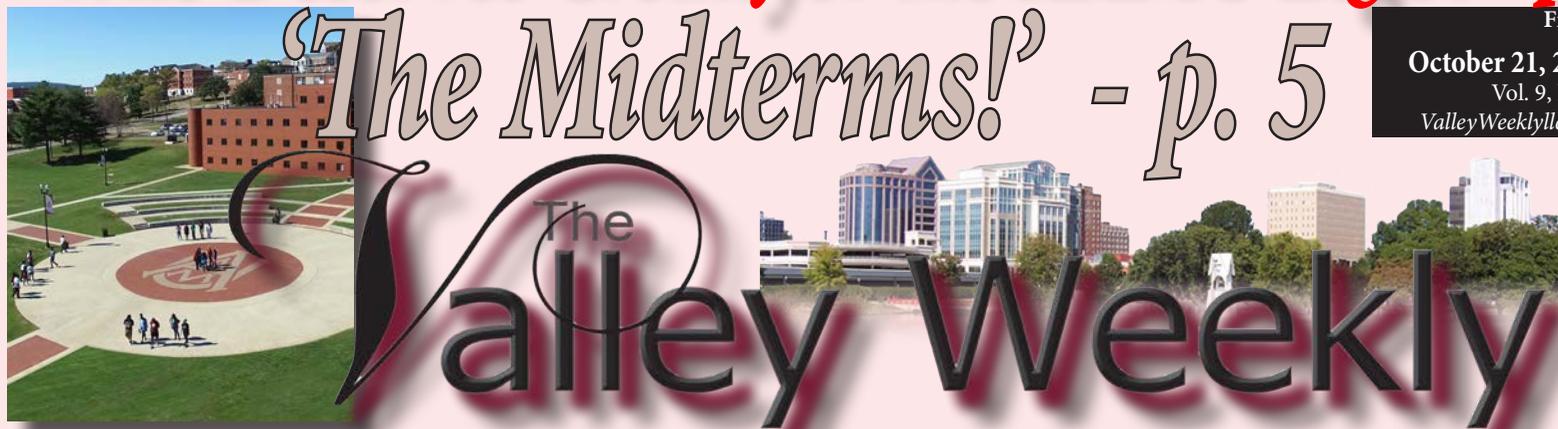


Who Deserves Credit for the AAMU Logo? - p. 6

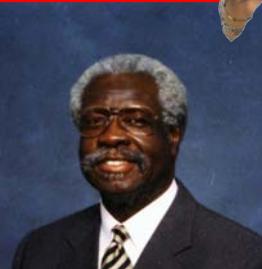
FREE

'The Midterms!' - p. 5

Friday
October 21, 2022
Vol. 9, No. 7
ValleyWeeklyllc.com



SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Deacon Robert Jackson

"If you want to understand any problem in America, you need to focus on who profits from that problem, not who suffers from the problem." - Amos Wilson

Second Annual Women's Conference Set

"Navigating the Journey of Life: Identifying the Tools Needed for Mind, Body and Spirit" is the theme of the Second Annual Conference for Women.

The event will be held Saturday, November 5, in the new room of Trinity United Methodist Church, located at 607 Airport Road SW, Huntsville, Ala., from 10

a.m.-12 noon.
Get tickets at <http://www.interfaithmissionservice.org/women2022>.



Evans Inducted into Fraternity Hall of Fame

Christopher A. Evans (r) was recently inducted into the Hall of Fame of the Alabama District Association for Alpha Phi Alpha Fraternity, Incorporated. At the Friday, October 14, induction ceremony, Evans was presented this honor by Alvin Odoms, a friend and frat brother.

Evans learned about the fraternity from his father, the late Dr. Richard A. Evans and his mentor, the late Wilbert L. Brown, who were both members. He was initiated into the fraternity through the Delta Gamma Chapter seated at Alabama A&M University during his undergraduate matriculation. Since his initiation in 1987, Evans has served at all levels of the fraternity. Not only is he a well known member of Huntsville's prestigious Delta Theta Lambda Chapter, he is known

throughout the fraternity across the country.

