



THE NEW

# MICHIGAN BULLETIN

SERVING FOR NEARLY 3 DECADES



Vol XXIX 5

MAY 16-31, 2023

## High Blood Pressure Education Month

**THE411**

MAY 6, 2023

“Phil Denny,” Urban Beat

8:00-11:00pm 1213 Turner

Street for more info call

517-331-8440

MAY 7, 2023

“Karaoke Kickback,” Urban

Beat 9:00-11:59pm 1213 Turner

Street for more info call 517-

331-8440

MAY 10-28, 2023

“WICKED” Cobb Great Hall for

times and ticket

information call

1-800-WHARTON

MAY 21, 2023

“Karaoke Kickback MONEY-

BALL EDITION,” Urban Beat

9:00-12:00am 1213

Turner Street for more info call

517-331-8440

JUNE 13-18, 2023

“JESUS CHRIST SUPERSTAR”

Cobb Great Hall for times and

ticket information call

1-800-WHARTON

### WHAT'S INSIDE

Small Business

Blood Pressure

Soul to Soul

MDHHS

Cannabis Corner

### RIP



**Harry Belafonte  
1927-2023**



**Malik Yazid  
1996-2023**

High blood pressure is a common condition in the US that

Blood pushing against the walls of arteries in the body creates pressure, which generally varies throughout the day. High blood pressure, also known as hypertension, is blood pressure that is consistently higher than what is considered normal. There are 2 types of blood pressure measures: systolic and diastolic. Systolic blood pressure is the pressure in the arteries when the heart beats, while diastolic pressure is the pressure in the arteries when the heart rests. Normal systolic blood pressure is less than 120 millimeters of mercury (mm Hg), and normal diastolic blood pressure is less than 80 mm Hg, together described as 120/80 mm Hg. High blood pressure may be defined slightly differently by clinicians because some guidelines suggest that

high blood pressure is that which is consistently higher than 130/80 mm Hg, while other guidelines suggest higher than 140/90 mm Hg. Symptoms of High Blood Pressure High blood pressure often has no warning signs or symptoms, which can make it difficult for individuals to know they have it. Uncontrolled high blood pressure over long periods of time can lead to serious medical conditions such as heart failure or heart attack, stroke, vision problems, and kidney disease. Preventing High Blood Pressure There are several known risk factors for developing high blood pressure, including unhealthy diet, physical inactivity, obesity, tobacco use, and excess alcohol use. In the US, older adults,

women, and Black individuals also have a higher risk of developing high blood pressure. Some people with a family history of high blood pressure may also have an increased risk. The most important ways to prevent high blood pressure are to maintain a healthy diet and regular physical activity along with limiting alcohol intake and avoiding tobacco use. Diagnosis and Treatment High blood pressure is diagnosed by measuring blood pressure at a doctor's office, at a pharmacy, or with an at-home monitor. Many people can lower their blood pressure through lifestyle changes such as

engaging in 30 minutes of physical activity 5 days a week, eating a healthy diet that includes fresh fruits



and vegetables and limits salt and alcohol intake, not smoking, and managing stress. Some people may need to take medication in addition to these lifestyle changes to lower their blood pressure to a healthy range. You may be asked to regularly monitor your blood pressure if you are being treated for high

blood pressure, either with a home monitor or at a pharmacy that offers blood pressure monitoring. Talk to your doctor before starting medication to treat high blood pressure. Article and picture courtesy of CDC.

## 10 Things to Do in Small Business Month to Grow Your Company System

Want to scale your business? Achieve your goals with these core growth strategies and activities. Small Business Month is a great time to refresh your inspiration and motivation to find new ways to grow your business.

Kick off Small Business Month by identifying key ways to, directly and indirectly, grow your business. Set a goal to complete several revenue-generating activities and invite your team to rise to the challenge. Here are 10 critical areas to focus on and dozens of tasks to jumpstart your growth initiatives.

1. Develop core growth strategies.

When you're elbow-deep in day-to-day business management, it's hard to step back and recognize where you're falling short, let alone find time to strategize. In May, build your company by identifying weak strategies or workflows and adjusting your approach to support business growth.

Pick at least one strategy to work on and create achievable, short-term goals. Next, determine what financial and time resources your plan requires. Put your system into action with daily, weekly and monthly tasks that move your company toward successful outcomes. Here are a few resources to jumpstart your strategy improvements:

Review collection and management: According to BrightLocal, 77% of consumers "always or regularly read [reviews] when browsing for local businesses." Therefore, it's vital to design a process to request, monitor and respond to reviews. Begin your planning session by learning how five small business leaders cultivate positive reviews.

