focusing on these needs. Key outcomes of the program include:

- Enhanced knowledge

and skills of participating veterinarians

- Improved animal health management practices
- Strengthened veterinary services in Bosnia and Herzegovina
- Better economic and public health outcomes
- Increased potential for international trade

This initiative highlights the transformative impact of international collaboration. By ad-

ressing urgent animal health challenges and equipping veterinarians with advanced expertise, the program supports long-term improvements in Bosnia and Herzegovina's veterinary and livestock sectors.

Alabama A&M University's efforts reaffirm its commitment to advancing global agricultural and veterinary practices, fostering mutual benefits for the

U.S. and its international partners.

For more info, contact Extension Animal Science Specialist Felix Samuel at (256) 372-4983.

(Photo, l-r): Sasa Boskovic, Jelena Pavic, Essence Bell, Goran Vuckovac, Felix Samuel, Daivon Allen, Faruk Mulabdic, Vladimir Bulatovic, and Radomir Medojevic.



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*Introducing ...*

**The Rosetta James Foundation**  
**19th Annual "Honoring Our Elders" Gala**

Rev. Dr. Theodis ACKLIN	Mrs. Mary Lanier CURRY	Dr. Dorothy DOWNING	Rev. Dr. Oscar MONTGOMERY	Mr. Charles Wayne SCRUGGS	Mr. William SMOTHERS	Mrs. Nancy VALKENBURGH	Mr. Richard VALKENBURGH	Rev. Jacqueline WILSON

The Rosetta James Foundation is a registered 509(a)(2) Public Charity and educational organization founded for the sole purposes of providing scholarships to deserving students and recognizing the contributions of the elderly in the community while promoting volunteerism and community outreach.

**Saturday, March 8, 2025**  
The Jackson Center  
6001 Moquin Drive (Cummings Research Park)  
Huntsville, Alabama  
**12 noon**

[www.rosettajamesfoundation.org](http://www.rosettajamesfoundation.org)



# Surgery Scheduled in New Year? How to Stay Strong!



(BPT) - Every year, more than 15 million Americans undergo surgery. For many, the prospect of having surgery can feel overwhelming, prompting worries and unease about recovery. But the process of having surgery doesn't have to be daunting - and simple steps and habits can make a significant difference in outcomes.

At the American College of Surgeons, the largest professional association of surgeons in the world, we have a free resource, Strong for Surgery ([www.facs.org/for-patients/preparing-for-surgery/strong-for-surgery/](http://www.facs.org/for-patients/preparing-for-surgery/strong-for-surgery/)), that provides patients with practical tips to navigate their surgical journey. While there is no "one-size-fits-all" approach to preparing for and recovering from surgery, practicing healthy daily habits and having candid conversations with your care team about your goals can greatly improve your results.

## Eat to Heal

Good nutrition will help at every step along your surgical journey. Eating well begins by planning a nutritious meal that includes a balance of protein-rich foods, whole grains, healthy fats, fruits and vegetables - all of which play a role in nourishing the body with enough calories, protein, vitamins and minerals. We recommend eating at least three times a day, and increasing fiber intake, if tolerated. Aim to include protein-rich foods with each meal, such as lean meat, fish, poultry, beans, eggs, cheese, nuts, tofu, milk, cottage cheese and yogurt. If you cannot meet your requirements with meals, consider supplementing your diet with healthy snacks, additional proteins or vitamins. Make sure to stay hydrated, and drink sufficient water each day.

Before surgery, many patients are required to temporarily stop eating

and drinking. Your care team will advise on when it is safe to resume eating and drinking. Be sure to follow their recommendations both before and after surgery and ask any questions.

## Engage in Healthy Habits

Generally, the more fit and active you are before surgery, the better you will function after surgery. Your care team can work with you before your surgery to improve your fitness, which can facilitate your recovery and help you maintain your strength. Often called "prehabilitation," your doctor may recommend exercises or refer you to specialized physical therapists who can design a therapy and exercise plan to target any physical limitations that you may be experiencing.

Other risk factors, such as smoking, obesity and high blood pressure, are also important to manage before and after surgery. Smoking can increase the

risk of complications after surgery, making it harder for you to recover from anesthesia and increasing the risk of infection. If you currently smoke, ask your surgeon about ways you can quit smoking. There are many effective options to help people quit smoking, including medications and tailored programs that offer empathetic and personalized support.

## Be Empowered to Ask Questions

There are many con-

siderations when making plans to have surgery.

Our Strong for Surgery guide and Geriatric Surgery Patient checklist ([www.facs.org/gsvpatient](http://www.facs.org/gsvpatient)) include printable handouts that you can download and print for free to help you prepare your questions before an appointment, prepare your list of medicines and supplements, and keep track of your notes during appointments.