A native Huntsvillian, Evans is a product of Huntsville City Schools and graduate of J.O. Johnson High School. Following the completion of his B.S. degree in logistics and Procurement from AAMU, Evans obtained his MBA and currently serves as the Director of the Office of Small Business Programs for the United States Army Aviation & Missile Command at Redstone Arsenal. He is married to Dr. Yvette Evans, and they are the proud parents of Miss Kyler Grace Evans.

Outside of Alpha Phi Alpha Fraternity, Incorporated, Christopher Evans is a life-



long member of Fellowship Presbyterian Church in Huntsville where he is actively engaged with several ministries alongside his beloved mother, Mrs. Gloria Evans. Extending his community involvement, Mr. Evans is a charter member of the Epsilon Kappa Boulé Chapter of Sigma Pi Phi Fraternity in Huntsville.

(Photo by Anthony Gibson)

AAMU Opioid Project Gets Recognition

The Alabama A&M University College of Education, Humanities and Behavioral Sciences (CEHBS) has announced that the AAMU Opioid Impacted Family Support Training (OIFST) program was selected recently as a regional winner of the Governor's Work-Based Best Practice.

AAMU will be a contender for the Governor's Seal of Excellence in Work-Based Learning competing with other Universities. Region 1 conference presentation will be at Athens State University on Thursday, October 20.

Funding from the Department of Health Resources and Services (HRSA) allowed AAMU's Department of Social Work to train Master of Social Work (MSW) students to

work with families affected by opioid use disorders (OUD) and other substance use disorders (SUD) in medically underserved areas throughout Alabama's northern region.

The AAMU Opioid Impacted Family Support Traineeship Grant (OIFST), acquired by Dr. Katina Lang-Lindsey (PI) and Dr. Sam Choi (Co-PI), is part of Alabama's

attempts to address the opioid epidemic in both rural and urban regions. Dora Cook is a project coordinator.

As an Apprenticeship Sponsored Program, the Department of Social Work will collaborate with agencies in over 19 counties in Northern Alabama to help close service-delivery gaps in hard-to-reach communities throughout Alabama.



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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 will have no recorded votes until Monday, Nov. 14. Last Thursday, the House Jan. 6 Select Committee's 7 Democrats and 2 Republicans voted 9-0 to subpoena former President Trump to provide documents and testimony under oath concerning the events of Jan. 6, 2021. The subpoena is expected to be issued in the coming days and reportedly will include a deadline for when Mr. Trump must comply.

2) **THE WHITE HOUSE.** On Thursday, President Biden was scheduled to travel to Pittsburgh, PA and then host a fundraiser in Philadelphia for Democratic Senate candidate John Fetterman.

3) **SUPREME COURT.** Last Thursday, the Supreme Court rejected a request from former President Trump to reinstate a lower court's order requiring the Justice Department to turn over 100 classified documents for a special

master's review that were among the 11,000 documents seized by the FBI in an Aug. 8 search of the former president's Florida estate Mar-a-Lago. The ruling came in an unsigned one-sentence order with no recorded dissents. In September, U.S. District Judge Aileen Cannon granted Trump's request to appoint a special master to review the documents and bar the Justice Department from using them as part of a criminal investigation, but a three-judge panel of the U.S. Court of Appeals for the 11th Circuit put part of Cannon's order on hold - including the portion requiring DOJ to allow the special master to review the classified documents. The court has no arguments scheduled until Oct. 31 when it will hear a pair of cases pertaining to whether universities may use race as a factor in admissions (and whether it will overrule 20 years of precedent that allows race to be considered).

4) **SEPTEMBER INFLATION REPORT.** On Thursday, the Department of Labor announced that overall inflation climbed

8.2% in the year through September, more than the expected 8.1% increase, but a slight moderation from the 8.3% increase in the year through August. The core index (stripping out fuel and food costs) climbed 0.6%, which is the fastest pace of annual increase since 1982. The

Federal Reserve is now forecasting a peak federal funds rate (the interest rate that banks charge each other to borrow or lend excess reserves overnight) of around 4.5%.

