

Some Bathroom Items that Need Tossing, p. 4

FREE



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Marion Hall, p. 2

"Anything becomes interesting if you look at it long enough."

- Gustave Flaubert



Friday

October 16, 2020

Vol. 7, No. 6

ValleyWeeklyllc.com

Annual Housing Expo Going Virtual

The 2020 City of Huntsville Housing Expo is going virtual! The 2020 Housing Expo will be November 14 from 9:45 a.m. until 3:45 p.m.

This is an opportunity to hear from local and national subject matter experts on topics such as: Mortgage Lending; Workforce Development

(Affordable) Housing; Financial Literacy, Credit Counseling & Foreclosure Prevention; Homeownership Assistance Programs; Choice Neighborhood Initiative (CNI) Planning Grant-Huntsville Model; Affirmatively Furthering Fair Housing; Home Repair Programs; Senior Housing & Aging In Place Modi-

fications; Wills & Estate Planning; Homelessness Resources; Rent & Utility Assistance; and Community Resources.

Registration is free! If you are interested in reserving space as a vendor, please complete the registration form: <https://huntsvilleal.seamlessdocs.com/f/HousingExpo>.

Delta Chapter Will Step Up for the Elderly

The Central North Alabama Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated, calls for a public hearing with the Decatur (Ala.) Housing Authority Directors, Board Chair and Members, and the Mayor of Decatur to specifically address the concerns of the citizens of Decatur regarding the Housing Authorities' disparate treatment of its African-American senior residents.

The chapter, represented by its president, Judise Lanier, expressed its disappointment in the findings of the Department of Housing and Urban Development that the Decatur Housing Authority maintained discriminatory housing practices in its senior properties, at the September 28 special Decatur City Council call meeting.

Lanier stated, "We understand that the Department of Housing and Urban Development reached a settlement with the Decatur Housing Authority to redress the issue of disparate treat-

ment against its African-American residents. That is simply not enough. There is no accountability nor controls to correct the culture of discrimination with the Decatur Housing Authority."

At the September 28 meeting, the Decatur City Council voted to invite the Decatur Housing Authority Board members, Housing Authority directors and the Mayor to a public hearing.

That hearing had been set for Thursday, October 15, 2020, but it has been rescheduled.

While the members of the Decatur Housing Authority are not required to attend, it is the hope of



the chapter that they are present.

"We are convinced this meeting with the public will spark a new, productive, beneficial and transparent relationship between the board and the community it serves," stated Lanier.

Poet's Talent Captured in New Collection

The thought-provoking poetry of local poet Carey Link has been published by Blue Light Press and is now collected in "Through the Kaleidoscope."

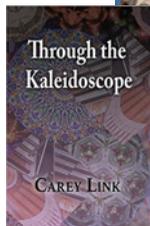
"It's difficult to do justice to Link's exquisite poetry" commented Susan Luther, poet and author of "Breathing in the Dark."

"Suspended between earth and sky, yet touching both, her poems create a richly-hued world both tactile and ethereal, a world of shifting colors and unpredictable juxtaposi-

tions," wrote Luther in a review of the work.

"Whether walking through an hourglass sideways or swerving through asymmetric switchbacks, they traverse the landscapes of imagination and dream, yet directly acknowledge - while acting as charms against - hard realities such as living with metastatic cancer," Luther continued.

Luther continued to refer to Link's poems as being "like window crystals, casting rainbows and flashes of



illumination that penetrate to the still point at the heart of things, beyond words."

Madison County Absentee Ballot Application

Physical Address:
100 Northside Square,
Huntsville, Alabama,
35801

Mailing Address:
100 Northside Square,
Huntsville, Alabama,
35801

Phone Number:
(256) 532-3684

The Valley Weekly
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Spotlight on Our Elders ... Featuring

Mrs. Marion Barley Hall

Marion Barley Hall was born in Madison County, Ala., on December 10, 1936, to the late Daniel and Orell Draper Barley. She attended Councill Training High School and graduated in 1954. Upon completion of high school, she enrolled at Alabama A&M University, where she was an active member of the Marching Band (1954-1955). Hall also received a business education certificate from Manpower in 1963. She was later employed by Marshall Space Flight Center, where she was a Documentation Analyst for over 18 years.

