

# Kwanza Special Edition

## THE 411 How to Celebrate Kwanzaa?

**DECEMBER 13-15, 2022**  
**“Pretty Woman the Musical”**  
Cobb Great Hall for ticket information call 1-800-WHARTON

**DECEMBER 30, 2022**  
**“DJ John Beltran” at Urban Beat” 8:00pm**  
1213 Turner Street for more information call 517 331-8440

**JANUARY 20-22, 2023**  
**“Blue Man Group”**  
Cobb Great Hall for ticket information call 1-800-WHARTON

**JANUARY 31-February 5, 2023 “Jagged Little Pill”**  
Cobb Great Hall for ticket information call 1-800-WHARTON

WHAT’S INSIDE

Kwanzaa

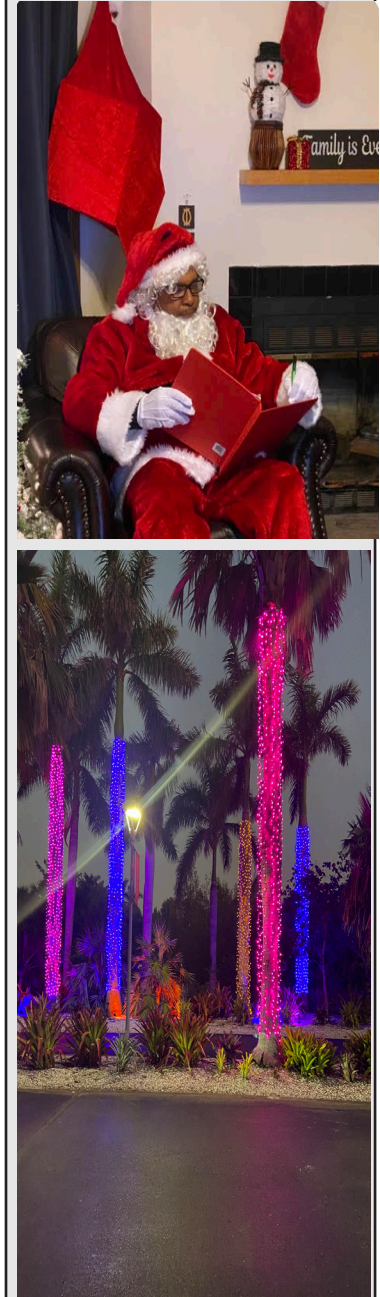
U of M to Sparrow

Gift that Keeps - Dee Freemam

Words of Hope and Healing

HOLLY DAZZLE

### Season Greetings



Kwanzaa is a holiday invented in 1966 by Maulana Karenga (founder of the Black Power group “Us Organization”) through which African Americans can connect with their heritage and culture. It’s celebrated from December 26 through January 1, with each of the seven days focusing on one of seven core values, or Nguzo Saba. A candle is lit on each day, and on the last day, gifts are exchanged. Since Kwanzaa is a cultural holiday rather than a religious one, it can be celebrated alongside Christmas or Hanukkah, or on its own, although Karenga wished for it to be celebrated instead of Christmas and Hanukkah, as he felt these holidays were simply symbols of the dominant cultures in America

Decorate your home or the main room with the symbols of Kwanzaa. Put a green tablecloth over a centrally located table, and on top of that, place the Mkeka which is a straw or woven mat that symbolizes the historical foundation of African ancestry. Place the following on the Mkeka: Mazao — fruit or crops placed in a bowl, representing the community’s productivity. Kinara — a seven-pronged candleholder. Mishumaa Saba — the seven candles which represent the seven core principles of Kwanzaa. Three candles on the left are red, representing struggle; three on the right are green, representing hope; and one in the center



is black, signifying the African American people or those who draw their heritage from Africa. Muhindi — ears of corn. Lay out one ear of corn for each child; if there are no children, place two ears to represent the children of the community. Zawadi — various gifts for the children. Kikombe cha Umoja — a cup to represent family and community unity.

Decorate around the room with Kwanzaa flags, called Bendera, and posters emphasizing the sev-

en principles. You can purchase or make these, and it’s especially fun to make them with the kids. If you or your children enjoy making flags, try making African national or tribal flags in addition to the Bendera.