5) **STUDENT DEBT RELIEF.** On October 11, the Department previewed the student debt relief application web site. The form is short and simple, requires no supporting documentation or FSA identification, and will be available in English and Spanish and on both desktop and mobile devices. The application period will open later this month and run through December 31, 2023. Once submitted, FSA will review the application, determine eligibility for relief, and work with loan servicers to process the relief. The best source of information

during this process is @usedgov and @FAFSA, and the Department will notify borrowers once the application becomes available. (Note: To be among the first to be notified, sign up for updates at StudentAid.gov/DebtRelief.). Also, on October 11, President Biden signed into law the Joint Consolidation Loan Separation Act, which allows borrowers who previously jointly consolidated their student loans to separate those consolidated loans.

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THE VALLEY WEEKLY
VALLEY DEATHS



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Funeral service for MRS. LOLA DICKERSON (b. 1939) will be Saturday, October 22, at 12 p.m. at Lakeside United Methodist Church with The Reverend Dr. Randy Kelley, Pastor - officiating.

Funeral service for MRS. ROSA E. BRADFORD (b. 1939) was held Monday, October 10, at the Consolidated Flint River and Running Water Primitive Baptist Memorial Tabernacle with the Reverend Gregory Miller officiating.

Funeral service for MR. ALONZO CLAY HEULETT (b. 1963) was held Saturday, October 8, at Nelms Memorial Funeral Home Chapel with The Reverend Al Holden officiating.

ROYAL FUNERAL HOME

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

Funeral service for MR. WILLIE EDWARD GOLDEN (b. 1939) will be held at 11 a.m. Thursday, October 20, at the Union Chapel Missionary Baptist Church (315 Winchester Road, Huntsville, Ala.) with Dr. O. Wendell Davis officiating.

Funeral service for MRS. ALEAH DOLORES HYMAN-FAULKNER (b. 1955) was held Tuesday, October 18, at the Royal Chapel of Memories with Pastor Washington Johnson Jr. officiating.

Funeral service for MRS. FLORA HARDEN PINCHON (b. 1939) was held Sunday, October 16, at the Mount Zion Missionary Baptist Church (710 Dan Crutcher Rd, Toney, Ala.) with Dr. Eric Peebles officiating.

Funeral service for MR. RICHARD BURTON MALONE (b. 1963) was held Saturday, October 15, at the Round Island Creek Mission Center (13829 Lucas Ferry Road, Athens, Ala.) with Brother Bobby Pepper officiating.

Funeral service for DR. CONSTANCE JORDAN WILSON (b. 1951) was held Saturday, October 15, at the First Missionary Baptist Church (3509 Blue Spring Road NW, Huntsville, Ala.) with Dr. Don Darius Butler officiating.

SERENITY FUNERAL HOME

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

Funeral service for MRS. VALTINE ROSELINE DAVIS JOHNSON (b. 1951) was held Monday, October 17, at Christian Way Funeral Home in Pine Bluff, Ark..

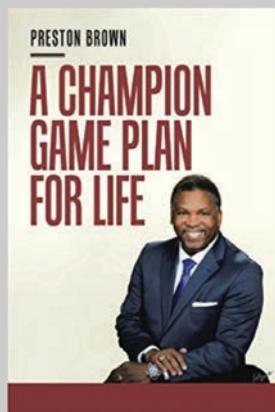
THE VALLEY WEEKLY
CHAMPION GAME PLAN

PRESTON BROWN



“DO YOU WANT TO BE HAPPY?”

Psalm 1:1 says, *Blessed (happy) is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who*



meditates on his law day and night.

Do you want to be happy? But if you keep on doing the things that keep on bringing you pain, you will never be happy. These are the words from a song that Kirk Franklin wrote in 2015 about being happy.

In 1920, an author by the name

of William Lyon Phelps published a book entitled “Happiness.” This book talks about people who wished to either become happy or remain happy.

Now the writer of Psalm chapter 1 does not attempt to define happiness, He illustrates it, and he shows us that happiness is not in our circumstance, it is in ourselves. In other words, it’s not what’s going on around us; it’s what’s going on *inside* of us.