A lifelong member of Center Grove United Methodist Church, Hall served in various ministry areas, including Chancel Choir member, pres-

ident of United Methodist Women, chairperson and co-chairperson of the Harvest Committee, chairperson of King's Care, chairperson of Stewardship, member of the Finance Committee, and chairperson of Burns-Northside, to name a few.

In 1978, she established the first Mother-Daughter Luncheon at Center Grove United Methodist Church. She also served in various civic organizations in her community that include member, Elk Lodge #977 (Daughter of Elk); member, Corner's Homemaker and Community Club; member, ABWA (American Business Women Association); member, Red Hatters (Hill Top-Rough Chapeaux); and member, Eta Phi Beta Soror-



ity, Inc.

Hall's greatest joy in life was caring for the sick and underprivileged, and her adopted motto was, "Let My Work Speak For Me." Her work has spoken, and it is still speaking for her through the tireless care she gave to her family and friends. She always made herself available to assist others.

OCTOBER 16 - HENRY LEWIS - Born in Los Angeles in 1932, he broke racial barriers in the music world as the first Black conductor and music director of a major American orchestra, the New Jersey Symphony.

- BlackinTime.info



Called 2 Preach

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

"Vapid Vocality"

Genesis 19:12-14

The word *vapid* is defined as *offering nothing that is stimulating or challenging*.

There are certain scenarios where this may be the case. It could be a *motivational speaker* who is so in name only.

Unfortunately, it happens in pulpits as well. The late James Brown put it quite succinctly in his song entitled, *Talking Loud and Saying Nothing*.

The text is the story of Lot

giving his family a weightless warning about the destruction of the city in which they lived. They thought he was joking. *Vapid vocality!*

As I write this, I am watching scenes of the motorcade of Congressman John Lewis' trek to the nation's capital to lie in state at the rotunda for two days.

The irony of this event is that while his colleagues on both sides of the political aisle are honoring him, some of



their speeches are examples of vapid vocality because they do not practice even what they "say" Representative Lewis stood for.

Juxtaposed to the congressman's words, there is the physical absence of the one who represents the highest office in the land who like Lot

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A New Generation Of Service

"I'm not a believer in the old-fashioned attitude of a conductor and orchestra playing for themselves and letting the audience listen as a kind of favor."

- Henry Lewis, Conductor

in the text, in the midst of the warnings of death and destruction because of COVID 19, gives words of false hope and wishful thinking.

Congressman's Lewis words are just the opposite. His *good trouble* mantra was more than verbiage. It was

valid and verifiable.

It was the *who, what, and how* he lived his life. Thank you, Congressman Lewis!

Washington in One Minute



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

1. The House and Senate are in recess this week, although the Senate Judiciary Committee started four (4) days of hearings on Monday on the nomination of Judge Amy Coney Barrett to replace the late Justice Ruth Bader Ginsburg on the Supreme Court.

The hearing began at 9:00 a.m. EDT. Talks between Capitol Hill leaders and the Trump Administration on a new coronavirus relief bill reportedly will continue this week, despite an almost full stop on the bill's progress due to thoroughly negative reviews of the Administration's \$1.8 trillion compromise bill from both GOP senators and the House Democratic leadership over the weekend.

Late Sunday, The Washington Post reported that White House Chief of Staff

Mark Meadows and Treasury Secretary Steven Mnuchin sent a letter to Congress asking lawmakers to pass a narrow bill allowing the Trump Administration to redirect about \$130 billion in unused funding from the Paycheck Protection Program to initiate a second round of loans under the program, while negotiations continue on the broader relief effort.

2. President Trump resumed his campaign travel this week, with rallies held Monday in Sanford, Fla., at the Orlando Sanford International Airport; Tuesday in Johnstown, Pa., at the John Murtha Johnstown-Cambria County Airport; and Wednesday in Des Moines, Ia., at the Des Moines International Airport.

Former Vice President Joe Biden was in Ohio Monday for an afternoon campaign speech in Toledo and a get-out-the-vote event in Cincinnati. On Thursday, Mr. Biden took part in a

televised town hall hosted by ABC News, in place of the 2nd Presidential Debate scheduled for Thursday that was cancelled by the Commission on Presidential Debates. Variety reported last Friday that NBC News is among the news outlets exploring the possibility of holding a town hall with President Trump that was scheduled for the same night (Oct. 15).