Practice the Kwanzaa greetings. Starting on December 26, greet everyone by saying “Habari Gani” which is a standard Swahili greeting meaning “what is the news?” If someone greets you, respond with the principle (Nguzo Saba) for that day: **December 26: “Umoja” — Unity**

**December 27: “Kujichagulia” — Self-determination**  
**December 28: “Ujima” — Collective work and responsibility**  
**December 29: “Ujamaa” — Co-operative economics**  
**December 30: “Nia” — Purpose**  
**December 31: “Kuumba” — Creativity**  
**January 1: “Imani” — Faith.**  
Non-African Americans are also welcomed to participate in greetings. The traditional greeting for them is “Joyous Kwanzaa.” Light the Kinara daily. Since each candle represents a specific principle, they are lit one day at a time, in a certain order. The black candle is always lit first. Some people light the remaining candles from left to right (red to green) while other people alternate as follows:  
Black candle  
Far left red candle  
Far right green candle  
Second red candle  
Second green candle  
Last red candle  
Last green candle  
Celebrate Kwanzaa in a variety of different ways. Pick and choose some or all of the following activities throughout the seven days of Kwanzaa, saving the feast for the sixth day. Kwanzaa ceremony may include:  
Drumming and musical selections.  
Readings of the African Pledge and the Principles of Blackness. Reflections on the Pan-African colors, discussions of African principles of the day, or recitations of chapters in African history.

The candle-lighting ritual of the Kinara.  
Artistic performances.

Have the Kwanzaa Karamu (feast) on the sixth day (New Year’s Eve). The Kwanzaa feast is a very special event that brings everyone closer to their African roots. It is traditionally held on December 31st and is a communal and cooperative effort. Decorate the place where the feast will be held in a red, green, and black scheme. A large Kwanzaa setting should dominate the room where the feast will be held. A large Mkeka should be placed in the center of the floor where the food is placed creatively and made accessible to all to serve themselves. Before and during the feast, an informative and entertaining program should be presented. Traditionally, the program should involve welcoming, remembering, reassessment, recommitment and rejoicing concluded by a farewell statement and a call for greater unity. During the feast, drinks are to be shared from a communal cup, the Kikombe cha Umoja, passed around to all celebrants. Give out the gifts of Kuumba. Kuumba, meaning creativity, is highly encouraged and brings a sense of self-satisfaction. The gifts are usually exchanged between the parents and children and are given out traditionally on January 1st, the last day of Kwanzaa.

## U-M Health to acquire Lansing-based Sparrow Health System

University of Michigan Health is acquiring Lansing-based Sparrow Health System, the largest hospital system in mid-Michigan with six campuses in Charlotte, Ionia, St. Johns, Carson City and Lansing, along with 500 primary care providers and specialists.

The deal was approved Thursday by the University of Michigan Board of Regents. Sparrow Health System’s board of directors signed off on the agreement in late November.

Pending regulatory approvals, the acquisition is expected to be completed in the first half of 2023. U-M Health spending \$800 million

“This agreement strengthens U-M Health’s ability to provide quality health care in communities beyond southeast Michigan, expanding our mission as a statewide referral site for the most critically ill,” Paul Brown, chair of the Board of Regents, said in a statement.

As part of the arrangement, Ann Arbor-based U-M Health will spend \$800 million over the next eight years in Sparrow’s hospital campuses, funding facility projects, operations, and other “strategic investments.”

Among them are renovations to the neonatal intensive care unit at E.W. Sparrow Hospital in Lansing and upgrades to services in cardiology, oncology, orthopedics and neuroscience, said Joseph Ruth, Sparrow Health System’s executive vice president and COO, in a statement.

“This infusion of investment into Sparrow services will provide job growth and career development opportunities that would not otherwise be available to our caregivers,” Ruth said.

Expanding footprint of U-M Health  
The agreement includes Sparrow’s Physicians Health Plan, an insurance plan that provides coverage to more than 70,000 members and 300 employers across the state, as well as a Medicare Advantage plan.

It was unclear Thursday whether Sparrow will keep its name or be renamed as part of the deal. “In the coming year, we expect to introduce

strategic updates to the Sparrow brand to appropriately reflect the relationship between our

care network that builds upon the strengths of the world-class U-M academic medical center



organizations,” said U-M Health spokesperson Mary Masson.

With the addition of Sparrow, U-M Health will become a \$7 billion organization with more than 200 care sites across the state, including its main university hospital, C.S. Mott Children’s Hospital, Von Voigtlander Women’s Hospital, the Frankel Cardiovascular Center, Kellogg Eye Center, U-M Health West and the Rogel Cancer Center. “For University of Michigan Health, this is an important step toward our long-term vision of a statewide system of highly coordinated care; a vision that Sparrow also embraces and is excited to build toward,” said Dr. Marshall S. Runge, CEO of Michigan Medicine, dean of the U-M Medical School and executive vice president for medical affairs at the University of Michigan.

