



THE 411

Minority Health Month

APRIL 18-29, 2023

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

APRIL 20, 2023

“Tercer Jueves,” Urban Beat 5:30-7:30pm
1213 Turner Street for more info call 517-331-8440

APRIL 22, 2023

“Crossroads Resurrection,” Urban Beat-Doors open 5:00pm. Music 7:00-10pm
5:30-7:30pm 1213 Turner Street for more info call 517-331-8440

APRIL 23, 2023

“14th Annual JAMM Tribute honoring Mike Eyia and Linda Vail 2:00-5:00:pm
1213 Turner Street for more info call 517-331-8440

APRIL 25, 2023

Sam Rose Entertainment Presents Comedy Night at the Urban Beat 7:00-9:00:pm
1213 Turner Street for more info call 517-331-8440

APRIL 29, 2023 NEW SHOW ADDED!

Kanin Wren Presents: “A Taylor Swift Experience” Urban Beat 2:00-4:00:pm
1213 Turner Street for more info call 517-331-8440

APRIL 28-29, 2023

“Cross That River” Pasant Theatre (April 29th Sensory friendly performance)
For times and ticket information call 1-800-WHARTON

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Mr Party's Birthday

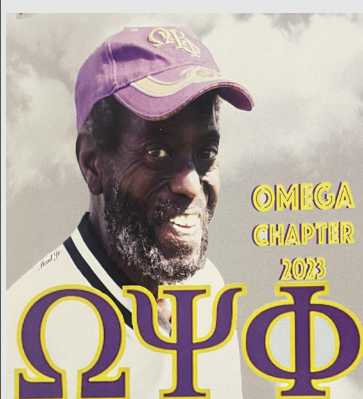
Poetree N Motion Poems

Cannabis Corner

New Coach at MSU!

Summer: Juneteeth Run Juneteeth Celebration

RIP 1950-2023



William R Young

Health Disparity

The term “health disparity” is used more and more these days, but what does it mean? When a population’s race or ethnicity, gender, sexual orientation, age, income or even where they live contributes to higher rates of a disease, health condition or their inability to access needed health care services, that group of people is experiencing a health disparity. Talking about health disparities goes hand-in-hand with talking about health equity, another term used a lot these days. Health equity is pretty much the opposite of health disparity. It’s when everyone has a fair chance at being as healthy as possible—and it’s the focus of National Minority Health Month.

Why is this important? Good health and quality health care are central to our wellbeing and happiness. Health equity, however, is not as common as it should be. For example, COVID-19 has disproportionately affected racial and ethnic minority groups and people who live in rural communities. These populations have had worse COVID symptoms, more hospitalizations and more deaths compared to other groups. Why? The biggest factors are low income and not being able to afford treatment, discrimination/racism and not having

access to health care services. The Centers for Disease Control and Prevention (CDC) offers a list of other factors that can also contribute to health disparities, including:

Neighborhood and Environment: It is hard for some people to find affordable and decent housing, so they are forced to live in crowded and polluted areas. Not only does this make for an unhealthy environment, but it also increases the spread of diseases, including COVID-19.

Occupation: People from racial and ethnic minority groups are more likely to work where they are exposed to other people’s germs, such as grocery stores, public transportation and factories.

Education: Some people from different minority groups have lower literacy levels, do not complete high school or face barriers to getting into college or receiving higher education.

Transportation: For a variety of reasons, including cost, place of residence people do not have access to a vehicle or public transportation to get to health care facilities, clinics or organizations.

What can we do? This year’s theme for National Minority Health Month is Give Your Community a Boost! It focuses on the continued importance of people getting vaccinated against COVID-19 to help prevent severe illness and hospitalizations. This includes getting booster shots. You can find a COVID-19 vaccine near you at Vaccines.gov. You can also make sure you are sharing trusted and accurate information when it comes to health and health care. Misinformation can contribute to health disparities. When you know the facts, you can have conversations that support good health and quality health care. Finally, you can learn more about health disparities and barriers to health equity. Understanding what causes disparities can help us recognize when we see injustices and speak up to be an advocate for change. Article and picture courtesy of The Mountain-Pacific Quality Health

U.S. Navy pilot to become first person of color to go to the moon

NASA astronaut Victor Glover will become the first person of color to orbit the moon, when the space agency’s Artemis II mission launches as early as next year.

