

Vol XXIX 3

MARCH 1-15, 2023

WOMEN'S HISTORY MONTH

THE 411 Historical Black Women in Michigan

MARCH 3, 2023

Jazz Orchestras with Camille Thurman 8:00pm Fairchild Theatre

For more information call MSU College of Music 517-353-5340

MARCH 12, 2023

"Karaoke Kickback One Year Anniversary" at Urban Beat 6:30pm-11:59pm

1213 Turner Street for more info call 517-331-8440

MARCH 18, 2023

"Ritmo Project" at Urban Beat 8:00pm-11:00pm

1213 Turner Street for more info call 517-331-8440

MARCH 14-19, 2023

"Beetlejuice" Cobb Great Hall for times and ticket information call 1-800-WHARTON.

MARCH 25, 2023

"Imani Winds World Premier" Cobb Great Hall 8:00pm for ticket infor call 1-800-WHARTON.

MARCH 30, 2023

"Upbeat Thursdays, Anthony Taylor Trio" 7:00-10:00pm Urban Beat

1213 Turner Street for more information call 517-517-331-8440

APRIL 18-29, 2023

"TINA" The Tina Turner Musical Cobb Great Hall for ticket information call 1-800-WHARTON

Many notable Black women contributed to the history of the state of Michigan. Some were born and raised in the state and others move to Michigan seeking educational and career opportunities. This March we will honor their legacy, lives, and accomplishments. Many of these women were peers, collaborative organizers, and members of the Michigan Association of Colored Women (MACW), a branch of the National Association of Colored Women (NACW [established in 1896]). A second federation, the Detroit Association of Colored Women (DACW) was established in 1921 and was a concerted effort of eight African American women's clubs. The association engaged in charitable work, created scholarships for Black youth, and supported educational and spiritual opportunities for its members.

Fannie M. Richards (1840 – 1922)

Fannie M. Richards was an educator and advocate for desegregated schools. She was the first Black teacher in Detroit and opened a private elementary school for African American children in 1863. Richards held this position for five years before transferring to the Colored School No. 2. Due in part to her advocacy work, the Michigan Supreme Court abolished segregated schools in 1869. Richards began teaching at the newly integrated Everett Elementary School in Detroit; a position she held for four decades. She established the first kindergarten class at Everett Elementary after studying the concept with Friedrich Fröbel in Germany. Her activism continued throughout her life. She founded the Phyllis Wheatley Home for Aged Colored Ladies for low-income, elderly women and became its first president in 1898. Richards was also a founding member of the Michigan State Association of Colored Women.

Mary E. McCoy (1846-1923)

Mary E. McCoy was born in an Underground Railroad station in Indiana. Her family moved to the Detroit area in the 1880s where she later carried out her mission to improve the health, education, and economic development of African Americans as a philanthropist and prominent organizer. She was referred to as the "Mother of Clubs" and helped to establish the Michigan State Association of Colored Women, a chapter of the National Association of Colored Women. McCoy was the vice president of the Lydian Association of Detroit, which paid sick benefits, provided burial funds, and supported charitable endeavors in the community. She was the founding president of the Sojourner Truth Memorial Association of Michigan which created scholarships for children of enslaved people to attend the University of Michigan. She helped to establish the Phyllis Wheatley Home for Aged Colored Women in Detroit and served as its vice president. She was also a member of the Twentieth Century Club of Detroit, the National Association for the Advancement of Colored People, and the Willing Workers.

Blanche V. H. Brooks (dates unknown)

Blanche V. H. Brooks was from Monroe, Michigan, and worked as a nurse, educator, and writer throughout her life. Leaving Michigan to seek better educational opportunities, Brooks graduated from Oberlin College in 1860. After completing her degree, she moved further South to work as both a nurse and a teacher. She taught in the Knoxville school system for seventeen years. A strong advocate for temperance, she later served as the president of the Woman's Christian Temperance Union.

Dr. Ida Gray Nelson Rollins (1866 – 1953)

Dr. Ida Gray Nelson Rollins was born in Tennessee and moved to Cincinnati, Ohio to live with her aunt after her mother died. During secondary school, Rollins worked in the dental office of Jonathan Taft, who became the first dean of the Dental College at the University of Michigan. Taft supported enrolling women in the dental program and encouraged Gray to apply. She graduated in 1890 and was the first Black woman to earn a Doctorate of Dental Surgery. She also became the first African American female dentist in the United States. Gray opened a private dental practice in Cincinnati in 1895 married Sanford Nelson and moved to Chicago where she became the first African American dentist to practice in the city. She also served as the vice president of the Professional Women's Club of Chicago and was a member of the Phyllis Wheatley Club, a group that supported the only women's shelter for Black women in Chicago.

