

# Women Key in A&M's Online Transition, p. 4

FREE

Friday

March 19, 2021

Vol. 7, No. 28

ValleyWeeklyllc.com

## New Twist on Breast Cancer, p. 8

Sarah Drake, p. 2

"As you enter positions of trust and power,  
dream a little before you think."

- Toni Morrison



## Drake, OU Officials Sign Two MOUs



Dr. Patricia Sims, president of Drake State Community and Technical College (above, r, with ASCTE President Matt Massey), participated in two Memoranda of Understanding on Monday, March 15.

The Alabama School of Cyber Technology & Engineering (ASCTE) on the Oakwood University campus was the site of the first MOU. The MOU signing formalized a partnership between ASCTE and Drake State, which will create educational opportunities for ASCTE students and opportunities for the schools to share resources for enhanced student learning.

The second MOU signing formalized a partnership

between Oakwood University Mobile Market and Drake State (r, Dr. Leslie Polard, Oakwood, and Dr. Patricia Sims, Drake)

which will provide convenient access to the Mobile Market's affordable and fresh produce to Drake State students and the surrounding community. The Mobile Market will be



on Drake State's campus on March 22 from 11 a.m. to 12:15 p.m. The community is invited to come that day to purchase affordable fresh produce from the Mobile Market.

The Valley Weekly

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**SCHOLARSHIP RECIPIENTS:** The 2021 recipients of the Rosetta James Foundation Scholarships were awarded by Scholarship Co-Chairs Gary T. Whitley, Jr., and Jerome Saintjones on Saturday, March 13, near Downtown Huntsville. The Rosetta James Foundation awarded \$26,000 in scholarships. Pictured (l-r) are: Oilyana Tyner, Madeline Rathz, Emry A. Summer-ville, Allison Harbour, Mariah G. Mathis, Gabriel Henderson, Deidra M. Thomas, Torrance Sellers, Jaylin Hill, Demetrius Davis, Jalen D. Morrison, Makenzie Friend, Nicholas Fields, Nia Timmons, Dominique Morris, Ashley Robinson, LaToya Dorsey (standing in for daughter, Nervach Eggleston) and Narci Hardin. Photo by J. Saintjones



# CALLLED 2 PREACH

REV. MICHAEL RICE

## Don't Do It

Jeremiah 45:5; James 4:3 (NLT)

There are times in life when those who are considered mentors or are in a position of influence, that call for direct orders to those who are under one's tutelage. Some mistakes are too costly to make and when this kind of advice comes from one who is heaven-connected and convicted, the mentee, advisee,



disciple, student, child--or whatever the title may be of the one on the receiving end of the imperative--needs to adhere. Such was the case when Jeremiah spoke these words to Baruch, Are you seeking great things for yourself? Don't do it!" That three-word imperative left no room for reflective speculation or reciprocal speech. Jeremiah was speaking from the vantage point of having direct revelation from God. He knew that God had said to him, "Throughout the land I will demolish what I have built and uproot what I have planted." Jeremiah was not warning against



seeking great things, the key words are for yourself. It was all about motivation.

God places such a high premium upon motivation that it becomes the standard for

how He answers our prayers of requests. The answer is always "No" when it is for selfish reasons rather than for serving responsibly. Dr. Martin Luther King, Jr. once said that everyone can be great because everyone can serve. It is noble and notable to seek greatness through serving (that's how it is achieved), but if it is for yourself, don't do it.

Spotlight on Our Elders ... Featuring

## Mrs. Sarah Drake

Mrs. Sarah Jean Luster Drake has nearly 50 years of achievement in developing productive, student-focused environments to maximize learning experiences from two and one-half years of age to post-secondary adults.

Mrs. Drake was born on February 26, 1946, to James and Annie Luster in Columbus, Miss. She is the youngest of five children. She graduated from Alabama A&M University (AAMU) with a B.S. degree in elementary education and special education. She earned the master's degree in special education/mental retardation and a certificate in psychometrics. Drake began teaching in 1968 as an educator of physically

and mentally challenged students in Decatur City Schools.

In December of 1972, she married Mr. Cornell Franklin Drake. This union produced two children, Krynica LaShay and Kyas LaTron, and two grandchildren, Sarah LilyAnn and Melani Miracle.

She transitioned from teaching young students to focusing on educating college students from 1976 to 1993 at AAMU as an assistant professor for special education and elementary education.

While at AAMU, she also served as coordinator of student teachers within



the mental retardation department and supervised in-service teachers. In 1993, she left AAMU to continue developing young minds as the school administrator at First Missionary Baptist Church Child Development Center and Academy.