3. Last Thursday, the U.S. Supreme Court declined the Trump Administration's petition to reverse a Maryland federal judge who ruled in July 2020 that a nationwide Food and Drug Administration (FDA) directive requiring an in-person visit to a doctor's office or clinic to obtain the medications needed to induce abortion was unduly burdensome during the coronavirus pandemic.

The unsigned order was strongly opposed in a dissent written by conservative Justice Samuel Alito and joined by Justice Clarence Thomas, who claimed that the lower court was using the coronavirus as an excuse to expand abortion rights.

In 2016, the FDA eliminated the requirement that the abortion drug mifepristone be administered in a hospital, clinic or doctor's office, but did not relax the requirement that women

pick up the pills in person and sign for them.

4. The Washington Post reported on Friday that the Wisconsin Democratic Party likely will ask the U.S. Supreme Court to reinstate a plan struck down on Thursday that would have allowed state election officials to receive mail ballots for 6 days after the election (without it, Wisconsin officials may not count any mail ballots that arrive after 8 p.m. on Election Day).

In Pennsylvania, the GOP has already asked the Supreme Court to reverse a ruling by the state's highest court that allows ballots to be counted if they arrive up to 3 days after election day. In both cases, the ballots must be postmarked by Elec-

tion Day. In a separate action last week, the Supreme Court on Monday reinstated a requirement that South Carolina mail voters get a witness signature, saying that federal courts shouldn't overrule elected officials in voting matters and that it is too close to the election to make big changes without confusing voters.

5. On Thursday, the U.S. Justice Department sued Yale University, charging the university with illegal discrimination against Asian American and white applicants. The suit follows through on a threat the Justice Department made to Yale in August directing the university to end consideration of race in admissions or face a lawsuit.

The Department says the university's affirmative action programs discriminate against Asian American and white applicants while favoring Black and Latino applicants. Yale President, Peter Slavovney, maintained that the university's admission process is fair and confirmed that its admission policies will not change because of the lawsuit.

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Champion Game Plan for Life

“REAL NEEDS”

by Preston Brown

Philippians 4:19 says, *“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”*

You know, when God speaks of meeting needs, it is not about material needs, or the need to be prosperous. I believe that when God meets our needs, it is designed to direct us towards his good and perfect will for our lives. I also believe that God will meet our needs with a need. In other words, when I felt the need to be comforted, God met that need by providing me with someone that needed comforting. When I felt the need for

need by providing me with someone that I needed to pray for. And when I was standing in the need of a blessing, God met that need by providing me with someone that I could be a blessing to.

You see, God is in the business of meeting needs with needs. Everything that He does is designed to meet our needs. But so often we have the wrong expectations for having our needs met. And perhaps it's because our motivations are all wrong. For example, when we expect our needs to be supplied by “worldly” resources, we will always come up short. And, it will rob us



of our joy. But I heard someone say that “when our joy is low, entitlement is high.” And, it comes from not thanking God for what we already have.

God knows our “real needs,” and they come from a heart that wants to please God. They don't come from the desires of this world. So once we get our hearts right, that will affect our motivation for whatever needs that we want God to supply ... Stay encouraged, my brothers and sisters.

Also, make sure you purchase my book, “A Champion Game Plan For Life,” at amazon.com.



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Presenter: **Dr. David Barnhardt**

October 20: “Eating for Energy, Health & Happiness”

Presenter: **Pam Frazier**

October 27: “Keeping Kids Safe”

Presenter: **Pam Clasgens**



Register at LQUEST.org

HPD Names Public Information Officer

A recent round of police promotions tapped Lt. Jesse Sumlin to take on the role of Public Information Officer for the Huntsville Police Department.

Lt. Sumlin will be responsible for keeping the community abreast of police activities, safety advice, criminal activity and media

relations. It's a demanding job and Lt. Sumlin is ready for the challenge.

The New York City native (Harlem) finds Huntsville to be "a pleasant place to be," and protecting that peace motivates him to serve, according to Sumlin in an interview for HuntsvilleAl.gov.



Bathroom Items That Need to Be Tossed

Most bathrooms are chock full of products: things for your body, things for your face, things to clean with, etc.

However, it is unfortunate that some of the ingredients that typically appear in some of the products we use daily — such as shampoo, sunscreen and commercial household cleaners — are best avoided, according to general scientific consensus.