Frankie E. Harris Wassom (1850 – 1933)

Frankie E. Harris Wassom was from Monroe, Michigan, and worked as a poet, writer, artist, and educator. Her family moved to Oberlin, Ohio, where her father, assisted with the Underground Railroad. She was a graduate from Oberlin College, class of 1870, and moved to Virginia after graduation to become a teacher. She later held the position of the school principal in Knoxville, Tennessee, and married Colonel George T. Wassom in 1874. She taught for 54 years, including two faculty positions at historically Black colleges. She also served as a staff writer for the Goldsboro Star in North Carolina, published a book of her poetry and exhibited original artworks in 1886, and served as an officer of the Colored Teachers Council of Wayne County.

Lucy Simpson Thurman (1849 – 1918)

Lucy Simpson Thurman was a women's rights activist and social reformer. She was born and educated in Canada, then moved to the United States in 1866 to accept a teaching position in Maryland. In her youth, she met prominent Black leaders such as Frederick Douglass and William Wells Brown. Later in life, she moved to Jackson, Michigan, and committed her life to public service as an activist and lecturer. She was a devoted member of the African Methodist Episcopal Church (AME) and Woman's Christian Temperance Union (WCTU). Thurman was a founding member of the National Association of Colored Women and served as its third president from 1906 to 1908. She was also one of the founding members of the Michigan State Association of Colored Women. For over 35 years, she dedicated her life to social activism.

Frances E. Preston (1844 – 1929)

Frances E. Preston was a musician, performer, and educator. Born in Virginia, her family moved to Detroit in 1855. Unable to obtain an education as a youth, a widowed Preston entered The Detroit Training School in Elocution and English Literature in 1880, at the age of 33-years old. A year later, she became a teacher at her alma mater. She held this position until 1888 when she moved to Georgia with her daughter to establish an all-girls Baptist school. Preston gave public lectures and spoke at the Ferris Institute in Big Rapids in 1902. She was also a member of the Jennifer Hass Education Coordinator at the Jim Crow Museum in 2022. Sources: Butchart, Ronald. (2010). Schooling the Freed People: Teaching, Learning, and the Struggle for Black Freedom, 1861-1876. University of North Carolina Press. Center for Women's Health. Women Who Inspire Us: Ida Gray Nelson Rollins <https://www.ohsu.edu/womens-health/women-who-inspire-us-ida-gray-nelson-rollins> Hall of Fame Timeline: Fannie M. Richards. Michigan Women Forward. <https://miwfw.org/timeline/fannie-m-richards> Hall of Fame Timeline: Mary E. McCoy. Michigan Women Forward. <https://miwfw.org/timeline/mary-e-mccoy/> Hartgrove, W. B. (1916). The Story of Maria Louise Moore and Fannie M. Richards. The Journal of Negro History. 1 (1): 23–33. Johnson, Kathy King. (2021). History of the Opera House Part 34: Lucy Simpson Thurman: Social Reformer. Cheboygan Daily Tribune. <https://www.cheboygannews.com/story/opinion/2021/03/04/opera-house-part-34-lucy-simpson-thurman-social-reformer/6919290002/>

WHAT'S

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SNAP Emergency Benefits End For Milions Of Households March 1, Slashing Some Monthly Benefits From \$250 To Just \$30

Millions of people in 35 states, districts and territories around the U.S. are losing their emergency food relief from the Supplemental Nutrition Assistance Program (SNAP). The March 1 end of the Covid-19-era emergency allotments (EAs) means a reduction of at least \$95 per month in SNAP benefits, formerly known as food stamps. SNAP Emergency Ben-

efits End For Millions Of Households March 1, Slashing Some Monthly Benefits From \$250 To Just \$30 © Getty Many households face reductions of \$250 or more, according to the Center on Budget and Policy Priorities. Although the additional help ended a while ago in many states, dozens of others "along with the District of Columbia, Guam and

the U.S. Virgin Islands" were still issuing extra SNAP benefits as of February. The cutbacks come as stubborn inflation keeps grocery prices up. According to the latest report from the Department of Agriculture, food prices were up by 10% year-over-year in January. Combined with persistently high food and housing prices, reduced SNAP benefits could

undo recent anti-poverty gains. A study by the Urban Institute found that the pandemic-era emergency benefits lowered poverty by almost 10% in late 2021. Some 4.2 million people whose incomes would have otherwise fallen below the poverty line were able to stay above it.

