

MICHIGAN BULLETIN

Celebrating 25 Years

Vol. XXVI No. 6

April 16-30, 2020

The 411 KEEPING THE DREAM ALIVE

APRIL 2020

APRIL 15, 2020

"NAACP COVID-19 UNMASKED Virtual Town Hall Series"
Featured Speaker Iyania Vanzant to RSVP <https://bit.ly/2V5tRuG> (8:00 ET)

MAY 23, 2020

"LES MERES ET DEBUTANES CLUB OF GREATER LANSING"
Presents 55th Cotillion Ball , Saturday, 6:00P.M. Lansing Center, Downtown Lansing 48933

R.I.P. PATRICA L. SATCHER-COLBERT 1943-2020



R.I.P. CHYNNA ROGERS 1994-2020



R.I.P. BILL WITHERS 1938-2020



R.I.P. ELLIS MARSALIS 1934-2020



MINORITY HEALTH MONTH



Picture courtesy of 123RF.com

ACTIVE AND HEALTHY

With the nation advised to stay in and around their homes, this National Minority Health Month the Office of Minority Health (OMH) at the U.S. Department of Health and Human Services will highlight the theme Active & Healthy and focus on safe ways all communities can stay physically active and advance mental and emotional wellness.

Join us throughout April as we encourage everyone to take simple and creative steps to stay active and support physical, mental and emotional wellness. This year, we invite everyone to join #ActiveandHealthy, a national social media campaign that will focus on the steps the nation can take every day in and around the home to keep our minds and bodies active, consistent with the [social distancing guidelines](#) to stop the spread of COVID-19. Daily themes will highlight simple steps people can take to maintain and sustain an active and healthy lifestyle while reducing stress and anxiety.

#ActiveandHealthy will promote and share the steps we can take each day to stay active

and healthy during #NMHM2020 and throughout the year. The campaign will include creative ways to keep older adults and children safe and physically engaged, along with ideas to stay connected with friends, family and communities.

Along with our partners, we will promote the Physical Activity Guidelines for Americans and the Office of Disease Prevention and Health Promotion's [Move Your Way](#) campaign.

Below are ways you can get informed, get involved, and get connected this National Minority Health Month:

- Join the conversation by using the hashtags and participating in our daily themes. Share your tips, resources, and best practices with the community on how to stay #ActiveandHealthy in and around your home. Daily themes include:
 - Wellness Mondays
 - Trivia Tuesdays
 - Work Out Wednesdays
 - Throwback Thursdays
 - Family Fridays
 - Spotlight Saturdays

- Empowerment Sundays
- Take the OMH Active & Healthy Quiz as part of Trivia Tuesdays via our social media channels to test your knowledge of physical activity and nutrition while also getting resources on how to stay active and support your physical, mental and emotional wellbeing. Spread the word by downloading our [National Minority Health Month Toolkit](#) full of resources, sample social media messages, and downloadable graphics.

Submit your virtual community events and activities to the [Office of Minority Health Events Calendar](#) and share photos from your virtual event on social media by using the hashtags #ActiveandHealthy, #EmotionalWellness and #NMHM2020.

[Sign up](#) for email updates on OMH and about the National Minority Health Month or follow us on [Twitter](#), [Facebook](#), and [Instagram](#).

Remember—becoming active and healthy in and around your home to stay physically and mentally well, while doing your part to slow the spread of COVID-19, is possible through simple changes to your daily routine—so get involved this #NMHM2020.

New Online IRS Tool Helps Non-Tax Filers Get Coronavirus Stimulus Checks

The Internal Revenue Service launched a new online tool Friday that will let people who don't normally file a tax return register for their coronavirus economic stimulus checks.

The [new web tool](#) should solve a problem that has plagued the effort to get stimulus payments to nearly all Americans as mandated by the Coronavirus Aid, Relief and Economic Security (CARES) Act, which passed in March. The checks and direct deposits can be as much as \$1,200 per person, or \$2,400 for those who file joint tax returns. Parents with children 16 and younger are eligible for \$500 per child.

Many Americans will get their payments automatically based on information gleaned from their 2018 or 2019 tax returns, while others will get checks or direct deposits because they receive Social Security retirement or disability benefits or Railroad Retirement benefits. But that still left out many Americans who are eligible to get a check. The new tool developed jointly by the IRS and the Free File Alliance — a group of tax software companies that work with the IRS to help Americans prepare and e-file their federal tax returns for free — aims to fix that.