And, more importantly, it is the condition of our spiritual health and the de-

gree of intimacy with God.

I’ve seen many older people look physically unhealthy, but who were spiritually in great shape. And, it was because of this spiritual intimacy that they had with God that made them extremely happy.

Today, if you want to be happy, I believe that we need to develop a deeper spiritual relationship with God by reading His word and staying in fellowship with other followers of Christ ... Stay encouraged, my brothers and sisters!

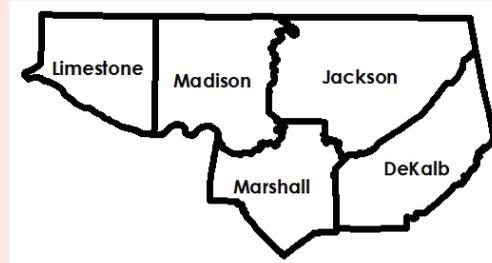


TARCOG SeniorRx Program Partnership for Medication Access

SeniorRx helps seniors lower their prescription drug costs by enrolling individuals in Patient Assistance Programs directly through the pharmaceutical companies. If approved, this allows individuals to receive their name-brand prescriptions for free or at a discounted rate.

You must meet the following qualifications:

- You are an Alabama resident.
- You have a chronic condition that requires maintenance drugs.
- You meet pharmaceutical company income requirements (differs by company).
- **AND** you are **one** of the following:
 - You are 55 or older.
 - You (at any age) have been deemed disabled by Social Security, or have applied for disability and are awaiting a decision, or have a doctor’s declaration of disability.
 - You are in the 24-month Medicare waiting period.
 - You lost your job due to Covid-19, no insurance and on unemployment.



Call (256) 716-2666 for more information or to make an appointment.



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Huntsville Considers Medical Cannabis

The City of Huntsville is taking cautious steps toward participating in Alabama's new medical cannabis system.

After giving careful consideration to the new medical option, City administration believes making medical cannabis products available to qualified patients under the care of a physician would be beneficial for those suffering from chronic and terminal illnesses. Alabama is the 37th state to allow use of cannabis for medicinal purposes.

The law creating Alabama's medical cannabis system received bipartisan support in the state legislature.

To begin, the City is proposing a zoning plan, which will be in addition to the layers of state regulation implemented by the Alabama Medical Cannabis Commission (AMCC). Huntsville's Planning Commission will begin evaluating zoning recommendations Oct. 12.

As recently enacted state law requires, municipal governments must pass an ordinance and inform the

state if they wish to allow dispensing sites to operate in their communities. At the City Council's upcoming Oct. 13 meeting, the City will introduce an ordinance authorizing dispensing sites in Huntsville. Following Council consideration, a vote could come two weeks later.

If Council approves the ordinance on Oct. 27, the City will finalize a zoning plan and implement any needed changes to City license and tax requirements.