**MARCH 19 - TYRONE HILL** - *An American retired basketball player and, since 2008-09, assistant coach for the National Basketball Association's Atlanta Hawks. Hill spent four years playing collegiately at Xavier University, in his last season averaging 20.2 points and 12.6 rebounds per game.* - Wikipedia.org



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THE VALLEY WEEKLY

# VALLEY DEATHS

## NELMS MEMORIAL FUNERAL HOME

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Funeral service for MR. JOE BAKER (b. 1943) will be at 1 p.m. Saturday, March 20, at the Nelms Memorial Funeral Home Chapel with Elder Derrick Langford officiating.

Graveside service for MRS. MARY BURWELL CRAIG-HEAD (b. 1924) was held Sunday, March 14, at Valhalla Memory Gardens with Brother Floyd Rodgers officiating.

Graveside service for MR. TERRY DESHAWN CHILDRESS (b. 1984) will be at 12:00 p.m. Saturday, March 13, 2021 at Meadowlawn Garden of Peace with Bishop G. Calvin Boone officiating.

Funeral service for MR. MICHAEL HUDSON (b. 1968) was held Saturday, March 13, at the Nelms Memorial Funeral Home Chapel.

Funeral service for MR. JOE W. BUCKLEY (b. 1941) was held Friday, March 12, at Progressive Union Missionary Baptist Church with the Reverend Joe Stevenson officiating.

Graveside service for MRS. DOROTHY LOVELADY-BRAZELTON (b. 1938) was held Friday, March 12, at the Berkley Community Cemetery with Pastor Joe Kelly officiating.

## ROYAL FUNERAL HOME

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

Graveside service for MRS. JO TIMMIE GRIGSBY HOLMAN (b. 1939) was held Sunday, March 14, at Faith Memorial Park (Madison) with Elder Alan Holman officiating.

Graveside service for MRS. EMMA PEARL FORD TONEY (b. 1931) was held Sunday, March 14, at the Valhalla Memorial Gardens with Pastor Mario D. Ford officiating.

Graveside service for MRS. WAVERLY RICE JONES (b. 1952) was held Saturday, March 13, at the Valhalla Memory Gardens with Dr. Jerry L. Crutcher officiating.

Funeral service for MAJOR ERNEST EDWARD BOYD (Ret) was held on Saturday, March 13, at the Royal Chapel of Memories with Pastor T.C. Johnson officiating.

## SERENITY FUNERAL HOME

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

Graveside service for MOTHER BERNICE BAKER (b. 1940) was held Thursday, March 4, at Oakwood Memorial Gardens, 7000 Adventist Blvd.

THE VALLEY WEEKLY

# CHAMPION GAME PLAN

PRESTON BROWN

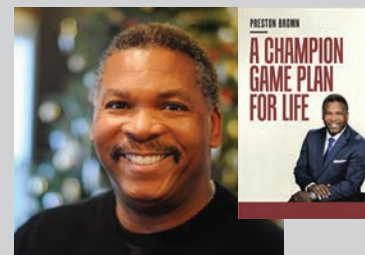
## "WHEN YOU PRAY"

Luke 11:10 says, "For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

I can remember a classic gospel song by Tramaine Hawkins that was titled "When You Pray" and the lyrics of the song began with ... "When you pray, everything will work out right." The song goes on to say, "When you call Him, He will answer you."

One of the things that

I have come to realize is, prayer changes things. If we look at one of the characteristics of Jesus, we see that He was consistent when it came to prayer. We also need to be consistent when it comes to our prayer life, as well, because there will be disappointments and trials in our lives. Now, how we deal with the trials that come, is very important. I believe that there are only two outcomes that we can expect. Either we survive or we are victorious. In other words, some people who have made



it through hardships and disappointments may survive, but they come out "tattered and torn." They come out of the situation perhaps bitter, angry and frustrated. But they survived. On the other hand, there are people who come out of their circumstances victorious. They have an attitude of triumph about them. Because they have evidence of God's goodness in their lives. Now why is this? I believe the reason for this enthusiastic optimism has everything to do with their

prayer life, because prayer changes things. When we pray, it gives us all a different perspective about our circumstance. When we pray, we bring

God into our situation and everything changes. When we pray, it forces us to live by faith. It also forces us to surrender our pride and the self-sufficiency that so many of us have. Prayer is the only way that we can keep the lines of communication open with God ... Stay encouraged and be safe!