"People who don't have a return filing obligation can use this tool to give us basic information so they can receive their Economic Impact Payments as soon as possible," said a statement from IRS Commissioner Chuck Rettig. "The IRS and Free File Alliance have been working around the clock to deliver this new tool to help people."

Using the tool won't result in owing more taxes, the IRS says. When you enter basic information, including your Social Security number, name, address and dependents, the IRS will use this information to confirm eligibility and calculate and send a stimulus payment. You can enter bank or financial information to get your check deposited directly into your account — a much faster option than getting a paper check in the mail.

Who should use the tool?

This new tool is designed for people who did not file a tax return for 2018 or 2019 and who don't receive Social Security retirement or disability benefits or Railroad Retirement benefits. Those who might consider using the non-filers tool:

Lower-income Americans. Some people haven't filed a 2018 or a 2019 return because they are under the normal income minimums for having to file a tax return. This may include single filers who made under \$12,200 and married couples making less than \$24,400 in 2019.

Veterans beneficiaries and Supplemental Security Income (SSI) recipients. The IRS is still looking for ways to send the stimulus checks automatically to SSI recipients and those who receive veteran's disability compensation, pension or survivor benefits from the Department of Veterans Affairs and who did not file a tax return for 2018 or 2019. People in these groups can either use the website to enter their information or wait as the IRS develops payment options to simplify delivery for these groups.

Social Security, SSDI and Railroad Retirement beneficiaries with qualifying dependents. These groups will automatically receive \$1,200 stimulus checks. But people in these groups who have qualifying children under age 17 may use the new tool to claim the \$500 payment per child.

If someone else claimed you on their tax return, you will not be eligible for the stimulus check or using the non-filer tool. At this date, there is no alternative to the website for those without internet access. Article courtesy of AARP staff.



News, Views & Commentary

MoneyWalk 403:

Tithing Produces Blessings & Rewards

This program will help you undo financial bondage

Abraham and his progeny tithed prior to the law being written. The written law contained three different tithes. Jesus spoke of not leaving tithing undone. And, Hebrews speaks of the One in Heaven (of whom it is witnessed that He lives) receiving the tithe given to Him through men on earth. The tithe is given from a person's increase. For an employee, "gross pay" is representative of your increase, whereas "net pay" is only a portion of your increase. If the difference between your gross pay and net pay did not represent real dollars, Uncle Sam would not receive anything on which to operate government, pay our federal employees, and take care of the nation's expenses. Thus, the difference is real dollars accounted to you, then taken from you as taxes routed through the IRS.

When asked what they make, you never hear people quote a net income figure or take-home pay. They always identify the gross amount because this is the amount they were actually paid during the year. When their employer identifies the amount they make per year, it always identifies the gross amount because this is the amount of money the employer actually paid them. When you work for an employer, gross pay is your increase, regardless of whether you receive it directly and must pay expenses out of it or whether the employer pays expenses out of it to someone else on your behalf.

It would be out of order to consider net pay the basis for tithing (due to the premise that you only tithe on what is actually received in your pay check) because you could do many things to cause net pay to be far less than gross pay. For example, you could have child support taken out of your check or you could have your pay garnished and sent to someone who holds a judgment against you. If these things are not increase, the receiver would not want it because he / she would not be getting real money.

The current mechanism for taxes being taken out of your pay up front by employers was established by the government to ensure that people did not fail to pay taxes during the year, then spend all their earnings, and then be unable to



pay taxes after the end of the year.

Entrepreneurs / business owners are in a different situation, because they incur some expenses long before they receive revenue from customers. Such expenditures give them an opportunity to receive income, and hopefully abundantly. Thus, they can reduce gross pay by the amount of expenses necessary to obtain revenue and the result would be their true increase.

It is always best to offer the Lord the best of everything earned (the first-fruit of your increase) because you want to (1) recognize His handiwork in your life, (2) thank Him for continuing to abundantly bless and reward you and meet all your need according to His riches in glory, (3) do your part to advance His kingdom and Church, (4) help meet other people's needs, and (5) give you the desire of your heart as you delight yourself in Him.

Please pray for this ministry and email me with any questions. May the LORD bless you richly as you follow His plan!

Matthew 28:19-20, Mark 16:15, Acts 1:8, 1 Corinthians 9:22

Please forward these bondage-breaking articles to other people who can use helpful insight!