Glover, a captain and test pilot in the U.S. Navy was named part of the four-member crew, which will perform a lunar flyby test before returning to Earth. Born in Pomona, Calif., Glover has been an astronaut since 2013. The aviator served as second-in-command for Crew-1 SpaceX Crew Dragon. The second-ever crewed flight for the spacecraft landed successfully in May 2021. Glover will serve as one of two pilots on the Artemis II Mission, tentatively scheduled for launch in November 2024.

It wasn’t the father of four’s first time leaving the atmosphere.

Glover also served as Flight Engineer during Expedition 64 aboard the International Space Station. At the time, he became the first Black astronaut to serve on the space station.

During that mission, Glover shared pictures of the sunrise and sunset on his Twitter account, garnering international attention.

“I love sunrises and sunsets. Can you see the bands of color,” Glover, who turns 47 later this month, Tweeted at the time “They remind me of the scripture in Psalm 30, ‘weeping may endure for a night, but joy cometh in the morning.’ It seems darkest just before sunrise. I wish you all love and light. Goodnight from the ISS.” After graduating in 1994 from Ontario High School in Ontario, Calif., Glover went on to get his Bachelor of Science degree in general engi-



neering from California Polytechnic State University. He earned his wings of gold after completing advanced flight training in 2001. He served as president of Cal Poly’s National Society of Black Engineers while he attended the university. He now holds a Master of Science in flight test engineering, as well as a Master of Science in systems engineering from the Naval Postgraduate School, and a master’s in military operational art and science. He has regularly taken time to speak to schoolchildren about the wonders of space. ““Inspiration is, ‘Wow, I didn’t realize that I could do that. I want to go to school and study that thing,’” he said during a 2021 interview. “It turns into decisions.” As a pilot, Glover accumulated more than 3,000 flight hours in more than 40 aircraft, including over 400 landings on U.S. Navy air-

craft carriers, often considered one of the most difficult tasks a fighter pilot performs. Of those carrier arrested landings, 24 came during combat missions. He has been deployed across the world both in war and peacetime. The importance of becoming the first person of color to eventually circle the moon was not lost on Glover on Monday. “This is a big day. We have a lot to celebrate and it’s so much more than the four names that have been announced,” the veteran aviator said after his name and those of his crewmates were called by NASA Administrator Bill Nelson. “This is humanity’s crew,” Nelson told the audience at the Johnson Space Center in Houston. In 2021, MSBNC named Glover to its list of 23 Black leaders who are shaping history today. Should Glover and his fellow as-

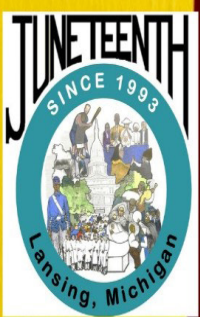
tronauts successfully execute the approximate 10-day lunar orbit mission, it would pave the way for NASA’s planned mission to the surface of the moon. That subsequent Artemis III Mission is slated to take place no earlier than 2025. NASA is designing the Artemis missions in conjunction with the Gateway Program. Once built and launched, the orbiting space station will allow for ongoing exploration and research in deep space, including docking ports for multiple visiting spacecraft. The platform will be used by astronauts to live, work, and prepare for lunar surface missions. He served as president of Cal Poly’s National Society of Black Engineers while he attended the university. Article and picture courtesy of msn.com and NASA.



MERCEDES BENZ FASHIONS

517
721-1431

5224 S.
MARTIN
LUTHER
KING JR,
BLVD



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

POETRY IN MOTION

LOOKING FOR SANITY

© Dee Freeman

Trying to locate from
whence life itself
comes,
I travel within the
depths of my being and
reflect
How has creation dealt
such a mighty punch to
Even yet, bewilder
life's origin and desti-
ny?