Public relations (PR): Increase positive PR with a plan that outlines weekly PR tasks, such as partnering with local micro-influencers or answering Help a Reporter Out (HARO) questions. Learn more in our guide to public relations.

Search engine optimization (SEO): Use a free SEO checker to assess your website. Evaluate the results to develop SEO goals and outline your next steps. Here are 10 resources to improve SEO.

Social media: Choose one channel to optimize during Small Business Month. Create a channel-specific strategy that ties into your overall social media marketing plan. Brainstorm ideas using our TikTok and Facebook strategy tips.

Video marketing: According to Wyzowl, "81% of marketers say video has helped them directly increase sales." Find inspiration with five unique ways to use video on your website.

Time management: Devote more time to business growth by concentrating on core tasks that add value to your company. Categorize your activities and explore time management tools to help you reach your goals.

2. Amplify your brand on social media. Social media remains a crucial way to connect with your audience. It drives traffic to your website, increases sales and builds consumer trust. Examine your social media strategies and pick at least one channel to concentrate on this month. Devote 10 to 15 minutes every day, then assess your metrics at the end of the month.

3. Recognize your employees. Morale improvements can increase employee retention, enhance corporate culture and boost productivity. Indeed, happier employees are one sure-fire way to grow your business. Recognize their contributions during Small Business Month. Highlight one or two staff members each week for a unique quality or value they bring to their teams.

Take these steps to award your staff and promote your small business: Develop a write-up for media outlets that summarizes the upcoming awards. Create a profile template for gathering employee details.



Take a high-quality image and make a short video of each team member. Produce multi-channel content promoting individual team members.

Showcase Small Business Month awards on your website. 4. Upskill yourself and your team. Business growth relies on professional development. In short, as your business grows, your team must level up as well. Encourage your staff to set aside time during Small Business Month to improve current skills or learn new ones. Also, look at various platforms that could support your ongoing training initiatives.

Follow the links below for free resources, events and tools: Free resources to use year-round. Online training tools for sales teams. Virtual learning platforms.

Small Business Association (SBA) online events. Online learning tools for employee development. 5. Outsource non-core tasks. Outsourcing social media tasks or administrative roles frees up your time to focus on growth-related workflows. Moreover, partnering with third-party contractors can provide better results, as they're experts in their sector just as you are in yours. For instance, social media agencies are at the top of their game, aware of the latest trends and invest in advanced software tools that may be unaffordable to non-agencies.

Review your time management strategy and identify tasks you could outsource. Think about how outsourcing could help you achieve goals like increasing your email opt-in rate or social media engagement. Plus, don't forget to replace that free time with revenue-generating activities.

Is your website at the top of the search engine results page? 6. Improve profitability. Profitability improvements stem from decreasing costs while increasing productivity, efficiency and inventory turnover rates. It requires visibility into your finances and dedication to accomplishing broader business objectives.

Select tactics that improve your cash flow and help your company grow on multiple levels. Here are a few methods and resources for scaling your business:

Consider federal contracting: Increase revenue by bidding on government contracts. Develop passive income streams: Monetize your website or social channels with ads or affiliate links.

Increase frequency of purchases: Regularly communicate with your customers and recommend timely products. Sell on other platforms: Consider selling on multiple platforms, such as Amazon, Shopify or Etsy.

Update financial forecasts: Increase visibility into financial growth by writing a financial forecast for your business. Boost average transaction value: Improve in-store dis-

plays, offer product bundles and make it convenient to add last-minute items to online orders. Increase your inventory turnover rate: Explore ways to move items quickly and simplify inventory management.

Offer different payment methods: Consider flexible payment options for qualified customers, such as financing and layaway.

7. Delight and engage existing customers. Customers are the lifeblood of every small business. As such, higher customer stickiness and retention rates increase your profitability. Concentrate on your clients this month by understanding their experiences and striving for improvements.

Boost customer engagement with these tasks: Update or launch a loyalty program to increase the frequency of sales. Form a brand ambassador program and give customers the tools to promote your business.

Automate post-sale surveys to capture the voices of your customers. Follow-up with clients and have systems in place to document interactions. Listen to a few customer service calls to spot-check quality standards.

Build a customer referral program and reward clients for sending friends your way. Plan campaigns for the "Get to Know Your Customer" days (third Thursday of January, April, July and October).