Also, make sure you purchase a copy of my book, "A CHAMPION GAME PLAN FOR LIFE," at amazon.com or e-mail me at prestonbrown81@gmail.com

## City 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 or on the City of Huntsville Facebook page (@huntsvillecity).

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



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## Three Women Key in A&M's Transition to Online Learning

The emergence of the COVID-19 pandemic and its subsequent restrictions presented unique chal-

lenges and opportunities for post-secondary institutions. Alabama A&M University's Divisions of Academic Affairs and Research, made a pivot to e-Learning, remote advising, and revised

research approaches in both a swift and responsive manner, in consideration of the needs of students and the institution at large.

These efforts, while administered by the Office of the Provost and Vice-President for Academic Affairs and Research, were primarily led by Dr. Rhonda Moore-Jackson and her office/staff—both the immediate pivot and implementation of longer term and sustained e-based initiatives.

Recognizing that adherence to Centers for Disease Control (CDC) guidelines for physical distancing would require adjustments in course delivery, an Instructional Delivery Task Force was convened and charged with developing and identifying new instructional delivery

modes for the Fall 2020 semester. The interdisciplinary composition of this task force, which included

representatives from Academic Affairs (Drs. John Jones, Pamela Arrington, Josh Herring, Charlotte Teague and Rhonda Moore-Jackson, and Kris Reed and Connie Mack); Student Affairs (Brenda

Williams, Dr. Kandace O'Neal and Sharon Baker) and Information Technology (Dr. Kylie Nash and Jamarcus Allen) resulted in a cohesive effort to modify instructional delivery modes, to meet the needs of both students and faculty.

The University was fortunate

to have made investments in e-learning over the past several years, which positioned it for a smooth transition. Since 2014, the Office of Distance Education, Extended Studies, and Instructional Technology (ODEESIT) has facilitated the AAMU Online Instruc-

tor Certification program, which prepares faculty for e-Learning instruction. At the onset of the university's necessary transition to remote instruction during the Spring 2020 semester, more than 70% of the university's existing faculty were already certified to teach online. By the end of the summer 2020 semester, more than 97% of the university's faculty had earned the credential.

"The commitment and compassion of academic faculty and staff, in response to the fluid environment of the last several months, is highly commendable," noted Dr. Moore-Jackson. "Their efforts ensure that the university's primary mission of educational access and opportunity is maintained."

While the academic division adjusted, so too did the university's Division for Research. The active and robust research agenda of the institution

support innovative teaching methods. This effort is evident in the more than 45 classrooms that were updated in January 2021, with 60 classrooms slated for technology upgrades by March 2021.

Moreover, the acquisition of interactive display technology and smart web cameras will facilitate a

more engaging learning experience for students, regardless of their mode of attendance. Further, the launch of the HyFlex instructional delivery mode for Spring 2021, which enables students to participate in an on-campus course with the option to transition to remote attendance, as needed, provides

AAMU students with flexible learning options.

With the University preparing for the months ahead, it is confident in the commitment of the Divisions of Academic Affairs and Research to continue innovative approaches to instruction and research for the "New Normal."



**Dr. Rhonda Moore-Jackson**  
Interim Assistant Vice-President of Academic Affairs  
Director, Office of Distance Education, Extended Studies and Instructional Technology



**Ms. Connie Mack**  
Senior Instructional Technologist  
Office of Distance Education, Extended Studies and Instructional Technology



**Ms. Kris Reed**  
Coordinator  
Office of Distance Education, Extended Studies and Instructional Technology

### PowerShot

"The function of art is to do more than tell it like it is. It's to imagine what's possible."

+bell hooks



*"People can cry much easier than they can change."*

*- James Baldwin*

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## Celebrating Women's History Month: Remembering the Female Pioneer who Remembered Me

*Then he said, "Jesus, remember me when you come into your kingdom." - Luke 23:42 NIV*

Here, the guiltless Jesus hung on Calvary's cross, book-ended by two convicts. While one cursed him, the other asked the Savior to remember him after his heavenly ascension. Jesus then assured him that he would do so.

As March's Women's History Month celebration helps us remember women pioneers, I'm celebrating a female pioneer who remembered me 42 years ago.

### "Excuse Me, Sir, but I Remember You, . . ."

It was Sunday afternoon, March 26, 1979, and I had just returned to my alma mater as its assistant PR director.

A bright-eyed smiling freshman coed approached me on the Yard and initiated, "Excuse me sir, but I remember you, . . ."