I seek to loose the
bindings of my meager
soul...to squelch
The flames of inner
emotions-singeing
desires
Though I sink deeper,
d e e p e r
Peering into darkness
Longing for light to
spring from gloom
Simultaneously, I rise
from my abysmal
depths
Rise...rising h i g h e r

Even here in solitude,
my essence slumbers
Concealing diminish-
ing, retreating sanity
My flaming desire
erupts again and again
Intimate and utter
solitude can no longer
hold me
Captive within my self

My skin may enslave
my muscles and bones
My brain may enslave
my mind
Yet desires effortlessly
erupt...
Bursting forth-as blood
rushes to
Heal a wounded heart-
Frantically seeking to
find
Within my depth
The force which will

enlighten
Will tenderly touch
and awaken
Will open up a re-
newed awareness...

Thus, compassionately
aroused
Still, desparately
searching and
Yet, lovingly trans-
formed
I find peaceful...
I find meaningful...
I find anticipated...
SANITY!!!

SO AS I THINKETH
© Dee Freeman

A magical eruption of
the nerve
Impulses in my brain
create the
Thoughts I think, I
think.

I think, therefore I am.
What I think I am,
I am...I think.

And what is it that I
think I am?
I'm not convinced that
what
I think is truly thought.
Maybe what I'm think-
ing is only
An impression I've
been taught.

Maybe I'm camou-
flaged as beliefs
Tossed to and fro.
Maybe I'm me, not
real
But me incognito.

Often I think I'll never
truly know
What my outward

appearance seem to
show.
I'll never understand
enough
To conclude that I truly
exist;
Exist in the here and
now...
I think I do, at least I
wish.

The mind, the con-
sciousness
The soul, the self
The thought, the feel-
ing
The complete essence,
and all else;
I ask my thoughts,
From whence do they
all come?
What is the entirety,
the whole and total of
All the above sum?

What heavenly realm
has spewed
Forth the breath that I
inhale;
That travels the waves
of my consciousness
Before I then exhale?
What gives rise to this
Concept of contempla-
tion;
Ultimately altering the
mind
And manipulating it's
deliberation?

Thus, this upsurge
opens
An awareness that
rises from my depth
To enlighten mind and
psyche;
Allowing all thoughts
to ponder on
Only the me I know
I am to be.

SOUL II SOUL INFLUENCE: CHRIST IS OUR COMMANDER AND CHIEF 04032023

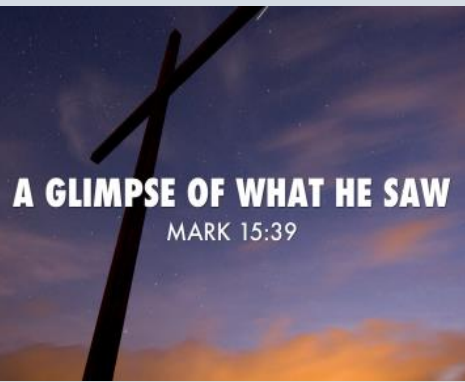


Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.
Soul II Soul Spiritual Fitness Couch
Lt. Commander (RET) US Navy Chaplain Corps
Certified Peer Support Specialist



BE STILL AND YOUR SOUL WILL SPEAK

“When the [Centurian] standing guard in front of him saw that he had quit breathing, he said, “This has to be the Son of God!” Mark 15:39 The Message Version



Eternal God and Faithful Friend, following the death of my nephew, Amos Hollingsworth Lynch, Jr., in 1988, his mom said to me, “I wonder what he saw?” AJ and his wife were conversing when my nephew said, “O My God!” His last breath coincided with his previous Word. Amos, Jr. saw God and went on to BE with the Lord.

God has such a way with the miraculous that the centurion in charge of the execution of Jesus was filled with

wonder at what he saw. So much so he was converted to believe that Jesus was all he claimed to be (Matthew 27:54; Luke 23:47). According to BibleRef.Com, Centurions rank much higher than ordinary foot soldiers. This is because they are likely to be responsible for supervising the event. Matthew adds that the centurion is influenced by a sudden earthquake (Matthew 27:54), while Luke says the centurion "praised God, saying, 'Certainly this man was innocent!'" (Luke 23:47). Some translations in Mark say the centurion noticed how Jesus' last breath included the loud cry.