- HuntsvilleAL.gov

AHA Approaching Grant Deadline

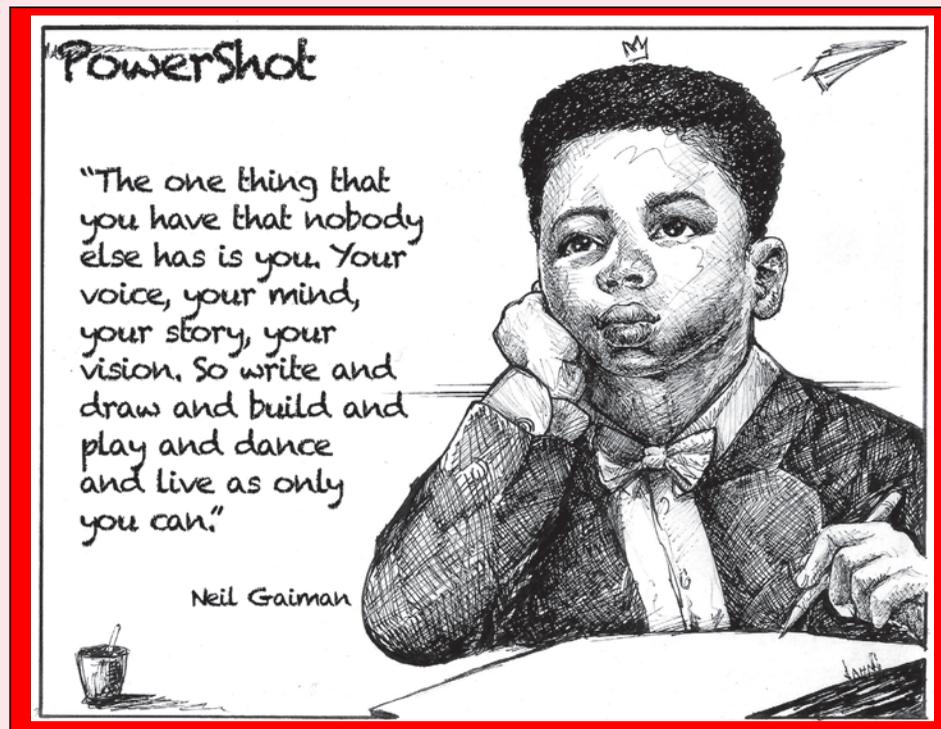
Preliminary applications are due November 15 for major grants offering up to \$10,000 in funding. Those who apply will get feedback on their proposals before

submitting final applications by December 15.

For more information, read the 2022 Grant Guidelines for Alabama Public Humanities Grants.

Questions? Schedule a

call with Graydon Rust, AHA's grants director to learn about grant offerings, the grant application process and the type of humanities projects AHA funds.



"We must understand the tremendous value of the study of history for the re-gaining of power. If our education is not about gaining real power, we are being miseducated and misled and we will die 'miseducated and misled.'"

- Amos Wilson

THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

October 20
Region 1 Opioid Conference
Athens State University

Huntsville, Ala.
11:30 a.m.

John Hunt Park
12-7 p.m.

"A Century of Service & Culture: A Tribute to Mrs. Nell Lane Bradford" Scholarship Luncheon
Luncheon Cost: \$45
Sponsor: Dr. Henry and Mrs. Nell Lane Bradford Scholarship Foundation, Inc.
The Ledges
32 Castle Down Drive

Haunted Mansion Dinner
Burritt on the Mountain
6-8 p.m.

October 21
Food Truck & Trailer Rallies
Downtown Huntsville
5-9 p.m.

October 22
Volley-BOO Beach Tournament

Robyn's Garden Present R&B
Soul Night Featuring Nina Marie
200 Oakwood Avenue NE
Suite A
Huntsville, Ala.
8 p.m.

October 26
Wernher Von Braun Memorial Dinner
Host: Space Club

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2022 Midterm Elections, Voter Suppression, and Overturned Roe v. Wade: A Political “Thorn in the Flesh,” or a Left-Handed Compliment? Or, both?

“... so I wouldn't get a big head, I was given the gift of a handicap to keep me in constant touch with my limitations. . . . At first I didn't think of it as a gift, and begged God to remove it. . . .” 2 Corinthians 12:7,8

Here, the Apostle Paul felt that in order to keep him from over-celebrating his victories, God permitted an unnamed thorn to pierce his flesh and humble him.

Paul's response to his “thorn in the flesh” actually strengthened him into expanding his evangelistic outreach throughout Asia Minor, and not suppressing it.

Unfortunately, efforts of states at voter suppression and restricting women's reproductive rights (thorns in the flesh) can be just what's needed to keep young people and people of color aware, agitated, and active in retaining and even expanding their 2020 political victories.

The historic 2020-2021 elections of Vice President Kamala Harris and Georgia U.S. Senators Jon Ossoff and Raphael Warnock elevated the significance and voting power of young voters and people of color.

However, they were met almost immediately and aggressively with 400+ voter suppression bills in 47 of our 50 state legislatures. But as Paul noted 2000 years ago, those thorns can be used to make one stronger.

White House and Georgia's US Senate victories often cause their supporters to fall asleep politically. Historically, they lost their midterm and presidential election years.

Conversely, such outcomes can mobilize the losers. Due to current voter suppressionists' efforts, however, this November and 2024 elections could reverse those trends.