Together, these small steps can make a big difference in surgical outcomes -

and optimize your chances to stay healthy and strong before and after surgery. [Text adapted from the Strong for Surgery guide of the American College of Surgeons ([www.facs.org/for-patients/preparing-for-surgery/strong-for-surgery/](http://www.facs.org/for-patients/preparing-for-surgery/strong-for-surgery/))]

*Michael J. Sutherland, MD, MBA, FACS, is a trauma and general surgeon and the Senior Vice President for Member Services at the American College of Surgeons.*

JOIN US FOR A



# KWANZAA

## CALENDAR OF EVENTS

**Kwanzaa Kickoff (Free)**  
 Where: 365 The Bridge Street NW 35806  
 Bridge Street Town Centre (by Christmas tree near Cinemark)  
 When: Thurs. December 26<sup>th</sup>, 2024 (2-4pm)

**Kwanzaa Celebration (Free)**  
 Where: 3011 Sparkman Drive, Huntsville, AL 35810  
 North Huntsville Library (Community Room)  
 When: December 28<sup>th</sup>, 2024 (12-4pm)



# Notes of a Native Son: **A TIMELY INVESTMENT**

by *afroblastik* [John 'Jahni' Moore]

As an artist, my life revolves around the creation of beauty and meaning. I pour a part of me into each stroke of my brushes, mark of my pen or pencil, and every conceptual decision. Art is timeless. But ironically, the pursuit of creation can sometimes make me lose sight of something even more precious than creativity: the value of time itself.

Time, unlike money, is a finite resource. No matter how much money we earn or what we achieve, we cannot stretch the hours in a day or rewind the clock to recapture moments we've missed. As a family man this reality hits close to home. Especially when my daughter walks across the room and I see that she's a foot taller than she was two days prior. Sometimes she will ask whether I have to go to work that day. Of course my answer is always yes. But will I really remember that I missed that day off work just to hang out with her? While I strive to honor deadlines and push bound-



aries in my practice, I've had to confront the moments when my family and friends—the people who ground me most—felt sidelined by my work.

The truth is, you can always create more wealth in terms of dollars. A new commission, an additional workshop, or even a clever pivot to monetize your creative skills can generate the flow. But no amount of money can bring back

any of my children's first laugh or bike ride, an easy like Sunday morning with loved ones, or the quiet joy of simply being present for the people who matter most.

As an artist, my work is rooted in storytelling and legacy—in capturing essential moments that transcend time. But if I neglect the life around me, I'm failing to honor the very inspiration behind my work - my

is doable.

I'm still learning and yearning to embrace a feasible balance. That balance may never be evenly distributed. Some days, it may mean saying no to a project that doesn't align with my core values or stepping away from my studio at a reasonable hour... to stay later another evening. Other days, it's finding ways to integrate my family into my creative process, allowing my daughter to paint alongside me or sharing my vision with loved ones. These moments remind me why I do what I do in the first place.

For anyone struggling in the balancing



of work and family, particularly in creative fields where the demands can be unpredictable, I encourage you to reflect on what truly drives you. Our success is not solely defined by accolades or financial milestones. It's about the quality of your relationships, the memories you build, and the integrity you bring to your life and work. Really, time is the most valuable currency. Let's invest it equitably with those who inspire us and for the moments that matter most.







**100  
BLACK  
MEN**



## Scenes from 100 Black Men of Greater Huntsville Silver Anniversary Gala

Saturday, December 21, 2024 - Von Braun Center's Saturn Ballroom

Submitted by TVW Guest Photographer Anthony Gibson (photosbygip@gmail.com)

The 100 Black Men of Greater Huntsville, Inc. (100 BMOGH), a Huntsville-based community service organization, marked a significant milestone on Saturday, December 21, by hosting its Silver Anniversary Holiday Gala at the Von Braun Center's Saturn Ballroom.

This year's event, themed "25 Years of Empowerment: Honoring Our Legacy,

Shaping Our Future!," celebrated 25 years of dedication to mentoring, education, health and wellness, and economic empowerment.

Proceeds from the black-tie/formal gala will benefit academic scholarships and support the organization's "Four for the Future" program—a national initiative of 100 Black Men of America, Inc., focused on empowering youth to reach

their full potential.

"The 100 BMOGH is a non-profit 501(c) (3) organization committed to mentoring and community service," said a spokesperson for the organization. "We aim to create pathways for success for the next generation."

Since its founding in 1999, the local chapter has grown to 74 members, all of whom are volunteers. Ap-

plicants must undergo a rigorous screening process, including a background check, to join this prestigious group.

The gala, a highlight of Huntsville's holiday season, featured Dr. Josh W. Murfree as the guest speaker. The event was masterfully hosted by Kenny Anderson, former Director of the Office of Diversity, Equity & Inclusion for

Huntsville City, and Brenda Martin, a former department head in Huntsville City. The organization also took time to honor the families of members who passed away in 2024.

Guests were treated to live entertainment from the David Phillips Band, known for their dynamic rhythm and blues performances, and a comedic set by Deno Posey, ensur-

ing an unforgettable evening of laughter and music.

For 25 years, the 100 BMOGH Holiday Gala has united supporters and partners to celebrate their shared mission of service and empowerment. This year's event reinforced the organization's commitment to "honoring their legacy" while "shaping their future."





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