She proceeded to tell me that in 1977, she attended a "Go to High School/Go to College" college fair in her hometown of Springfield Massachusetts, the site of my Alpha Phi Alpha Fraternity's regional convention.

I'd mentioned attending Hampton Institute, she recalled, while serving as that event's emcee.

She later enrolled there and that coed, Ruth E. Carter's been the source of conversations ever since!



### The Pioneer with the Pincushion

Conversations on her costume designs cite "Amistad," "The Butler," "Do The Right Thing," "Selma," "Love and Basketball," and seven films with Eddie Murphy.

"Ruth Carter is a genius," Murphy said. "Of all the movies I have done over the years, I've never had a wardrobe designer [like Carter] whose clothes actually influence how you play your character. . . ."

In 2019, Carter's work on the movie "Black Panther" earned her an Oscar for costume design, the first Black person so awarded.

On February 25, 2021, this HBCU alum became only the second costume designer to receive a Hollywood Walk of Fame star; in 1960 Edith Head, most known for her "The Ten Commandments" and "Sunset Boulevard" costumes, preceded Carter.

Although we had minimal contact, I've nonetheless enjoyed watching and cheering Ruth E.'s meteoric Hollywood rise, as if she were toting me along in her sewing kit!

You too have female pioneers who, although perhaps not celebrated, deserve your remembering and honoring them, especially during this Women's History Month.

Chances are your female pioneers might be as close as your Facetime app. Or even closer.

tim allston is the author of *The U.S. Coronavirus Crisis and the Rise of the "Silver-Mettle" Leaders*, available now at [www.timallston.com](http://www.timallston.com).

### Thru May 23

#### "Encounters"

Althea Murphy Price  
Huntsville Museum of Art  
[hsvmuseum.org](http://hsvmuseum.org)

#### "An Evening with Alice Walker"

UAH  
Registration Required  
<http://bit.ly/alicewalker-ruab> - [diversity@uah.edu](mailto:diversity@uah.edu)

### March 17

St. Patrick's Day

### March 19

Green Thumbs Spring Break Camp  
Huntsville Botanical Garden  
Garden Member: \$250/week or \$50/day; Non-member: \$400/week or \$80/day  
9 a.m.-4:30 p.m.

### March 20

District 5 Cleanup Day

## THE VALLEY WEEKLY VALLEY EVENTS HAPPENINGS, ACTIVITIES & MORE!

Councilman John Mer-edith  
1705 Sparkman Drive  
Huntsville, Ala.  
9-11 a.m.

"Beauty and the Beast"  
Sparkman High School Fine Arts Center  
\$28 Premium, \$22 Adult, \$15 Student  
2-4 p.m.

### March 20-21

"Shrek the Musical"  
Grissom High School Theatre - \$10-18 - 7-10 p.m.

### March 25-26

Alabama A&M University Board of Trustees Meetings

[www.aamu.edu](http://www.aamu.edu)

### March 27

Bulldog Football  
Alabama A&M University vs. Grambling State University  
Louis Crews Stadium  
2 p.m.

Spring Haunts & Haints Ghost Hunt  
Historic Lowry House \$30  
[www.eventbrite.com](http://www.eventbrite.com)

### March 27-April 4

Virtual Alumni Homecoming  
Oakwood University

### March 31

Spring Scavenger Hunt  
Burritt on the Mountain  
10-11:30 a.m.

### April 1

43rd Annual UNCF Virtual Gala  
"Building Bridges to Opportunity"

### April 2

2021 Virtual Mock Trial History and Political Science Department  
Oakwood University  
Meeting ID: 959 1873 1592  
Passcode: 568176  
11 a.m.

### April 5

Early Registration (Summer)  
Alabama A&M University

### April 15

Spring Plant Sale  
Huntsville Botanical Garden - 9 a.m.-5p.m.

### April 17

Magic City Classic  
Alabama A&M University vs. Alabama State University  
Legion Field  
Birmingham, Ala.  
6:30 p.m.

### April 30

Spring 2021 Commencement  
Alabama A&M University  
10 a.m.-12 noon

### April 30 - May 1

Comedian Rickey Smiley Stand Up Live  
Huntsville, Ala.

### May 8

Opening Day  
2021 Gala Art Exhibition  
Huntsville Museum of Art  
10 a.m.-5 p.m.

### May 13

Opening Reception Huntsville Photographic Society  
2021 Members' Showcase  
5:30-7 p.m.