Voter Suppression Campaigns: The New “Pandemic”

This current voter suppression “pandemic” might just keep Democrats and their supporters awake, agitated, and politically active, forecasts former Republican National Committee Chair Michael Steele.

Steele chided Republicans, “How do you think this ends? Do you think black folks will just sit by and let you get away with this?” He reminded them that GOPs would be remembered as voting against their right to vote.

“Enjoy your time in office. Because you will see the power of the vote come back like a hammer,” **Michael Steele predicts GOP electoral catastrophe after Brian Kemp signs voter suppression bill - Raw Story.**

We need to use their voter suppression “thorns” to prick us into greater voter registration and even greater voter turnout!

Huntsville City Council Meetings



Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

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

NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.

Alabama A&M University Bulldog Football 2022

Sept. 1	at UAB	B'ham	7PM
Sept. 10	at Troy	Vet	6PM
Sept. 17	vs. AUSTIN PEAY		2PM
Sept. 24	at FAMU		5PM
Oct. 1	HOME COMING	(vs. Bethune-Cookman)	2PM
Oct. 8	vs. Grambling		1PM
Oct. 16	at UAPB (St. Louis)	River City Classic	3PM
Oct. 29	vs. Alabama State	Magic City Classic	2:30PM
Nov. 3	at MVSU		6:30PM
Nov. 12	vs. Jackson State	Gulf Coast Challenge	TBA
Nov. 19	vs. Texas Southern		1PM
Dec. 3	SWAC Championship		

RJF Gala to Resume Annual Gala in 2023

The Rosetta James Foundation Board of Directors announced that the annual Honoring Our Elders Gala will return in March 2023. The decision was made at the Board's 15th annual meeting in Huntsville.

The Foundation, through its Gala and other activities, honors active volunteers who are 70 years of age and older. It also provides scholarships. In March 2022, the Foundation awarded some



\$40,000 in scholarships to students. Several recipients attend local colleges and

universities.

Board Treasurer Gary T. Whitley, Jr., reported the acceptance of a \$30,000 donation from Fashionably Greek which was awarded for the 2022-23 academic year and distributed in the fall. Dr. Dorothy W. Huston serves as president of the RJF.

OCTOBER 21 - PAULA KELLY

- An American actress, singer, dancer and choreographer in films, television and theatre. Kelly's career began during the mid-1960s in theatre, making her Broadway debut in the 1964 musical Something More!, alongside Barbara Cook. Kelly's other Broadway credits include The Dozens (1969), Paul Sills' Story Theatre (1971), Ovid's Metamorphoses (1971), and Sophisticated Ladies (1981), based on the music of Duke Ellington. -BlackCelebrityBirthdays.com



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Reimagine Your Future

Who Should Be Credited for the Creation of the AAMU Logo?

It's a question that has come up before.

There's some tension behind it, almost to the extent that some would prefer to leave the topic in the far corner of the room. But let's see if it can be settled once and for all ...

Who is responsible for Alabama A&M University's logo?

The names that rise to the top are all top-notch men in the AAMU chronicles, and all have passed on to leave impressive legacies, even if the logo was never mentioned. There's **A. A. Burks, Sr.** (top left), the beloved former educator and principal who served as the distinguished director of university relations at AAMU. Another name often associated with the University logo is **Dr. George O. Jones** (middle), a dedicated AAMU professor who also established the Department of Drafting and Design at J.F. Drake State Community and Technical College in Huntsville. Finally, there's **Dr. Theo Weir** (bottom right), the respected educator, mentor and Mississippian who once chaired AAMU's Department of Industrial Education and Technology.



After a few dead ends, the search for answers led to one sure-fire source. Desperately needed was a true Bulldog, one who



had no skin in the game, one who knew the history of the school and its people and--most importantly--one who still had the Bulldog where-withal to explain it all. Another criteria: someone always ready to lend a hand and/or to set the "real" record straight.

Someone like retiree Joe Hudson. Hudson, former AAMU printer and industrial technology educator,

knew all three men. Hudson's account is not only a logical picture, but it also frames images endearing to all three men. Here is how Hudson explains it ...