You can find books authored by Randy Parlor and Karen Parlor at www.Amazon.com

You can find many other MoneyWalk articles on Facebook by looking at the NOTES created by Randy Parlor at <https://www.facebook.com/#!/profile.php?id=100000444069041&sk=notes>.

You can connect with Randy Parlor on Twitter and LinkedIn

You can also view and/or listen to MoneyWalk articles at https://www.youtube.com/channel/UCXnztOlesOKIrSd_H6c-8mQ



Patient with COVID-19 Concerns Gets Compassionate Treatment at this Lansing Hospital

As the world works together to fight the spread of COVID-19, caused by the new coronavirus, health systems across the country are taking steps to keep their patients, caregivers, and community safe.

Harold Hess of St. Johns saw the care process firsthand when he recently took steps that culminated in being tested for COVID-19 at McLaren Greater Lansing.

"In late February, I went to a convention in Chicago, and people were coming in and out of O'Hare Airport," said Hess. "There was an exposure there shortly after I started getting sick, so I thought I should call my doctor."

Hess contacted the Clinton County health department and was directed to reach out to his primary care physician to discuss his symptoms. That course of action is exactly what the Centers for Disease Control and state officials are asking people to follow instead of going to an emergency room at a hospital to seek testing. Health care providers only test people who fit criteria for COVID-19, including signs, symptoms, and risk.

Hess was then directed by his doctor to go to McLaren Greater Lansing's emergency room because of his history of travel, along with the specific symptoms he reported. McLaren's staff asked that Hess call before he arrive, which follows the protocols set for treatment of those patients who may have been exposed to COVID-19.

"When I got to the hospital, a nurse came out with a mask for me and escorted me in," said Hess. "She gave me instructions and took down my information and medical history."

Naturally, Hess had questions about COVID-19, and he says his nurse and physician were there to educate him through the entire process. "I had a very pleasant visit," said Hess. "My nurse showed her kindness and caring and was very upfront about everything."

McLaren Greater Lansing's team followed the proper precautions while treating Hess, including the use of recommended protective equipment, but he said he could still tell they were friendly and smiling even though they were wearing masks.

After evaluating Hess, McLaren's physicians determined he could go home and self-isolate while waiting for the results of his testing.

Hess recently learned he tested negative for COVID-19, but he is still glad that he took the proper steps to get tested. His advice for anyone concerned about COVID-19 exposure is to trust in the people who are providing care. "Relax, and put your faith in the health care workers," said Hess. If you feel that you have symptoms of COVID-19, including fever, cough, and shortness of breath, please call your family physician or call the Michigan COVID-19 hotline at (888) 535-6136.

McLaren Health Care offers [McLarenNow](https://www.mclaren.org/telehealth), a telehealth app that can connect you with a doctor via live video on your smartphone, tablet, or computer. The convenient service is currently \$29 per visit and can be used as a first step for talking with a physician about COVID-19 symptoms.

For updates on COVID-19, including ways you can help keep yourself safe and fight the spread of the virus, go to <https://www.mclaren.org/main/coronavirus-covid-19>



POETREE-N-MOTION



The TV Talk Show highlighting and promoting OUR community...with your host, Dee Freeman Watch PNM...
**Airs in Lansing on Comcast channel 16...
Wednesday at 6:00 PM and Friday at 4:30 PM**

**Airs in East Lansing on Comcast channel 30...
Daily at 9:30 AM, 4:30PM and 6:30PM**

Come share information on your function or activity. POETREE N Motion is happy to assist in the promotion of your positive activities within our community.

POETREE-N-MOTION

Provides: **MESSAGES** of blessings and inspiration

GUESTS sharing life and education

WORD'S of powerful motivation

And **EDITORIALS** for deep concentration

POETREE-N-MOTION

SHUT DOWN TOGETHER

By Dee Freeman

Well, well, what are you doing?
Oh yeah! I know, because we are all house bound
Who the heck knew it would take this sort of thing...
Something so minuscule to slow the entire world down?
Bringing the nation down to its knees, to an abrupt halt
The young, the old, the in between – it's taking it's toll...
Yet, blaming is useless, as this is nobody's fault

What is it? what type scare? what is its name?
It's affecting everyone, nothing like it ever seen
It must be of a different and stronger strain
Social distancing is the game of the day
Once we wanted everyone to visit...
Now we say to even loved ones, please stay away!