8. Prospect for new clients. Grow your business by focusing on lead generation activities during Small Business Month. Begin with your current and historical sales figures, categorized by product or service groupings. Identify core areas or sales channels to focus on and develop a list of sales activities your teams can use to reach their goals.

Consider updating a sales funnel or building a new one. Or participate in a local small business event attended by your target market. Remember to collaborate with marketing and customer service teams to get a clear picture of your customers and their journeys.

9. Optimize your website. Is your website at the top of the search engine results page (SERP)? According to BrightLocal, "99% of consumers have used the internet to find information about a local business in the last year." Website design and SEO improvements can increase conversions and search engine visibility.

Use HubSpot's website grader to assess your site and view recommendations. Also, consider running an A/B test. This is where you change one website element affecting conversions, such as your main call to action (CTA). Google Optimize offers free tools for small business website optimization.

10. Bolster your marketing efforts. Connect with your target audience and provide value with informative content and relationship-building activities. Ensure each task supports a strategic goal and allocate time and resources to each objective. Use metrics to gauge progress and define how the tactic increases profitability and business growth.

Expand your marketing efforts by: Creating a new lead magnet to increase email sign-ups. Applying SEO techniques to your YouTube channel or Amazon products.

Updating your Google My Business profile. Responding to reviews on Facebook. Completing one or more HARO responses.

Publishing an article in an industry or local publication. Recording a webinar for your target audience. Setting aside 30 minutes to perform keyword research. Coming up with one new content idea per day. Answering questions on Quora.

**LAFCU**  
YOUR CREDIT UNION FOR LIFE!

**FIREWORKS!**

**¡CINCO DE MAYO!**

**LANSING LOCOS**



JOIN THE

LANSING JUNETEENTH

CELEBRATION COMMITTEE &



1ST ANNUAL

LANSING, MICHIGAN JUNETEENTH 5K

RUN/WALK/ROLL



Date: June 17, 2023

Time: 8:30am

Location: J.W. Sexton High School  
Westside Neighborhood



Contact: Ramon Brunson, Juneteenth Race Director at  
lansingjuneteenthrunwalk@gmail.com



## Federal changes will affect Medicaid coverage.

Michigan Medicaid members: Federal changes could affect your program benefits and coverage.

Learn what the changes are and what they mean for you. Visit [Michigan.gov/2023benefitchanges](https://Michigan.gov/2023benefitchanges).



### 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, Wonderful Counselor you are  
At Your birth,  
Wise men knelt before 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 Calvary to wash away our sin  
You now touch our souls gently, providing warmth and serenity within  
You reign over all,

Divine Master Awesome King of Kings  
You reign Holy today,  
Your rule-absolute...  
As Lord over everything  
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 wondrous new life began  
Glory and honor to You  
Lord, I freely give Glory Hallelujah,  
for within my soul,  
You now abundantly live!!!!

LANSING JUNETEENTH COMMITTEE

THURSDAY MAY 18TH 8:00 PM

# KARAOKE KICKBACK FUNDRAISER

SCAN HERE TO BUY YOUR TICKETS

or visit <https://m.bpt.me/event/6002942>

HOST & DJ THE BIGMAN GENESIS FROM POWER 96.5

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NBC THE VOICE R&B SINGER POP/R&B SINGER

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VP INCLUDES A MEAL, ONE DRINK, PRIME SEATING, EARLY ENTRY \$45 PP  
ADVANCE TICKETS \$20 PP (MUST PURCHASE ONLINE) AT THE DOOR \$30 PP  
CASH BAR | FOOD AVAILABLE FOR PURCHASE FOR MORE INFORMATION CALL 517-574-5592

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FOR THE CITY:

# 517

MONEYBALL SPORTSWEAR

World Headquarters

MAY 17TH - 20TH

Join us for the Grand Opening of the Moneyball Sportswear World Headquarters.

927 W SAGINAW ST. LANSING, MI 48915

MONEYBALLSPORTSWEAR.COM

WORLD HEADQUARTERS GRAND OPENING

You're invited! Join us for the grand opening of Moneyball Sportswear World Headquarters on May 17th, in celebration of 517 Day! We're excited to be a part of the Lansing community and invite you to come out and enjoy open shopping, live events, and a free gift with purchase for the first 150 shoppers.