The late and great **Mr. Arthur A. Burks, Sr.**, can be credited for conceptualizing the logo. From there, draftsman/designer **George O. Jones** deserves accolades for taking that concept and placing it



on paper. Finally, **Dr. Theo Weir** was able to take that design and build the physical logo edifices that we see around the campus today.

Someone once said, "There is no limit to what can be done if no one worries about getting the credit." But, to counter that assertion, what if "everyone" gets the credit?

Still not quite satisfied? Something missing still? Send us a note at public.relations@aamu.edu. If there are enough "insightful" responses (*subjective, yes!*), we'll add to the above story. But as for now, the AAMU logo is a story of vision, school pride and teamwork.

- Jerome Saintjones



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

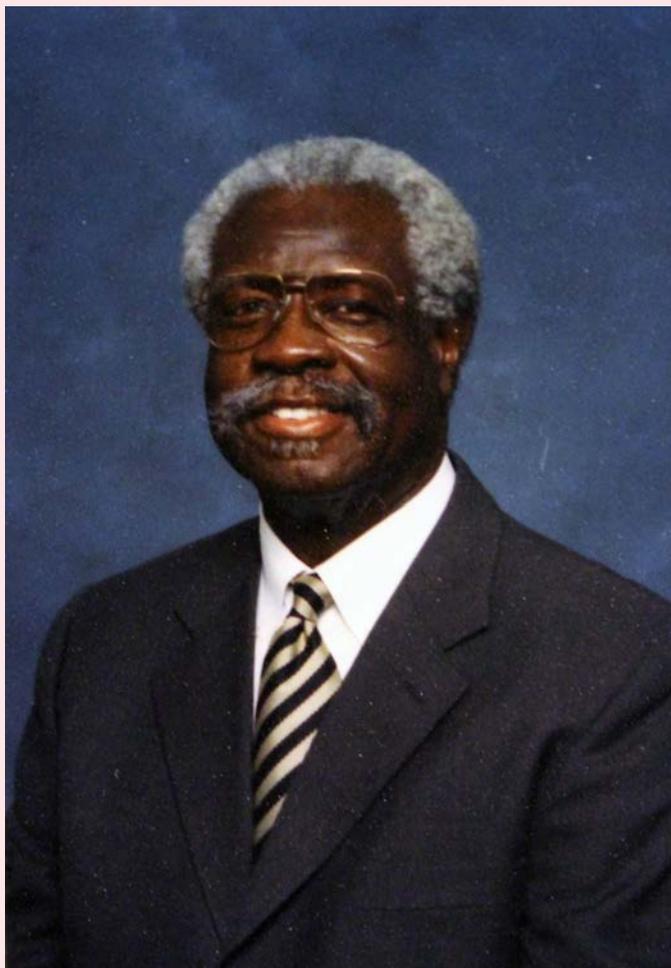
Deacon Robert Jackson

Robert Jackson, Jr., is the son of the late Robert and Mary Stewart Jackson. He was born and reared in Gloster, Miss., and spent all of his formative years in Amite County. Jackson is a veteran of the U.S. Army, having spent two years in Korea and various other locations.

He departed the military and relocated to New Orleans, La., where he met and married Lubirda Jackson and built a family of eight boys and one girl. He was employed as a longshoreman for over 30 years, and he served as a foreman and union representative for ILA, Local 3000.

A true entrepreneur at heart, Jackson has been the founder of several businesses, including Jackson Detective Agency, Bob's Used Cars, and Bob's Delicious Candies. He has spent his life serving as an encourager and supporter of the youth in an endeavor to make the future even brighter than the past.

In 2011, he and Lubirda relocated to The Rocket City and became residents



of the city of Madison, Ala. He is a member of St. Luke Christian Church and is active in the Senior's Ministry.

His autobiography, "Please Let Me Talk," is a compilation of his life story and seeks to give insight about the other part of the story and the other side of the

tracks. He felt compelled to show the world that one could do very well, have a good life, and be successful in the process. He spent most of his life trying to show others that there are several ways to have success, other than obtaining a traditional education.