“Upon closing, U-M Health will create a clinical

and a very successful community-based health system. Together the two organizations will focus on bringing increased health care innovation to mid-Michigan and beyond.”

This is the latest in a series of recent acquisitions and mergers among Michigan hospitals in the last year.

In January, the former Beaumont Health and Spectrum Health systems combined in a megamerger to form the new Corewell Health, the state’s largest health system with 22 hospitals and more than 60,000 employees.

And the former North Ottawa Community Health System based in Grand Haven was acquired in October by Trinity Health. It became Livonia-based Trinity’s ninth Michigan hospital. Article and photo courtesy of the Detroit Free Press.



VOTED THE BEST CHRISTMAS SHOW IN THE AREA

# Holly Dazzle

on the grounds of the Michigan Renaissance Festival

Rain • Snow • Shine

**Nov. 25**  
thru **Dec. 31**

**5:30PM • 10:30PM**

Nov. 25, 26 & 27  
Dec. 1, 2, 3, 4, 8, 9, 10, 11  
Dec. 15, 16, 17, 18, 19, 20, 21,  
22, 23, 24, 30 & 31

**Photo-Ops with Santa • Festive Scenes**  
**Joyful Holiday Treats • 1 million Shimmering Lights**  
**FREE Parking! • MichRenFest.com • 248.634.5552**

**\$5.00 OFF**  
ADULT GENERAL  
ADMISSION

**Holly Dazzle**

Coupon valid  
for 2022  
HollyDazzle event.

248-634-5552 • MichRenFest.com Redeemable at Festival Box Office only. No photocopies accepted. Not valid with any other offers. Limit one per person.

SILLYBOY PRODUCTIONS INC • 517 ENT

# The Official adidas

BIRTHDAY BASH FOR **RYAN Sillyboy CABELL**

**Friday DEC 23**

**CAUSEWAY BAY HOTEL & CONVENTION CENTER**  
6820 S. Cedar St. Lansing MI

**10PM-2AM • \$20 ADMISSION**  
**\*\* DRESS CODE ADIDAS \*\***  
Call 810.308.6519 to celebrate your birthday

## LANSING MI BE HERE!!

## POETREE IN MOTION



### THE GIFT THAT KEEPS GIVING

© Dee Freeman

You were given to us,  
Sweet Jesus  
As The Light of the  
world  
Your glory now  
shines through us,  
for our brightness to  
unfurl  
Prince of peace,  
Lamb of God, Won-  
derful Counselor you  
are At Your birth,  
Wise men knelt be-  
fore You--- You...our  
gift, their Brightest  
Shinning Star  
You came to give us  
life, peace, salvation  
and glorified power  
Oh, Architect of the  
universe, upon us  
mercy, You continue  
to shower You bled  
on the cross of Calva-  
ry to wash away our  
sin  
You now touch our  
souls gently, pro-  
viding warmth and  
serenity within  
You reign over all,

Divine Master Awe-  
some King of Kings  
You reign Holy today,  
Your rule-absolute...  
As Lord over every-  
thing  
You came to redeem  
our soul  
To make our meager  
lives whole  
This prophecy You  
came to fulfill  
For this, I adore and  
praise you...still  
Oh Sweet Jesus, I  
sometimes wonder  
why  
You were a Christmas  
gift, yet You were  
born to die Then You  
rose again  
And I understand...  
For now our won-  
drous new life began  
Glory and honor to  
You  
Lord, I freely give  
Glory Hallelujah,  
for within my soul,  
You now abundantly  
live!!!!

THE FAME FACTORY  
PRESENTS

**MONDAY DEC 19 8PM**

# SEXY IN MY UGLY CHRISTMAS SWEATER

*Karaoke Kickback*

ENTRY FREE WITH A NEW TOY OR A CASH DONATION  
DRINKS SPECIALS  
FOOD SPECIALS

**CASHAPP \$GENESISTERRELL1**

@KARAOKEKICKBACK  
@DJGENVEGAS

URBAN BEAT 1213 TURNER ST  
LANSING, MICHIGAN

HOSTED BY  
DJ GEN  
VEGAS  
&  
MYSTUR  
LOVE

FOR MORE INFO CALL OR TEXT 5174149915 | VIP TABLES AVAILABLE FOR \$50

**WOW**  
PRESENTS OUR ANNUAL

## Ice & Onyx

### New Year's Eve Gala

**HOLLAND GARDENS**  
6530 Angola Road, Holland, OH 43528

~90 pp ~\$170 couples  
VIP \$100 pp ~ VIP Tables (8) - \$760  
Day of Event \$100

**Tickets & Info@419-575-5991**

The Evening Includes  
Strolling Buffet | Open Bar | Champagne Toast  
Party Favors | 50/50 Raffle | Door Prizes

LIVE ENTERTAINMENT by 496 West  
DJ Billy P - Showgram Entertainment

**HOTEL ACOMODATIONS**  
Courtyard by Marriott Airport Holland  
1435 E. Mall Drive, Holland, OH 844-951-3510  
\$139 per night and includes breakfast w/ shuttle to Venue  
Use Code: WOW until 11/30/22

W.O.W. = Women of WORTH WELLNESS WISDOM WORSHIP

An artful approach to gift giving.