## 4 DAYS

FOOD | DRINKS | FUN | COMMUNITY

OPEN SHOPPING ALL 4 DAYS

5.17.23  RIBBON CUTTING | THINK TANK  
5.18.23  CUSTOM T-SHIRT PRINTING  
5.19.23  FASHION SHOW  
5.20.23  MEET & GREET

FOLLOW US @ MONEYBALLSPORTSWEAR

## SOUL II SOUL INFLUENCE: The Advocate, The Adversary, The Ego 05022023

Pastor/Chaplain Pamelajune Banks-Anderson, DMin.

Soul II Soul Spiritual Fitness Couch  
LCDR (RET) US Navy Chaplain Corps  
Certified Peer Support Specialist



BE STILL AND YOUR SOUL WILL SPEAK



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

### Birthdays in May 2023

Ms. Angela Zamora celebrates her birthday on May 1st with family and friends.  
Ms. Tabitha Brown celebrates her 44th birthday on May 1st, with her Sisters, new and old Friends. "I thank GOD for continuing to bless me and my family.  
Mr. Ron Vermillion celebrate his birthday on May 1st, missing his twin brother, the late Donnie V.; enjoying each other, as they've done since day one, "Together-Donnie and Ronnie V." with friends and family!  
Ms. Arie Carroll had a "Happy Birthday" on May 1st, with friends and family. She says, "Enjoy the Arie experience... helping people to reach their full potential!"  
Ms. Leigh Anne Coins celebrated, birthday 41, on May 1st, with friends saying, "Happy Birthday to Me!"  
Ms. Rashonda Ali, on May 2nd, celebrated her 32nd birthday, with her family and friends. "We love you!!!"  
Ms. Breanna DeMyers celebrated her 31st birthday on May 2nd. "Happy Birthday; we all love you!" Dad.  
Ms. Andrea Dameron celebrates her 41st birthday on May 2nd, with friends.  
Ms. Danielle Castillo celebrates her 33rd birthday on May 3rd with her husband Tori and her son Brendin.  
Ms. Kathryn Spencer Dundy celebrates her birthday on May 3rd.  
Ms. Maribel "Mari" Odilia Tyler celebrates her birthday on May 3rd, with her loving family.  
Mr. Gerry Shakar celebrated his 41st birthday on May 3rd, thanking GOD for another birthday!  
Ms. Kenya Hattaway celebrates her 40th birthday on May 4th.  
Mr. Bruce Sturgis-Ramsay celebrates his 58th birthday on May 4th.  
Miss Cortana celebrates her 15th birthday on May 4th, with family and friends. "Happy Birthday Baby!" Love always, Mom  
Mr. Caden Jones celebrates his 18th birthday on May 5th, with family and friends. His Mom says, "We love you very much!"  
Ms. Janice Smith, in her remembrance, celebrated her birthday on May 5th.  
Ms. Tammy Gonzales celebrates her birthday on May 5th.  
Ms. Janice Hill celebrates her birthday on May 6th.  
Ms. Shavontai Henry celebrates her birthday on May 6th.  
Mrs. Kimberly Whitfield celebrates her 54th birthday on May 7th, with her loving husband and daughter.  
Mr. Michael Thomas Jr. celebrates his birthday on May 7th.  
Ms. Lillian Michelle Boles: to her remembrance on May 7th, we celebrate her 42 years of life with us. She enjoyed the celebration of her life, with family and friends.  
Ms. Karen Saddler celebrates her birthday May 7th, she said "thank you LORD for this day!"  
Mr. Charles Andrews, deceased: we celebrates his 62 years on May 8th. GOD bless family and friends.  
Mr. Rickey Jackson celebrates his 39th birthday on May 8th with family and friends.  
Mrs. Jill Foorman turns 59 years young on May 8th, celebrating with her family and friends.  
Mr. Ivan Civils, in his memory, we celebrate his birth on May 8th, with friends and family.  
Master Daytin Allen Scott Wilson celebrates his 11th birthday on May 9th. Love Mom, Dad and your Grannies... Angie Cooper and Jennifer Wilson  
Mrs. Deana Newman celebrates her birthday May 9th, with her loving husband, David, who says, "She is my rock and my life!"  
Ms. Keisha Giles celebrates her 46th birthday on May 9th. "Happy Birthday" from all her family and friends.  
Ms. Ann (D. J. Ann) celebrates her birthday on May 9th, with family and friends.  
Ms. Jessica Lynn Patterson celebrates her 30th birthday on May 9th. "Mommy loves and is very proud of you, my special young lady. Happy Birthday!  
Ms. Jennifer Taylor celebrates her birthday on May 9th, exclaiming, "Let's Party!"  