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



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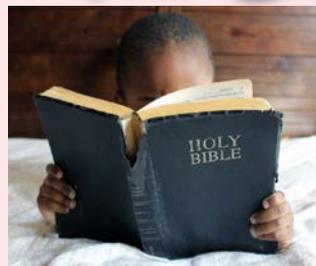
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This Sunday's Lectionary



Sunday, October 23

Twentieth Sunday

After Pentecost

(Track 2 - Year C)

Jeremiah 14:7-10, 19-22

2 Timothy 4:6-8, 16-18

Luke 18:9-14

Psalm 84:1-6



**SERENITY
FUNERAL HOME**

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A New Generation Of Service

Breast Cancer Survivor Sheds Light on Toxic Chemicals in Beauty Products

When Tiah Tomlin-Harris got diagnosed with breast cancer at the age of 38, she had no family history of the disease. However, she believed one key component may have led to her diagnosis: her lifestyle.



“Since the diagnosis, I’ve been busy helping other men and women fight, Tomlin-Harris said, according to a blog post. “I started a Facebook group called My Breast Years Ahead – Atlanta, helping women who have been affected by any type of cancer in the Atlanta area, connect and share their journey.”

In 2019, she joined Bench to Community, a research initiative in California dedicated to informing Black women about the harmful chemicals found in beauty products. The team is currently conducting research into how chemicals in beauty products may uniquely affect Black women.

Tomlin-Harris also co-founded My Style Matters, a 501c grassroots nonprofit organization dedicated to educating and supporting underserved families impacted by cancer.

“There are beauty supply stores everywhere in our community, on every corner,” Tomlin-Harris told Insider. “Beauty supply

stores have harmful chemicals in them. So how do we get this messaging out into the community?”

This information is vital because research on chemicals in personal-care products and breast cancer is still lacking, according to the American Cancer Society. When research is conducted, they mainly consist of white participants, leaving Black women left out of crucial clinical trials.

“The people who conduct these studies are also not people of color,” says Lindsey S. Treviño, an assistant professor at City of Hope and a researcher with Bench to Community. “You study what you’re interested in, or what you care about, in the laboratory.”

Recent studies have shown that parabens (preservatives found in beauty, hair, shaving, and makeup products) and phthalates, which are often used in nail polish and hairspray, may be linked to cancer.

Let’s face it, as Black women, we spend more money on beauty and hair products than other demographics. One reason we tend to spend more than our white counterparts stems from the discrimination we

face when wearing our natural hair in white-dominated workplaces, Dede Teteh, a behavioral scientist and assistant professor of public health at Chapman University notes. The unfortunate news, though, is that many of the products that are marketed toward us contain parabens and phthalates, according to Nielsen data.

Researchers at the City of Hope recently found that parabens uniquely increase the growth of breast cancer cells in Black women compared to white women.

This news is alarming because Black women under 45 are already more likely to get breast cancer compared to white women and die from the disease. In fact, as of 2019, breast cancer is the leading cause of cancer mortality among Black women.

This is why the work that Teteh, Tomlin-Harris and the Bench to Community team of eight researchers and community advisors is so important.

The team shares up-to-date research with the Southern California community in the form of salon conversations and symposiums, including an upcoming one in September. Over the past few years, Bench to Community has lobbied in support of a suite of four federal bills that would ban beauty companies from using parabens and phthalates.

Teteh has one final message for women tired of fighting racial discrimination and having to make lifestyle changes:

“If the message that I can get across to other Black women that are reading this

article, it would simply just be: ‘I get it. I know you’re tired,’” Teteh told Insider. “It’s sh**y that we have to live in a society that does not protect us. But at the same time, if we continue to show up as ourselves and we are comfortable in our skin, I think that’s good enough.”

In the meantime, when picking beauty products, remember to take a close look at the ingredients. If they contain parabens and phthalates, it is best to steer clear of them no matter what wonders they may do for your hair, skin, nails, etc.

Although smelling good is the goal, it is also wise to choose fragrance-free products because many fragrance chemicals have been linked to cancer, birth defects, hormone disruption, and other chronic health problems.

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