- 517 Art
- 517 Gift Items
- 517 Themed Clothing
- 517 Home Goods
- 517 Food Stuff
- 517 Stuff

## METRO MELIK 517

OLD TOWN LANSING  
513 E CÉSAR E. CHÁVEZ AVE  
LANSING, MI 48906  
WWW.METROMELIK517.COM  
517.999.4800

# METRO MELIK 517

art | apparel | stuff

CONNECTED SOUL II SOUL: WORDS OF HOPE AND HEALING 08302021



Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.  
Lt. Commander (RET) US Navy Chaplain Corps  
Certified Peer Support Specialist



BE STILL AND YOUR SOUL WILL SPEAK

“For everything that happens in life—there is a season, a right time for everything under heaven.”  
Ecclesiastes 3:1 The VOICE



Dear God, Creator of Heaven and Earth. The other night, I felt compelled to speak live on Facebook to my fellow Veterans and the families of my fellow thirteen fellow service members killed by the Islamic State-Khorasan terrorist.

I suggested that the Psalmist would have us invite the Lord's rod of comfort and staff of guidance as you navigate through, and the operative word is through, your grief and pain.

I further suggested that “you may feel as though your world is rushing in and crushing on your heart of flesh. You may feel abandon by

God, or you may no longer believe in God. However, I want to assure you that war and casualties of war are not God's plan or will for humanity. God's will and intent are for you to BE at peace in the middle of the world's craziness and amid life's storms.

My fellow Veterans and I are familiar with death and acquainted with sorrows that only time and faith can heal. During my 15 years in the US Navy Chaplain Corps, my duty was to inform families about their loved ones killed in action. Hearing the news of the thirteen killed is no less traumatic today than when I began. Yet, we volunteer to serve, knowing that we put our lives on the line.

I will be praying for you and invite you to pray for yourself. You are angry, sad, in denial, and, perhaps, asking ‘why my husband, wife, son, daughter, sister, brother, friend?’ God will not avenge anger for anger, disappointment for disappointment, denial for denial. God intimately knows about grief and sorrow. God feels what you feel. God is within you and has dispatched the Angels of Mercy and Wisdom to comfort and support you, especially now. You may feel too numb to speak. God hears your silent prayers.

I am also lighting a candle to honor you and your loved ones who've made the ultimate sacrifice. I pray you are blessed by these words of Healing and Hope.”

## Alpha Kappa Alpha Sorority, Incorporated® Delta Tau Omega Chapter

### 75th Diamond Jubilee Anniversary Celebration

SATURDAY, DECEMBER 17, 2022



Crowne Plaza Hotel  
925 South Greyts Road  
Lansing, MI 48917



KEYNOTE SPEAKER

**Dr. Glenda Buskin Glover**  
30th International President  
of Alpha Kappa Alpha Sorority, Inc.®  
and President of Tennessee State University

6pm Cocktail Hour  
7pm Dinner Program  
9pm DJ and Dancing

MUSIC PROVIDED BY  
**Brendon Marceal and  
La-Key Entertainment**

MISTRESS OF CEREMONY  
**Cortney Hicks**  
News Anchor/Host, FOX SOUL

TICKETS: \$100

Purchase by December 10, 2022  
<https://deltatauomega-aka.com/75th-diamond-jubilee-celebration/>