This killer is spreading like a wildfire, an epidemic
No! Spreading much farther and wider...
It has spread wildly into a pandemic
We're all uptight, not attending church
Nor any form of social events
The virus has crippled the system
Infecting so many, we're now being hospitalized in tents!

The panic is real...shelves in stores are mostly bare
Family and friends are locked inside...
Masked, gloved and sanitized to lessen the scare
From where is this fear rising? Where is it coming from?
Oh, we of little faith must go back...
Back to our knees and ask the Master for some!

To combat the isolation, the loneliness, The panic, the COVID fear
Folk are stepping up, working in tandem...
Making brotherhood the new outfitted gear!

This tragic episode has spread across oceans...
Traveled the entire country side, even worldwide
But it doesn't know that it's days are numbered
Or it has nowhere else to go...nowhere to hide
For together we will extend our best, Together we will win this test,
Together we will bond...being the friend indeed,
Together we will solicit the solution we need

For as we unite...hand-in-hand, country to country
Loving and uniting together as one
We kneel together to beseech
The mercy and healing of the Holy Son.

Our Father will answer our honest and sincere prayer
For His promise is that He is love...He cares
And His healing love is everywhere

So, though we are shut down separately...yet together
We are surrounded by His love
Which covers us to make us even better!

**STAY HOME! STAY SAFE! BE CREATIVE!
WE'LL GET THROUGH THIS TOGETHER!**

**POETREE-N-MOTION
DEE FREEMAN 4/2020**

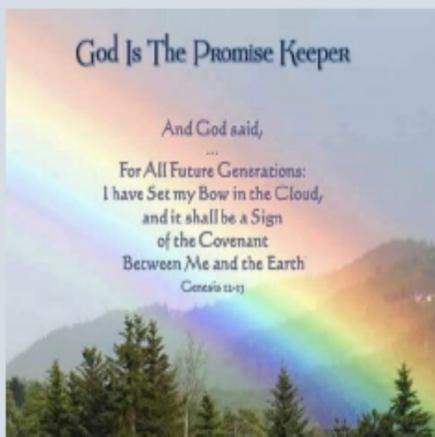


Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.
Lt. Commander (RET) USN Chaplain Corps
Certified Peer Support Specialist



NOW, TODAY, IS THE DAY OF HOLY SPIRIT GRACE, WISDOM, AND AWARENESS. BE STILL AND LISTEN TO HEAR HER VOICE

33 Jesus answered them, "In this godless world, you will continue to experience difficulties. But take heart! I've conquered the world." John 16:32-33 The Message (MSG)



"AND GOD, I am in awe of Your wonderful, tender, and gracious care during uncertain times like these. The world is predicting that COVID-19 will lead to countless deaths by suicide; believers KNOW, You came that we may have life abundantly. The world is expecting countless separations and divorces from quarantined couples formerly engaged in work, social, and school-related schedules. People of the Faith, let us pray that humanity will use this time to draw closer to the God that they KNOW and to

one another, re-discovering the excitement that nourished their love for one another in the early days of be-coming. And, whereas the political and religious empires may use fearmongering to co-opt humanities psychic into drinking their deadly cool-aid; let every Disciple of light and love practice Wisdom, holding fast to the One, True conquerer."

I am hearing from family members, friends, and colleagues, who all but disappeared, in days long gone by, checking up on me. We put aside 'whatever' brought the distance between us. As far as in us possible, we're abiding by the orders to stay home and practicing hand washings, keeping our hands away from our faces. And we are laughing as much as imaginable. Laughter is a balm for the sadness we share over the thousands who are succumbing to the current pandemic. Not because the epidemic is funny. But because cheerfulness and joy are great companions in ambiguous circumstances.

A good laugh will raise your serotonin, which keeps you calm, improves your mental focus, and lowers your blood pressure. Synonyms for cheerfulness include joyful, happy, jolly, and optimistic. And joy (bliss, delight) is a Fruit of the Spirit. Galatians 5:22-23.

While the deepest pains may linger through the night, joy greets the soul with the smile of morning. And this is a promise from God, the supreme Promise Keeper.

The Michigan Bulletin Staff

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The views and opinions expressed in the Michigan Bulletin do not necessarily reflect those of the newspaper. The Michigan Bulletin welcomes letters to the Editor. All letters should be typed, no longer than 150 words, include signature, address and phone number or they will not be considered for publication. The Michigan Bulletin reserves the right to edit all letters. The letters will not be returned. Photos will not be returned unless a stamped, self-addressed envelope is enclosed.