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## Washington in One Minute



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

**1. ON THE FLOOR.** The House and Senate are in session this week. The Senate will vote on the following Cabinet nominees: Secretary of the Interior Debra Haaland, Small Business Administrator Isabella Guzman, and United States Trade Representative Katherine Tai.

Among the 33 items on the House floor calendar this week, the House will take up a bill to extend the PPP Loan program until June 30, 2021 (it currently sunsets on March 31), a bill to grant green card status to the 650,000 DACA registrants in the U.S., the Violence Against Women Act reauthorization, and a resolution to eliminate the 1982 deadline for ratifying the Equal Rights Amendment (Virginia became the 38th state to ratify the amendment in 2020; thereby meeting the three-fourths of the states' requirement).

**2. BIDEN 100 DAYS.** Last Thursday, President Biden signed

the \$1.9 billion American Rescue Plan (ARP) legislation and held a ceremony in the White House Rose Garden on Friday with Congressional leaders. The President, Vice President Harris, and Cabinet members this week will fan out across the country as they make their case for the ARP with trips to Pennsylvania, Nevada, Colorado, New Jersey, New Mexico and Georgia. You can see a section-by-section summary of the ARP here on the Senate Democratic Caucus website: ARP Summary.

**3. COVID NEWS.** Last Monday (March 8), the U.S. Centers for Disease Control (CDC) released its first set of recommendations for fully vaccinated people, including guidelines about seeing others and guidelines for isolation, quarantine and testing.

According to the CDC, vaccinated people can socialize unmasked with other vaccinated people in private settings like homes, as well as with unvaccinated people who are at low risk of severe Covid-19. Read the new CDC recommendations at cdc.gov.

On Wednesday at 10:00 a.m., White House COVID Advisor Dr. Anthony Fauci and CDC Director Dr. Rochelle Walensky testified before the House Energy and Commerce Committee on the Biden's Administration's increase in COVID vaccinations.

**4. TROOPS ON CAPITOL HILL.** Last week, Defense Secretary

Lloyd Austin approved a request from the U.S. Capitol Police to extend the deployment of the National Guard surrounding the Capitol for two (2) additional months through May 23, 2021, but will also reduce the force from 5,200 to 2,300.

The National Guard's presence peaked at 26,000 troops on January 20. An initial security review by LTG Russel Honoré made public last week recommended that the 2,300 Capitol Police force be augmented by 854 new officers and receive better training and equipment.

**5. HIGHER EDUCATION.** The Education

and Labor Subcommittee on Higher Education and Workforce Investment held a hearing on March 17 to examine the future of higher education post COVID-19.

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*"You are what you do, not what you say you'll do."*  
- Carl Jung



*"The kindest hearts have felt the most pain."*

- Unknown

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# Women Make up Third of Black-Owned Businesses

(BPT) - Minority-owned businesses are the cornerstone of their communities, and over one-third of Black-owned businesses in the U.S. are headed by women - the highest share of any ethnic group. Yet according to Visa's new Black Women-Owned Business Report 2021, nearly three quarters (71%) of Black women-owned businesses estimate they can't survive another year under current pandemic conditions.

In the wake of the pandemic, small and medium-sized businesses nationwide have taken a major hit, with minority businesses suffering the most devastating blows. While more than half (54%) of businesses surveyed for Visa's new report stated their business was positively impacted following the Black Lives Matter movement in Summer 2020, more than three quarters (78%) of businesses who saw benefits have said those increases have ceased.

The successes of Black-owned business are hard fought, as the Federal Reserve reports Black-owned businesses are less likely

to be approved for bank loans, with an approval rate of only 46.5% (compared to 75.3% for white-owned businesses). Visa's study supports this data, finding nearly one third (31%) of Black women-owned businesses stated raising capital and funding to stay afloat was one of their biggest challenges since the pandemic hit the U.S.

While women-owned businesses have been historically underfunded, new resources and support are emerging, including a newly formed Visa program focused on supporting Black women-owned businesses at a hyperlocal level. Addressing the needs of local entrepreneurs in cities with the highest concentration of Black-owned businesses in the U.S. and building on support provided to women-owned small businesses through "She's Next, Empowered by Visa" - the company brings resources and expertise to provide entrepreneurs with

tailored solutions in the following cities: Atlanta, Chicago, Detroit, Los An-

preneurs. Interested small business owners can register at [https://thefemalequo-](https://thefemalequotient.equalitylounge.com/shesnext2021empowered-)

byvisa.

\* Launch spotlight marketing campaigns to encourage consumers to shop at Black women-owned small businesses.