LLRJ (My words to Ruben)

By Coy Jones Williams

Grieving you some-how equates to me needing you, Drunk nights stuck breathing you. Rolling up gas, Praying somehow, I'm chieving you. Re-reading you. Dig deep with gods' instructions. Seeking truth Fluent in this hurt As if we knew. Dealing with what is Instead of the truth Fucking over my heart Which I know you knew Tryna convince self That grey skies still blue Analyzing conversa-tions Realizing our hearts been breaking Righting wrongs Could never forsake it, Mutual life, we both chose to hate it. Speaking of life when I could not take it. Now it's clear, good

hearts are worth breaking

Acceptance of self somehow makes the pill I swallow sit hallow, Straying away from footsteps the universe defaults me to follow. My heart left when you decided to, Wishing on the other side, We could somehow smoke and ride. And through the clouds of smoke, we hallucinate percep-tions of love. And I end up with your heart, Come back to earth and live this life with added ammunition of your PART. Normalizations of halting low thoughts before they can even start Somehow lately I'm starting to feel your thoughts. Except being pure isn't my cure Being a victim doesn't

go hand in hand with my system. Soulmates in the sky, on earth we can't pick them. Overwhelmed with emotions surround-ing inevitable. Questions no longer quite questionable Subjected to hidden intentions, of course life is more question-able. Conditioned introvert, Resent the whole squad cuz they can't fathom my hurt. Mad at the curse cuz at least if you were in the dirt. I'd be able to pull up, reminisce on that solo you once had at that church. Funny how u miss all the things that were just our thing. Like my love for music & you really support-ing me when I sing

Validation from your mouth that even with-out a spouse I was far too valid for just a ring. You are still hardly resting king. Busy protecting me, While I'm investing in myself. In half ass unhealthy things Corner of my eye, your presence telling me That dude still Ain't that guy Coy, go home and go Cry. Fluently vocal but still shy Getting my ass up, I still try But I can't help but most days to have my head in the sky. Coming to terms with the rest of me Understanding you been chose your

destiny You outside no longer stressing me. Walking with sis, constantly finessing see. ... I be knowing who be blessing me. But he sends you down when I'm mov-ing recklessly. Pour memories into my seeds, Love in the flesh right next to me. Absent to the eye yet bringing out the best of me. Clear view, you knew that my art is the world's necessity. This world is mostly fiction, it's addiction that be testing me. In honor of your heart, Ill expose all what's left of me. Or even sees what's left of me.

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Every time you play the lottery, it's a win for Michigan. Each purchase benefits K-12 education, gives a lift to local businesses, and supports companies that employ Michigan residents. For every \$1 spent on Lottery, 61 cents goes to prizes, 28 cents goes to the School Aid Fund, 9 cents goes to retailer and vendor commissions, and 2 cents is used for Lottery operations.

Since it began in 1972, the Lottery has contributed more than \$27 billion to support public education in Michigan, with more than \$6 billion of that coming in the last four years. Fiscal Year 2022 marked the Lottery's fourth straight contribution of more than \$1 billion to support public education.

Almost 11,000 businesses throughout Michigan earn commissions on the sale of Lottery products as licensed retailers. Lottery sales provide a year-round revenue stream for small and large businesses alike. In the last decade, more than \$2.4 billion in sales commissions and bonuses have been paid to these businesses.

In addition to contributing to the School Aid Fund, the Lottery recognizes outstanding educators with the Excellence in Education awards. The Michigan Lottery established the Excellence in Education awards in 2014 to recognize outstanding public-school educators across the state during the school year.

One outstanding educator is selected each week and receives a \$1,500 cash prize plus a \$500 grant to their classroom, school or school district. One of the weekly award winners will be selected to receive the Lottery's Educator of the Year award and will receive a \$10,000 cash prize.

Each winner also will receive a plaque and be featured in a news segment on the Lottery's media partner stations: WXYZ-TV in Detroit, FOX 17 in Grand Rapids, FOX 47 in Lansing, and WNEM-TV, Saginaw.

All public-school employees may be nominated for the awards, which recognize educators who go "above and beyond" to make a difference in the lives of children. To nominate a public-school educator, go to <https://www.michiganlottery.com/excellence-in-education>.

We recognize the challenges facing educators today, and the Lottery is proud to support Michigan public schools and the important work they do. In 2023, we look forward to another successful year and support for public schools across the state.



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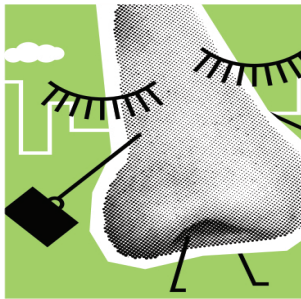
APPLIES TO BOX AND 2-WAY BETS ONLY. STRAIGHT, 1-OFF AND WHEEL BETS ARE EXCLUDED FROM THIS PROMOTION. Odds of winning: Daily 3: Straight: 1 in 1,000; 3-Way Box: 1 in 333; 6-Way Box: 1 in 167; 1-Off Straight: 1 in 1,000; 1-Off One Digit: 1 in 167. Daily 4: Straight: 1 in 10,000; 4-Way Box: 1 in 2,500; 6-Way Box: 1 in 1,666; 12-Way Box: 1 in 833; 24-Way Box: 1 in 416; 1-Off Straight: 1 in 10,000; 1-Off One Digit: 1 in 1,250. Knowing your limits is always the best bet. Call the Michigan Problem Gambling Helpline for confidential help at 1-800-270-7117.