For Ad Information Call: 517-321-1234

Letters to the editor should be mailed to:
The Michigan Bulletin c/o Editor
P.O. Box 13962 Lansing, Michigan 48901



Celebration
Announcements

By Mr. Party, The Ambassador of Celebration

Birthdays in April 2020

- Mrs. Joy Geraldine Brown, (deceased March 15, 2020); we celebrated her 94th birthday on April 1st, remembering joyous times spent: with husband, Mr. Robert (Bob) Brown, Jr. (deceased October 7, 2019), 56 Yrs. married, sharing Their Love to enrich others: Living, doing Good, enjoying Jazz; outstanding character... Heroes to many, especially Me!!!
- Mr. Corey Williford celebrates his birthday on April 1st.
Mr. Joshua Ide celebrated his 20th birthday on April 1st, with family and friends. "You will always be my "Joshua Bear" 1-4-31" Love, Mom!
Ms. Rosetta Adams celebrated her 39th birthday on April 1st, with family and friends.
Mr. Eric Jones celebrated his "Happy 33rd birthday" on April 1st, from your Sweetheart, Emerlisa.
Mr. Robert Dyer celebrated 42nd birthday on April 2nd, with his wife, Dawn, their son, and friends.
Ms. Shannon Miller celebrated her birthday on April 3rd.
Mr. Robert A. McConnell celebrated his birthday, with wife, on April 3rd.
Ms. Stacy Lynch celebrated her birthday on April 3rd.
Ms. Tara May celebrates her birthday on April 3rd.
Mrs. Dorothy Maxwell celebrated her birthday on April 4th, with loving husband, Bob.
Mr. Henry A. Moore celebrates his birthday on April 4th.
Ms. Diane Hicks celebrates her birthday on April 4th.
Ms. Maria M. Rouse-Brewer celebrated her birthday on April 5th.
Mr. Alan Canady celebrates his birthday on April 5th, with his loving family. Ms. Dor-etha Akins celebrated her birthday on April 6th.
Ms. Stephanie T. Mondy enjoyed her birthday on April 6th.
Ms. Nona Brown celebrates her birthday on April 6th.
Ms. Addie Morrow joyously celebrated her birthday on April 8th.
Ms. Lois McNeeley celebrates her birthday April 9th.
Ms. Latoya Clark celebrated her birthday on April 9th.
Mr. Everett Mitchell celebrated his birthday on April 9th.
Ms. Yolanda Campbell celebrated her 51st birthday on April 9th, with friends.
Mr. Sam Mallet celebrated his birthday on April 10th with family and friends.
Mr. Kevin E. Eaton celebrates his birthday on April 10th.
Ms. Sharon Civils celebrates her birthday on April 11th, with family and friends. She said, "I'm glad to see another year on earth; I'm truly blessed!
Mrs. Jo Ann Mondy celebrates her birthday on April 11th.
Mr. Dustin Phifer celebrates his birthday on April 11th.
Mr. Kapuki Outlaw celebrates his birthday on April 11th.
Ms. Kristi Correa celebrated her 33rd birthday on April 12th.
Ms. Karen Allen gratefully celebrated her 62nd birthday on April 12th.
Ms. Betty Wheeler celebrated her 56th birthday on April 12th.
"Happy Birthday Ms.Capitol City!"
Ms. Andrea Fundunburks celebrates her birthday on April 13th. "Yeah, I'm 23
Ms. Arabella Pitts celebrates her 13th birthday on April 13th, with her Mom, Ms. Jesse Pitts and Dad, Mr. Travis Hough, who say, "Mommy and Daddy love you!
Mr. Quick Calhoun celebrates his 35th birthday on April 13th. He says, "Westside certi-fied!"
Mr. Jonas Clark celebrates his birthday on April 13th.
Ms. Myrtle L. Hendricks celebrates her birthday on April 14th.
Mr. Duane Michael (Poppie) Brown, Sr. celebrates his birthday on April 15th with family and friends, enjoying life: Great Guy!
Ms. Kristina Eveleth celebrates her birthday on April 15th, with friends.
Ms. Branda Hawley will celebrate her 42nd birthday on April 16th, with friends.
Mr. Michael Phifer celebrates his birthday on April 16th with family and friends.
Mr. Jeffery Couthen celebrates his birthday on April 16th.
Ms. Dayna M. Smith celebrates her birthday on April 16th.
Ms. Mary L. King celebrates her birthday on April 17th.
Ms. Fonda J. Brewer celebrates her "60th birthday on April 17th.
Ms. Shanequa Dennie celebrates her birthday on April 17th, spending time with family and friends.
Ms. Shamira Johnston celebrates her 18th birthday on April 18th. She is Grandma's "Honey Bunny!"
Mr. Damion Jordan celebrates his 43rd birthday on April 19th.
Mr. Larry King III celebrates his birthday on April 19th, with his Mom, Dad and baby sister.
Ms. Gemma Carnegie celebrates her 71st birthday on April 20th with her students.
Ms. Indiya Jones celebrates her birthday on April 20th.
Mr. Tyrone Scott Daniels, Jr. celebrates his birthday on April 20th, with his family.
Ms. Jackie Perkins celebrates her birthday on April 21st, with family and friends.
Ms. Toni Woods celebrates her birthday on April 21st, with family and friends.
Mr. Robert A. Maxwell celebrates his birthday on April 21st, with his loving wife, Doro-ty.
Ms. Alexis Ward celebrates her 14th birthday on April 21st with family.
Ms. Heidi Childress is celebrating her birthday on April 22nd.
Ms. Tonya Jones' birthday is on April 26th. She celebrates with friends.
Ms. Cora M. Huguely celebrates her birthday on April 24th with family and friends.
Ms. Sabrina Jones Lewis celebrates her birthday on April 23rd.
Ms. Michelle Williams celebrates her 43rd birthday on April 23rd.
Mr. Hunter Talon celebrates his 12th birthday with his parents, Mr. and Mrs. Tom and Jessica Stowell: Grandmother Barb Marciniak loves you!
Ms. Khadijan Daniels celebrates her 32nd birthday on April 24th.
Mr. Frankie Lara celebrates his 14th birthday on April 24th. Grandmother Betty Wheeler, says, "I Love you, Baby!"
Ms. Angelica Saucedo celebrates her 34th birthday on April 25th.
Dr. Eugene L. Cain celebrates his birthday on April 25th, with his loving wife, Maxine and Family.
Ms. Claudia N. Williams celebrates her birthday on April 26th.
Ms. Adrianna Foster celebrates her birthday on April 26th.
Mr. Jesse Rouse Jr. celebrates his birthday on April 29th.
Mr. Andre L. Anthony celebrates his birthday on April 29th.
Ms. Vicky Taylor celebrates her birthday on April 30th.
Ms. Lydia St.Cyr celebrates her 27th birthday: "Hello Lydia! I hope you enjoy your birth-day. I Love You!" Mom.
Ms. Kimberly Cooper celebrates her birthday with her family.