Throw Away: Products With Parabens

Parare, a synthetic preservative and antimicrobial agent commonly found in personal-care products with high water content: shampoo, conditioner, lotion, cleansers and body wash.

They also turn up in solid products like deodorant. They appear as methyl-, ethyl-, butyl- or propylparaben.

Studies have found that parabens mimic estrogen in the body and disrupt normal hormone function, and they have been found in breast-tumor biopsies.

Growing awareness about parabens has inspired a number of manufacturers to banish them in favor of safer preservatives, while some have simply accepted a shorter shelf life as the price of doing healthy business.

You can often find personal-care products labeled "paraben-free," which will save you a little squinting in the product aisle.

Signers of the Compact for Safe Cosmetics have committed to avoiding their use; you can find the list of these companies at <http://www.safecosmetics.org>.

Throw Away: Products With Phthalates

Phthalates are plasticizers that stabilize scent in perfume and color in cosmetics; they also keep nail polish from chipping.

You won't find them listed on most labels, though they can be present in almost every conceivable personal-care item hidden in the ingredient "fragrance." (Company formulas are legally protected as proprietary information.)

Multiple studies have linked phthalates to depression of normal thyroid function and birth defects, mostly affecting the genital development of young boys and sperm counts in adult men.

Two kinds of phthalates commonly found in cosmetics were banned in the EU with its recent cosmetic safety directive, forcing international companies to reformulate their products

for the European market.

A number of nail polish manufacturers have removed the "toxic trio" — dibutyl phthalate, toluene (a solvent and neurotoxin) and formaldehyde — from their nail polish formulas.

Still, it's smart to view nail polish and products with caution, especially if you're pregnant. Water-based polishes are the most benign option.

Throw Away: Products With Sodium Lauryl/Laureth Sulfate (SLS)

SLS is a synthetic detergent and foaming agent connected to skin and eye irritation. It's also linked to the byproduct 1-4 dioxane, a suspected carcinogenic contaminant produced by the ethoxylation process, used to make some ingredients less harsh. (Sodium lauryl sulfate is converted to sodium laureth sulfate, for example.)

Throw Away: Products with Synthetic Fragrances

They can contain as many as 200 ingredients that manufacturers are not required to disclose.

A common allergen, "fragrance" on an ingredient label is a reliable indicator that the product contains phthalates. *-BlackDoctor.org*

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

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



ABSENTEE VOTING ASSISTANCE

- Register to vote
- Get an absentee ballot
- Learn how voting works
- Received your ballot, what's next?

Vote
Gone
Viral

Locations / Dates

9/26	House of Hope	10AM-1PM	3115 Aspen Ave. NW
9/27	OakWood U. Blake Center	NOON-5PM	7000 Adventist Blvd NW
9/30	St. Luke Christian	10AM-NOON	1800 Sparkman Dr. NW
10/3	VGV Biker Rally	11:30-5PM	7200 Singletree Rd NW
10/4	Beaver Dam PBC	NOON-4PM	715 Beaver Dam Rd. N.E., Tuscumbia, AL
10/4	Zion Progress MBC	11:30-5PM	718 Oscar Peterson Rd
10/10	Maitland Conservatory	9AM-1PM	5545 Memorial Pkwy NW

Richard Showers Center:
4000 Blue Spring Rd NW

Saturday 10AM-12PM
10/17, 10/24, 10/31

Sunday 2AM-4PM
10/11, 10/18, 10/25, 11/1

Questions?

Call Vote Huntsville: (256) 384-8787
All events: outside masks required.
All events: are CDC compliant, social distancing observed!

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The Valley Weekly

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The Valley Weekly Ad Rates Single Issue

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

Tennessee Valley Calendar of Events

October 13

State of the City 2020
A Virtual Speech by
Huntsville Mayor Tommy
Battle
HuntsvilleAL.gov/HsvTV
2 p.m.

October 16

Socially Distant Food Truck
All Stars 2020
Downtown Huntsville
4 p.m.

October 17

Dog Days Outdoor Mar-
ket (Fresh vegetables, salad
greens, herbs, watermelon,
peaches, peppers, heirloom
tomatoes, cantaloupe, baked
goods, home canned jams,
jellies and salsas, or even non-
food items such as cut flowers
and skin care products)
30444 Gowen Road

Ardmore, Tenn.