Is it allergies, a cold or COVID-19?

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Noses can sniff out a lot of things. Like if stuffiness or sneezes are a seasonal illness or COVID-19. So, swab it and test it if you or your child is sick.

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CBD For Anxiety: 10 Products That Actually Work

There’s a lot to have anxiety about, and it’s, unfortunately, a normal part of life for more than 31 percent of adults in the United States. However, even though anxiety is common doesn’t mean it’s something you have to live with daily. CBD might be a good solution if you find minor daily stressors impeding your mind.

CBD has grown in popularity recently as a plant-based solution to minor or temporary anxiety. CBD sales hit nearly \$1.8 billion in 2022, and experts expect sales to hit \$23 billion by 2025, according to Statista. It’s no surprise people spend so much on CBD when early research finds it can have many therapeutic benefits. Aside from helping with stress and anxiety, CBD may ease minor pain, improve sleep, and reduce inflammatory skin conditions. The Food and Drug Administration (FDA) even approved a prescription CBD product for seizures associated with Lennox-Gastaut syndrome.

The downside of the growing CBD market is that thousands of brands can make finding the right CBD product overwhelming. To help you navigate your options, we’ve compiled our list of 10 CBD products to help with anxiety that actually work!

- Best Overall: CBDistillery Unwind Synergy+ THC & CBD Gummies
- Runner Up: Kiara Naturals CBD Sleep and Relax Tincture
- Best CBD Capsules: Green Roads Relax Hemp Capsules
- Best Fast-Acting CBG Gummies: Medterra Relax Now Fast-Acting Gummies
- Best CBD Drops: FOCL Premium CBD Drops
- Best CBD Roll-On: Zatural CBD Roll-On | Stress Away
- Best CBD Oil: Koi Naturals CBD Oil Tincture
- Best Organic CBD Oil: Palmetto Harmony CBD

Hemp Oils

- Best Tasting Gummies: Just Live Calm CBD Gummies
- Best Vegan Gummies: Vena No Worries Extra Strength Relief Gummies

Best CBD for Anxiety in 2023

Don’t let daily stress rule your life this year. Check out some of our favorite CBD products for anxiety in 2023.

Best Overall: CBDistillery Unwind Synergy+ THC & CBD Gummies

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- Runner Up: Kiara Naturals CBD Sleep and Relax Tincture
- Best CBD Capsules: Green Roads Relax Hemp Capsules
- Best Fast-Acting CBG Gummies: Medterra Relax Now Fast-Acting Gummies
- Best CBD Drops: FOCL Premium CBD Drops
- Best CBD Roll-On: Zatural CBD Roll-On | Stress Away

Best CBD Oil: Koi Naturals CBD Oil Tincture

Best Organic CBD Oil: Palmetto Harmony CBD

Hemp Oils

- Best Tasting Gummies: Just Live Calm CBD Gummies
- Best Vegan Gummies: Vena No Worries Extra

Strength Relief Gummies

Best CBD for Anxiety in 2023

Don’t let daily stress rule your life this year. Check out some of our favorite CBD products for anxiety in 2023.

Best Overall: CBDistillery Unwind Synergy+ THC & CBD Gummies

Relax your body and mind with CBDistillery Unwind Synergy+ THC and CBD gummies. These vegan, berry-flavored gummies contain a blend of THC and CBD to balance your body and help it naturally unwind at the end of a long day. These gummies come from non-synthetic, hemp-derived Delta-9-THC and may cause intoxication. CBDistillery provides users with quality hemp-derived CBD products by ensuring all their products undergo third-party testing for safety and effectiveness. The product page suggests starting with half a gummy if you’re new to using CBD or THC.

Pros:

- Subscription pricing is available to save 20 percent
- Vegan
- 60-day guarantee
- Third-party tested

Specs:

- Flavor: Berry
- Size: 30-count container
- Strength: Each gummy contains 5mg of THC and 25mg of CBD

Customer Comments: CBDistillery conducted a customer survey in 2019. They collected 1,900 responses that said 88 percent of users found CBD gummies to relieve mild or temporary anxiety. Online customer reviews state that the Unwind Synergy+ gummies are also excellent for helping users fall and stay asleep. Article and picture courtesy of Intouch weekly.

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