*Anniversaries

- Mr. Cullen Dubose Sr. and Mrs. Helena J. Dubose celebrate their anniversary on March 31st.
Mr. and Mrs. Luther Wm. and Amy Brown Jr. celebrated their 16th wedding anniversary on April 3rd, with their children Jordan Luther, Taylor Ashley Denise, Idyana Francis Taylor and Isabella Megan Marie Brown; enjoying Florida. True Love!!!
Mr. Brewster and Mrs. Linnea's 26th wedding anniversary is April 17th.
Mr. Earnest and Mrs. Janice Cabule celebrate their 42nd anniversary on April 28th.
Ms. Kimberly Hetchler, Sergeant first class, celebrated her 35th anniversary in the Mich-igan National Guard. She works as the State Security Clearance Manager for the state of Michigan.

*Announcements

Mr. Party Website: www.mrpartycelebrationservice.com
Face book Page: www.facebook.com/mrpartycserv
Celebration Gram: Your special message delivered by;

Face book Page: www.facebook.com/mrparty1985
Celebration Gram: Your special message delivered by;
Mr. Party, The Ambassador of Celebration!!!
Sportron International: www.mrparty.sportron.com
Please send us the information about you, your family or friends celebrating the Events of Life, by email: mrpartycserv@aol.com, or call our office at 1-517-391-4849.

Winston Named 2019-20 Senior CLASS Award All-American

East Lansing, MI Michigan State men's basketball senior guard **Cassius Winston (Detroit, Mich./University of Detroit Jesuit)** was named a 2019-20 Senior CLASS Award® All-American in a nationwide vote of coaches, media and fans.