Mr. David (Rabbit) Garcia celebrates his birthday on May 10th, with family and friends.  
Mr. Carlton McConnell celebrates his birthday on May 10th.  
Ms. Jazmine Patterson celebrates her 39th birthday on May 10th.  
Ms. Clarissa McClain celebrates her 31st birthday on May 11th, Happy Birthday! I will greet this day with love in my heart, God Bless; Mother, love you!!!  
Ms. Barb Garcia celebrates her birthday on May 11th.  
Mr. Blaine Buckingham celebrates his birthday on May 11th.  
ATien Colbert enjoyed a birthday on May 11th.  
Ms. Amber Shinn celebrates her birthday on May 11th. "Best day ever!"  
Ms. Kristie Zimmerman celebrated her birth on May 11th.  
Ms. Mary Alvarado celebrates her 39th birthday on May 12th, with friends and family.  
Ms. Moët Rodriguez celebrates her birthday on May 14th, with friends.  
Ms. Dawn Correa celebrates her 38th birthday on May 14th, with her husband, Robert and their son; preparing for their anniversary on May 17th.  
Master Carter Lamb celebrates his 14th birthday on May 15th. "Happy birthday little man, Mommy loves you!" Ashley Lamb  
Ms. Madison Jones celebrates her birthday on May 15th.  
Mr. Ricky Vasquez celebrates his 40th birthday on May 15th, with his loving wife by his side.  
Mr. Mike "Dog" Ranshaw celebrates his 47th birthday on May 15th, with family and friends.  
Ms. Samatra Denson celebrates her 46th birthday on May 16th. She says, "I'm loving life!"  
Ms. Sha Taraywe McKinley celebrates her 31st birthday on May 18th.  
Mr. Kurt Brumbaugh celebrates his 49th birthday on May 18th.  
Ms. Jina Cashey celebrates her 46th birthday on May 18th. "Happy Birthday" from Joyce.  
Mr. Kris Pratt celebrates his birthday on May 19th. He says "I thank GOD and myself for being so awesome!"  
Ms. Aaliyah Miller celebrates her 17th birthday on May 19th, with family and friends.  
Mr. Nigel Moore enjoys his birthday on May 19th.  
Ms. Gwendolyn Gail Rouse celebrates her birthday on May 19th!  
Ms. Nancy Berry-Beck celebrates her birthday on May 19th.  
Mr. Ray Lopez celebrates his 71st birthday May 19th.  
Happy Birthday Ray  
Mr. Drevaughn Croskey celebrates his 28th birthday May 19th. "My beloved son" Love momma  
Mr. Isaac Verser celebrates his birthday on May 20th, with family and friends.  
Mr. Carl R. Herring celebrates his birthday on May 21st, with his loving family.  
Mr. Jay A. Townsley Sr. with wife and family, celebrates his birthday on May 21st.  
Mr. AJ Brown celebrates his birthday May 21st, "Happy birthday" from your brother and your favorite sister in law.  
Ms. Brianna and Ms. Brooklyn Aguilar celebrate their 23rd birthday on May 22nd, with family and friends.  
Ms. Angela Redemsky celebrates her birthday on May 22nd, with family and friends.  
Ms. Celia Henderson celebrates her birthday on May 23rd.  
Ms. Tara Moore will celebrate her birthday on May 23rd.  
Mr. James "Jet" Davis celebrates his birthday on May 23rd.  
Ms. Rose Henderson celebrates her birthday on May 23rd.  
Ms. Laraine Walton celebrated her birthday on May 23rd.  
Mr. Robert Brown Sr., deceased, was born on May 23rd. A great Dad who taught me the value of our Mother, who taught us to LOVE, thus learning how to LIVE.  
Mr. Melvin S. McWilliams celebrates his birthday on May 24th.  
Mr. Cullen Dubose II, in memory we celebrate his birth on May 25th.  
Mr. Barry Williams celebrates his birth on May 26th.  
Mrs. Yvonne Young McConnell celebrates her birthday on May 26th.  
Mr. Blake Buckingham celebrates his birthday on May 26th.  
Mr. Claude Browne celebrates his 101st birthday on May 27th, with his Trinity A.M.E. Church family.  
Master Rolando R. Ruiz III celebrates his 14th birthday on May 28th, with family and friends. "Mom- Cece, Dad- Rolando Jr. and Nana love you very much!"  
Greer Dodd celebrates a birthday on May 28th.  
Mr. André Collins-Riddle celebrates his birthday on May 29th.  
Mr. John Wallick II celebrates his birthday on May 31st.  
Master Jacob Thomas Brown celebrates his 13th birthday in May with family and friends. "Happy birthday Little Man!!!" Love, Mommy and Daddy!!!