## Celebration

### Announcements

*Mr. Party, The Ambassador of Celebration*

### Birthdays in DECEMBER

Mr. Kevin Alexander Tyler celebrates his birthday on December 1st, at home with family.  
Ms. Alisha “Happy” Randle celebrates her birthday on December 1st, “just chill” in!”  
Ms. Diona Houston celebrates her birthday on December 1st. She will turn 38 years old.  
Ms. Marsha Civils celebrates her birthday on December 2nd.  
Mrs. Tracy Faulkner celebrates her birthday on December 2nd, with family and friends.  
Ms. Markita Atwater celebrates her 26th birthday on December 4th. “I want to say thanks to my mother Rhonda Horton for being here for me and watching me be a grown woman... Love you Mom!”  
Ms. Patricia Robinson celebrates her birthday on December 4th.  
Mr. T. J. Baldwin celebrates his 30th birthday on December 5th, with family and friends.  
Mr. Pone of the Hood Riders celebrates his birthday on December 6th. He says “Jesus loves you!!!” to his daughter and granddaughter.  
Ms. Cynthia Delapaz enjoys her birthday on December 7th, with family and friends. “Much Love to my daughters!”  
Ms. Chantelle Brandon celebrates her birthday on December 8th.  
Ms. Tabitha Fortner celebrates her 28th birthday on December 10th, with family and friends.  
Mr. Marc David Tyler II celebrates his birthday on December 13th, with family and friends.  
Ms. Candace Clay celebrates her birth, 47 years, on December 15th. She says, “I love Living!”  
Ms. Kimmy Herlick celebrates her birthday on December 15th, with family and friends.  
Mr. Andy Brown celebrates his birthday on December 15th, with his wife, daughters and son.  
Ms. Karen Morrow celebrates her birthday on December 17th. “God Bless my family, friends and extended family, Love you all!”  
Ms. Victoria Jefferson celebrates her birthday on December 18th. Daddy Loves you Baby Girl!  
Mr. Stafford L. Cobb celebrates his birthday on December 20th. “Life is lived forward and learned backwards” “Peace to all and 1 love!”  
Mr. Jameel Cooper celebrates his birthday on December 20th, with family and friends.  
Ms. DaQuaria Watkins will celebrate her 21st birthday on December 20th. Grandma says, “She is an excellent student!”  
Mr. Tommie L. Boyd will celebrate his 52nd birthday on December 21st.  
Ms. Charita Robinson-Murphy will celebrate her birthday on December 21st, with her husband Michael and children.  
Mr. Tyrell Potts will celebrate his birthday on December 25th.  
Mr. Anthony Michael Quarles will be celebrating his 26th birthday on December 26th with family and friends.  
Mr. Al Travis will celebrate his birthday on December 26th.  
Mr. Marcus Jefferson Jr. will celebrate his birthday on December 31, 2022

### \*Special Holiday Message from:

**Mr. Party, The Ambassador of Celebration**

December is the month of the Holy Days (Holiday) season... A time when people celebrate and share GOD's Love...

Love is GOD's Character; choosing to put the needs of others before self.

As you spend time with family (The foundation of a person's life), friends and loved ones...

Remember: It is nice to be important, it's more important to be nice!!!

You can never show a kindness too soon for you never know how soon it might be too late!!!

We don't laugh because we're happy, we're happy because we laugh!!!

Smile, laugh; Celebrate a life filled with love every day...  
May the Love of GOD bring you Peace and Joy!!!

Merry Christmas/Happy New Year 2022  
**Joyful Hanukkah/Kwanza/Ramadan**

### \*Announcements

Please let us know if you have any names to be removed...

- **Mr. Party Website:** [www.mrpartycelebrationservice.com](http://www.mrpartycelebrationservice.com)
- **Facebook Page:** [www.facebook.com/mrparty1985](https://www.facebook.com/mrparty1985)
- **Celebration Gram - A Class Act:** Have your special message delivered by Mr. Party for that special someone or special occasion!
- Sportron International: [www.mrparty.sportron.com](http://www.mrparty.sportron.com)
- Call: 517-391-4849 or Email: [mrparty1985@gmail.com](mailto:mrparty1985@gmail.com)  
Please send the information about you, your family or friends celebrating the Events of Life: Celebration Announcements
- Please let us know if you have anyone to celebrate!



Founder of “ShesUncovered” Nekeyta Brunson Fundraiser at La Fille Gallery: To help women live happy, healthy and whole lives by encouraging women to uncover their shame of baldness.  
(Right to left: Nekeyta Brunson, Ebony Jean, Shelia Burks, Beulah Burks and Alechia Drane.)

# LIGHT UP THE SEASON *with Holiday Instant*



## Put some play in your holiday

Fun to give and great to get, they add more than a little sparkle to your gift giving. Everyone loves to scratch and play for a chance to win up to \$500,000 instantly. This year, give the gift of instant holiday fun with Holiday Instant.

Make the holiday season even brighter with \$6,000,000 Jackpot - a new \$50 Instant Game on sale December 6. With over \$300 million in total prizes it's sure to light up the season.

© 2010 Massachusetts State Lottery. All rights reserved. The Massachusetts State Lottery is a registered trademark of the Massachusetts State Lottery. All other trademarks are the property of their respective owners. Lottery is a registered trademark of the Massachusetts State Lottery. All other trademarks are the property of their respective owners.