To be eligible for the award, a student-athlete must be classified as an NCAA Division I senior and have notable achievements in four areas of excellence: community, classroom, character and competition. Joining Winston on the 2019-20 Senior CLASS All-American first team were Udoka Azubuike (Kansas), Markus Howard (Marquette), Sam Merrill (Utah State) and Myles Powell (Seton Hall). Howard was named the 2019-20 Senior CLASS Award recipient.

An acronym for Celebrating Loyalty and Achievement for Staying in School®, the Senior CLASS Award focuses on the total student-athlete and encourages students to use their platform in athletics to make a positive impact as leaders in their communities.

Winston has been a leader for the Michigan State men's basketball program since stepping foot on the East Lansing campus in 2016, both on and off the floor, and in the classroom.

He was named a Consensus Second-Team All-American by the NCAA on March 24, the second-straight year he was named a consensus All-American. Winston earned second team All-American honors from the National Association of Basketball Coaches (NABC) the Associated Press, *The Sporting News* and the United States Basketball Writers Association (USBWA).

An All-Big Ten Conference First Team pick by the media and the coaches, Winston led Michigan State, and ranked third in the Big Ten, in scoring with 18.6 points per game and was fourth in the league with 5.9 assists. He led the league in 3-point field goal percentage (43.2%), was second in the Big Ten in free throw percentage (85.2%), eighth in field goal percentage (44.8%) and tied for seventh in the league in steals (1.2)

He was one of only seven Division I players averaging at least 18.0 points, 5.5 assists and 2.0 rebounds per game.

Winston finished his Michigan State career ranked sixth all-time with 1,969 points and is the all-time leader in assists at MSU and in the Big Ten Conference with 894.

He is one of only four players in Division I history to score at least 1,900 points and hand out at least 850 assists.

A native of Detroit, Winston graduated from Michigan State in three years, earning his bachelor's degree in advertising management. Following the 2018-19 season, when he was named a consensus Second Team All-American, Winston returned to MSU for his senior year and is currently pursuing a master's degree in sport coaching and leadership.

Off the floor, Winston has been a fixture in his community, both on campus and in his hometown. He has taken part in the Miracle League of Mid-Michigan Accessible Trick-or-Treat at a local hospital each year, participated in Habitat Thru Humanity with MSU Athletics and has been an activist for heart screenings for students at the Heilmann Community Center in Detroit.



No # 5 Cassius Winston Picture courtesy of the State News

THE REALS OF JUSTICE



Ayanna Neal

DRASTIC TIMES CALL FOR DRASTIC MEASURES

How our lives and certain legal issues have been affected by the Coronavirus (COVID-19)

By: Ayanna D. Neal

The Coronavirus (COVID-19) has changed all our lives in an instant. Normal has come to a screeching halt. Many people are not working, and some people are working from home. People are no longer eating in restaurants; children are not in school or college and malls and shopping centers are closed. But worst of all people are dying. The city of Detroit currently has the 3rd highest number of people in the United States who have tested positive for the coronavirus behind New York and Chicago. The Michigan governor issued an executive order on March 23, 2020 to go into effect on March 24, 2020 until April 13, 2020 ordering people to stay home and stay safe unless their employment is deemed critical to infrastructure or unless they are outside their home for essentials like groceries, food, medications, health care, gasoline or to get some fresh air by walking or hiking.

Many businesses and employees are confused as to whether they are considered essential. The following have been deemed essential: Healthcare/Public Health, Food and Agriculture, Water and Wastewater, Public Works, other Community -Based Government Operations and Essential Functions, Critical Manufacturing, Hazardous Materials, Financial Services, Defense Industrial Base, Chemical, Law Enforcement, Public Safety, First Responders, Energy, Transportation and Logistics, and Communications and Information Technology. Essential is something that is necessary to sustain or protect life, part of critical infrastructure workforce.

People have expressed concern with being out of their home and being approached by or pulled over by police and asked where they're going. Some people have even said they themselves or people they know have been pulled over for no reason and questioned or even given a citation for violating the Governor's executive order, EO 2020-21. A violation of the order, Michigan Compiled Laws (MCL) 10.33, is a misdemeanor punishable by up to 90 days in jail and/or a \$500 fine. The charging language for this offense is as follows:

_____ did violate the orders, rules and regulations promulgated by the Governor of the State of Michigan after the declaration of a state of emergency on (1) date of declaration, as provided by MCL 10.31, more specifically, by doing an act contrary to said orders, rules, or regulations, to wit: (2)description of prohibited act; contrary to MCL 10.33.