October 20

LearningQuest Webinar
"Eating for Energy, Health &
Happiness"
Pam Frazier
Free and OPEN to the Public
Register at LQUEST.org
7:30 p.m.

October 22

Master Artist Workshop
Lian Quan Zhen
"East Meets West: Chinese &
Watercolor Painting"
Huntsville Museum of Art
\$525 Non-members
Huntsville, Ala.
9 a.m.-4 p.m.

October 26-30

City-Wide Revival
First Missionary Baptist
Church

3509 Blue Spring Road, NW
Huntsville, Ala.

October 27

LearningQuest Webinar
"Keeping Kids Safe"
Pam Clasgens
Free and OPEN to the Public
Register at LQUEST.org
7:30 p.m.

November 15

Sunday Jazz Lunch Brunch
at Stovehouse featuring Josh
Couts & Friends
Stovehouse
Huntsville, Ala.
12 p.m.

November 22

Pre-Thanksgiving Service
Rev. Tramaine Snodgrass
Blackburn Chapel CPCA
507 Plummer Road, NW
Huntsville, Ala.



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State Farm



Valley Deaths

NELMS MEMORIAL FUNERAL HOME -

2501 Carmichael Avenue NW - Huntsville, AL 35816 -
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Graveside service for MR. OLIVER S. HEREFORD (b. 1944) will be held Saturday, October 17, at Meadowlawn Garden of Peace with The Reverend Endia J. Scruggs officiating.

Funeral Mass was held Friday, October 9, for MR. JAMES LOUIS PULLEY (b. 1931), formerly of Huntsville, Ala., at St. Vincent De Paul Catholic Church, 1700 Heiman St., Nashville, Tenn.

Graveside service for MS. KATINA CARTER (b. 1975) was held Thursday, October 15, at Beaver Dam Cemetery with Elder Larry Smith officiating.

Public Viewing for MS. TUCHONE T. COATES (b. 1964) will be held Friday, October 16, ~ 3-5 p.m. at New Life St. Paul COGIC (15275 Hwy 49 - Belzoni, MS 39038).

Graveside service for MR. MICHAEL RAY ROBERSON, SR. (b. 1970) was held Saturday, October 10, at Pine Grove Cemetery (Deposit, Ala.).

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

Funeral service for MRS. JEANETTE SALES WATKINS (b. 1933) was held Wednesday, October 14, at the Northside Cemetery.

Funeral service for MR. COLLIE MCKLEVIN (b. 1958) was held Wednesday, October 13, at the Meadowlawn Garden of Peace with Apostle Sylvia Moore officiating.

Graveside service for MR. MICHAEL ANTHONY BAKER (b. 1987) was held Tuesday, October 13, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.) with Pastor Jaymes Mooney officiating.

Funeral service for REV. HORACE J. FITCHARD, JR., (b. 1955) was held Saturday, October 10, at the Saint John African Methodist Episcopal Church (229 Church Street NW, Huntsville, Ala.) with Pastor Maurice Wright officiating.

Funeral service for MR. NATHANIEL OTEY (b. 1937) was held Saturday, October 10, at the Valhalla Memory Gardens with Pastor Gregory J. Bentley officiating.

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

Funeral service for BABY REIGN HARRIS (b. 2020) has not been arranged yet.



Reversing Trump's "Tower of Babel"

"Look!" (God) said. "The people are united, and they all speak the same language. After this, nothing they set out to do will be impossible for them!" - Genesis 11:6, NIV

Tower of Babel 2.0?

After Noah's Ark and the Great Flood (Genesis 6-9), God promised to never again destroy the earth with water. Yet the people decided to defy God's promise and erected a tower to protect themselves from floods.

Therefore, God confused them with foreign languages and construction stopped. This caused their unfinished skyscraper to be forever dubbed the "Tower of Babel" - translated, "a confused mixture of sounds and voices."

Since 2017, Americans have been witnessing and experiencing Trump's Tower of Babel of confusing languages of defiance. But in contrast to the Bible's Tower of Babel scenario, more and more Americans are defying Trump's defiance!



"The Same Language"

Mirroring the opening text, Americans are coming together increasingly as one people, speaking "the same language" during this voting season.