### Anniversaries

**Face book Page: MrParty, The Ambassador of Celebration**  
**Celebration Gram - A Class Act:** Have your special message delivered by Mr. Party for that special someone or special occasion (Mother's Day)! Call 517-391-4849 or email: mrparty1985@gmail.com

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

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!!!

### \*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](http://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!

15 "If you decide that it's a bad thing to worship God, then choose a god you'd rather serve—and do it today. Choose one of the gods your ancestors worshiped from the country beyond The River, or one of the gods of the Amorites, on whose land you're now living. As for me and my family, we'll worship God." Joshua 24:15 The Message



Eternal God and Faithful Friend, Joshua, the successor of Moses, is giving the Hebrews/Israelites an opportunity to BE clear about Whom they will serve. The people were acting a bit adversarial, unappreciative, and outright indecent as they took on worshipping the gods of the Egyptians, remember the golden calf they made while Moses was on the mountain praying to the God of Abraham

and Sarah, Issac and Rebecca, Jacob and Rachel to come down from the mountain?; and the gods of the Amorites. Never mind the plagues from which they were spared. Never mind the power of the Wind (representing Spirit) that held back the waters for them to crossover on dry land. Never mind, Joshua's commitment to the Advocate's instructions for safe travels to the Promise Land.

The ego (Easing God Out) of those delivered would not help themselves by giving God praise. Deuteronomy 8:2-3 records, 2"Remember how the Eternal, your True God, led you through the wilderness these past 40 years. He did this to humble you, to test you, to uncover your motivations, to see if you would obey His commands. 3He (The Advocate) humbled you by making you hungry when there was no food in the desert. Then He fed you with manna, a food you and your ancestors had never heard of. He did this because He wanted you to understand that **what makes you truly alive is not the bread you eat but following every word that comes from the mouth of the Eternal One.**"

Are you in cahoots with The Adversary (the father of lies) and your ego (self)? Or, are you in covenant with Jesus, our Advocate? Joshua makes it clear that we have choices. Which means that it is a matter of either/or but not both. Every moment, every second of every hour, the choice is between The One and only Almighty God or the gods.

The Sigma Upsilon Chapter of Omega Psi Phi Fraternity, Inc.  
Presents:

### THE ANNUAL

# RUDY V. WILSON BOWL-A-THON

SAT. MAY 20, 2023 | 10:30 AM - 12:30 PM

**\$15**  
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& SHOES

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For tickets, contact Sterling Armstrong: (517) 256-8051 or email [lansing.ques@gmail.com](mailto:lansing.ques@gmail.com)

# CANNABIS CORNER

## SENATORS CELEBRATE BIPARTISAN MARIJUANA BANKING BILL REINTRODUCTION

Senators are urging action on a marijuana banking bill that was reintroduced last week, taking to Twitter to call for bipartisan work to enact the reform this session. The Secure and Fair Enforcement (SAFE) Banking Act was filed with much fanfare, earning the early applause of top legislators like Senate Majority Leader Chuck Schumer (D-NY). In the days since its introduction, more than a dozen senators have cheered the bill's introduction with tweets. While bipartisan lawmakers have filed a series of modest cannabis measures in recent weeks, advocates and industry stakeholders are especially focused on SAFE, which has been revised in several ways that equity activists say they're encouraged by but hope to build upon as the legislation advances.



Sens. Jeff Merkley (D-OR) and Steve Daines (R-MT)—along with Reps. Dave Joyce (R-OH) and Earl Blumenauer (D-OR)—are sponsoring the legislation. The expectation is that it will first go to the Senate Banking Committee as a standalone proposal before potentially moving to the floor. But the chairman of that panel, Sen. Sherrod Brown (D-OH), recently said that the process has been de-

layed because of his concerns with banking sector representatives allegedly trying to use the bill to undermine broader regulations. In any case, lawmakers across the aisle have expressed excitement about the prospects of finally enacting the legislation, which has cleared the House several times in recent sessions only to stall in the Senate.

# JARS

CANNABIS

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