The purpose of the executive order is to keep people safe, healthy and separated from other people. Although normal life is interrupted, the goal is to keep us safe in the midst of this pandemic. Most police agencies have said they're not going to just be pulling citizens over to see where they're going. Pulling over a citizen would cause a law enforcement officer to have contact with a citizen, and the less person to person contact the better we'll all be in fighting this pandemic. Some legal minds have said that police officers must have some legitimate reason to pull someone over, like a traffic code violation, before they can ask questions to see if a citizen is traveling somewhere that is in compliance with the Governor's order. Other legal minds have said police officers who pull a driver over to see if the person is outside for a legitimate reason is a legitimate reason to pull a person over and refer to states like North Carolina, Louisiana, New York and Florida that have checkpoints to check to see if a person lives in the county they're trying to enter or to check to see if a person(s) is fleeing from states like New York or Louisiana that have been heavily hit with the coronavirus (COVID-19) to another state. This experience is something new for all of us. Getting pulled over by the police only for the police to see where one is going and if it is following the Governor's executive order would seem to depend on the circumstances. Given the extent of this pandemic and the likelihood that many of the nation's hospitals are already overwhelmed with treating coronavirus patients, a traffic stop or a check point to verify where one is going and if it is in compliance with the stay home order, might seem like a legitimate law enforcement contact to help ensure the health and safety for all of us. Many law enforcement agencies have said if they do pull someone over and the person's reason for being out is not within the scope of the Governor's order, their goal is not to just cite people with violating the stay at home order, but to educate people so that they understand the importance of the order and that the order is to keep us apart from one another to stop the spread of the virus and to request people to end the conduct that is in violation of the Governor's executive order. Michigan's Attorney General in an opinion has stated that police officers can not pull people over just to check to see if they're in compliance with the Governor's executive order just because they are driving and outside of their home. Just driving doesn't constitute probable cause for a traffic stop. A lawful traffic stop is the only way reason a person should be pulled over.

People are extremely concerned about their loved ones or friends who are incarcerated for a pending criminal case during this pandemic. Some jails have allowed the early release of low-level offenders to help prevent the spread of the virus. For those who aren't released from jail and remain incarcerated most jails provide a way for people to communicate with incarcerated loved ones and friends by phone or by video. Securus is a company that provides such a service to the public and inmates. This service can be signed up for online and does carry a cost. Sign up can be done at Securustech.online.

Although the courts are closed to the public, the courts are still having hearings only for essential functions. I, in fact, have court next week. I am concerned about being in court, because just being around people is how the coronavirus spreads. Most court cases, even for those who are incarcerated, are being adjourned. But there are some hearings, like probable cause conferences or preliminary examinations that must proceed for incarcerated persons and courts are open to handle those matters. Per orders of the Supreme Court, attorneys are allowed to be in court with their clients, but trial courts have been ordered to limit access to courtrooms and other spaces to no more than 10 persons including court staff and to practice social distancing. Attorneys are still working just in a different way, we're in-house counsel (I had to lighten it up with a lawyer joke...lol) – working remotely from home. I have been working remotely since the Governor's executive order went into effect and have received multiple calls from people who are thinking about estate planning for the first time. People are concerned with how quickly some pass on after becoming ill from the coronavirus (COVID-19) and want to put things in order for their spouse, children and other family members in case they succumb to the coronavirus. Other people have said they never really thought about estate planning or always put it off as something they could do later. People want to have estate planning in place given this health pandemic and have time to reach out to an attorney to have a will and or a trust done because they are home and have time to contact an attorney.

Stay home and stay safe orders and social distancing guidelines are to save lives. During this time, or whenever one has a feeling of great anxiety and stress, it's very important to seek mental health treatment if you're having a really difficult time dealing with the coronavirus (COVID-19) pandemic or just need to talk to someone. There are several mental health counselors who provide secure online therapy sessions. Additionally, relying on faith, daily positive readings or saying positive affirmations, staying in touch with loved ones and friends by phone, FaceTime or other online video or conferencing applications and limiting social media and news media, working from home, if possible, and maintaining some level of a routine are important measures to utilize during this pandemic to help remain calm and less stressed.

The coronavirus has impacted every area of our world including the judicial system. But be strong. It may be stormy now, but it won't rain forever. Only in the darkness can you see the stars. This too shall pass. Most importantly stay safe and healthy.

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* Michigan average for per-person funding from the top 50 federally-funded programs in 2019