Among the sounds raised in that same language are: "Vote Him Out!," <https://wapo.st/2SE1MLB> they shouted on September 24, as the President feigned respect at the coffin of Justice Ruth Bader Ginsburg, whose gender equality legacy he's now seeking to reverse.

"Plan Your Vote," <https://bit.ly/33HZTBo> echoes across the nation, as his administration seeks to devalue absentee and early voting. And

"Black Lives Matter," <https://blacklivesmatter.com/>, Americans shout from both streets, corporate boardrooms, <https://bit.ly/33HKy3G> and pro sports arenas.

The Bible's Prediction?

If this united-people/same-language movement continues then, as the text predicted, "... nothing they set out to do will be impossible for them!"

Currently, we 5.6 million Americans have already voted, compared to 75,000 at this point in 2016, <https://bit.ly/30Pflg>. Our three-part message?

VOTE - and the choice is yours;

DON'T VOTE - and the choice is theirs; but

DON'T REGISTER - and you'll have no choice!

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



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Assistance Fund

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COVID-19- RELATED UNEMPLOY- MENT

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

MADISON COUNTY HEALTH DEPARTMENT (256) 539-3711

LATEST
COVID-19
INFORMATION
Alabama Department of
Public Health
www.alabamapublichealth.gov

Centers for Disease
Control and Prevention
cdc.gov

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[https://hsvchamber.org/
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providers/](https://hsvchamber.org/restaurant-deliveries-take-out-food-service-providers/)

Some Herbs and Spices Help Drain Mucus from Lungs

Herbs and spices have long been used to add value. In ancient times, spices were used as much as for their medicinal properties as they were for their flavors. They were also extremely valuable currency. Now, during this pandemic, herbs and spices have become more valuable in a different way...our health.



Although evidence is limited, some specific herbs and spices have helped relieve congestion symptoms. In a 2010 study of herb and essential oil effectiveness against viral infections, an essential oil spray containing peppermint, eucalyptus, oregano, and rosemary was applied to participants five times a day for 3 days.

At the end of the study, the researchers concluded that the essential oil spray was effective at improving upper respiratory symptoms immediately after use.

Here are some spices that research has proven to attack the mucus, thin it out and even sometimes help it drain from the body:

Cardamom

Also known as elaichi, cardamom's small green pods are rich sources of minerals and antioxidants that aid in blood detoxification and resolve digestive issues. The aromatic spice also contains vitamin C and other essential nutrients to help protect against viral infections and the formation of mucus in your body.

Nutmeg

This is a warm spice and can be added to your sweet and savory food items to boost their flavors. It has strong antibacterial properties that help boost the immune system.

A cup of hot milk with nutmeg powder, a few drops of honey, and crushed cardamom are packed with antiviral properties and has the ability to kill viruses that cause sniffles and sore throats.

Cinnamon

When you think of cinnamon, don't think of it as an added spice to some of your favorite sweets and desserts.

Others:

Cayenne Pepper
Peppermint
Salt (and Water)

- *BlackDoctor.org*

A&M Team Encourages Civic Engagement

The Civic Engagement Team (CET) at Alabama A&M University has been increasing efforts aimed at ensuring students take the necessary steps to exercise their voting rights.

In early October, Alabama A&M was among six sites where drive-up absentee voting assistance was provided by Madison County Circuit Clerk Debra Kizer and staffers.

CET recommends that all AAMU students, faculty and staff register to vote in Madison County, confirm their active registration status and head to the Madison County Courthouse.

Registered voters may vote absentee in person at the Madison County Courthouse Monday through Friday from 8:30 a.m. to 4:30 p.m.

According to CET's Dr. Tonya E. Perry, all that is required is a state-issued photo ID, such as a driver's license. Students may use their AAMU ID.

On Thursday and Friday from 8:30 a.m. to 3:30 p.m., buses will run from various campus locations to the Madison County Courthouse to allow the casting of absentee ballots.

CET representatives will be on hand at the Courthouse to support students in completing the voting process.

The last day to vote absentee in person is October 29.

PowerShot

"Never surrender.
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faith you got; don't
ever stop, just push
it 'till you hit the
top and if you drop,
at least you know
you gave your all
to be true to you,
that way you can
never fail."

+Tupac Shakur

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- Tupac Shakur

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