\* Partner with Black Girl Ventures to work with local organizations that can more easily reach small businesses and help with point-of-sale and other technology upgrades.

"Black Girl Ventures is proud to partner with Visa on not only

financially assisting these entrepreneurs, but also on providing a megaphone to each community's most pressing needs," said Shelly Bell, founder, Black Girl Ventures. "While the Black Lives Matter movement elevated consumer support of these businesses, the movement must continue to lift up these neighborhoods financially and spiritually."

Are you a female business owner of color, or do you know someone who is? Visit [IFundWomen.com/](http://IFundWomen.com/) Visa to apply for a grant to fund your business, or to learn more about how Visa is supporting women entrepreneurs around the world, visit their She's Next



geles, Miami and Washington, D.C. In addition, Visa has announced it will:

\* Commit \$1,000,000 and extend its grant and mentorship program to the six U.S. cities. Call for applications have opened and can be found at: <https://ifundwomen.com/visa>.

\* Host its first She's Next virtual conference of the year, "She's Next 2021" on March 25, in partnership with The Female Quotient, to celebrate the Black community and women entre-

preneurship. Visit [thefemalequotient.equalitylounge.com/shesnext2021empowered-](https://thefemalequotient.equalitylounge.com/shesnext2021empowered-)

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# Detoxing Underarms to Prevent Breast Cancer *by BlackDoctor.org*

Cosmetic products like toxic deodorants, body washes, soaps, and other 'beauty' treatments are causing greater numbers of breast cancer (though mainstream breast cancer 'awareness' organizations won't talk about it).

These products contain toxic ingredients like aluminum chlorohydrate, triclosan, parabens, glycol, TEA, FD&C, DEA, and various other toxins that no one should absorb through their skin.

Fortunately, women can do a simple, natural armpit cleanse to rid the body of toxic build-up that might cause breast cancer and other diseases.

Studies have shown that many women show to their doctor's offices with cancer in the upper quad-

rant of their breasts, close to the lymph nodes that lay just under the armpit. Chemicals like aluminum (in deodorant) alter out hormones, primarily acting as phytoestrogens, and also congest the lymph system which is a big part of our immunity.

This phenomenon has been tested and proven. A study reportedly published in The Journal of Inorganic Biochemistry looked at breast samples of more than 17 patients, all of which had undergone mastectomies.

Those women using antiperspirants had more aluminum in their breast tissue.

Our bodies can normally handle toxic chemicals like aluminum and parabens by ridding the chemicals through our sweat glands.

Obviously, if the sweat glands are clogged with foreign chemicals, then this makes it much more difficult for the body to do its work.

A simple mixture utilizing just four ingredients applied to the armpits like a mask will unclog the pores, and when washed away will take with it the toxic residue that have overburdened the sweat glands.

Follow this simple recipe, and be sure to drink plenty of clean water to flush out toxins even more as you clear one of the primary pathways of elimination:

## Ingredients:

Organic Apple Cider Vinegar – 1 Tablespoon  
Rosemary Essential oil – 3



## Drops

Cilantro Essential oil – 5 drops

1 tablespoon bentonite clay

**Directions:** Mix the ACV with clay in a bowl or glass. Add the essential oils. It should look like sour cream. You can also use Thieves oil or oregano oil.

Spread a layer on your armpit and leave let rest for a few minutes.

If you aren't in a hurry, you can leave it there for a

longer duration so that it can really soak up the toxins.

- Rinse the mixture from under your arms thoroughly and repeat the process at least once a week.

Another option to detox is to switch out your current deodorant all together. But here's the 4-step process to do it:

1. After you stop using your current deodorant, use a loofah when showering to remove dead skin and toxins from under your armpit.

2. Apply aluminum-free baking soda to armpits when wet, then apply your natural deodorant. If you are sensitive to baking soda, as some people are,

you can mix bentonite clay with apple cider vinegar and water to create a yogurt type of consistency. This is recommended for people who have sensitive skin.

3. When you smell an odor coming from your armpits, wash them and then apply aluminum-free baking soda. After that, apply the natural deodorant again. Or if you are sensitive to baking soda, use the bentonite clay mixture.

4. Repeat this process for up to two weeks or until your natural deodorant works for up to 6 hours.

Note that the first day you start, you may be repeating these steps 5-10 times, but each day that number goes down.



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## FAITH Initiative, Inc. Scholarship Now 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 [faithinitiative-non-profit@gmail.com](mailto:faithinitiative-non-profit@gmail.com) or call 256-714-9399.

Applications must be received not later than *March 19, 2021*.