Medical experts note that Jesus' cry at the end is not characteristic of someone dying of asphyxiation (suffocation), which is the usual way crucifixion victims die. When the soldier later pierces Jesus' side with a spear, blood and water come out (John 19:34), indicating Jesus died from a pleural effusion (a pair of serous membranes lining the thorax and enveloping the lungs). The centurion knows Pilate also believes Jesus to be innocent.

I remember February 24, 1979, when I heard Him call my name. I believe Jesus is the only begotten Son of God, who died to take away the world's sins and conquered death. He said He would send us a Comforter, and He did. He said He is returning for His Bride, Body, and Church. And, I believe Him. So, I declare He is my Commander and Chief. He is in charge. He is in control. No matter what it looks like. No matter what it BEs.

We used to sing a song in the home church titled WHEN WE ALL GET TO HEAVEN, and the third verse reads, “Let us then be true and faithful, Trusting, serving every day; Just one glimpse of Him in glory will the toils of life repay.” Just one glimpse!



Celebration

Announcements

Mr. Party, The Ambassador of Celebration

Birthdays in April 2023

- Mrs. Joy Geraldine Brown, (deceased March 15, 2020): we celebrated her 95th year from birth 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 22st birthday on April 1st, with family and friends. “You will always be my “Joshua Bear” 1-4-3!” Love, Mom!
- Ms. Rosetta Adams celebrated her 41th birthday on April 1st, with family and friends.
- Mr. Eric Jones, celebrated his “Happy 35th birthday” on April 1st, from your Sweetheart, Emerlisa.
- Mr. Robert Dyer celebrated 44rd 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. Doretha 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 53nd birthday on April 9th, with friends.
- Mr. Sam Mallot 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 35th birthday on April 12th.
- Ms. Karen Allen gratefully celebrated her 64th birthday on April 12th.
- Ms. Betty Wheeler celebrated her 58th birthday on April 12th.
- “Happy Birthday Ms.Capitol City!”
- Ms. Andrea Fundunburks celebrates her birthday on April 13th. “Yeah, I’m 25
- Ms. Arabella Pitts celebrates her 15th 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 36th birthday on April 13th. He says, “Westside certified”!
- 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 ,my Brother Mike!
- Ms. Kristina Eveleth celebrates her birthday on April 15th, with friends.
- Ms. Branda Hawley will celebrate her 44th 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. Shanequa Dennie celebrates her birthday on April 17th, spending time with family and friends.
- Ms. Shamira Johnston celebrates her 20th birthday on April 18th. She is Grandma’s “Honey Bunny”!
- Mr. Damion Jordan celebrates his 45th 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 73rd 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, Dorothy.
- Ms. Alexis Ward celebrates her 15th 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 44th birthday on April 23rd.
- Mr. Hunter Talon celebrates his 14th birthday with his parents, Mr. and Mrs. Tom and Jessica Stowell: Grandmother Barb Marciniak loves you!
- Ms. Khadijan Daniels celebrates her 34th birthday on April 24th.
- Mr. Frankie Lara celebrates his 16th birthday on April 24th. Grandmother Betty Wheeler, says, “I Love you, Baby!”
- Ms. Angelica Saucedo celebrates her 36th 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 29th birthday. “Hello Lydia! I hope you enjoy your birthday. I Love You!” Mom .
- Ms. Kimberly Cooper celebrates her birthday with her family.

Mark Your Calendar

THE LANSING JUNETEENTH

30th Anniversary Celebration

JUNE 10, 15-17, 2023 – Lansing, Michigan



Visit our website to learn more about Pre-Juneteenth Events and the Juneteenth Celebration Weekend



LansingJuneteenthCelebration.Org



Info@LansingJuneteenthCelebration.Org



Anniversaries

- Mr. and Mrs. Luther Wm. and Amy Brown Jr. celebrated their 18th 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 28th wedding anniversary is April 17th.
- Mr. Earnest and Mrs. Janice Cabule celebrate their 44th anniversary on April 28th.
- Ms. Kimberly Hetchler, Sergeant first class, celebrated her 37th anniversary in the Michigan National Guard. She works as the State Security Clearance Manager for the state of Michigan.

Announcements

Face book Page: www.facebook.com/mrpartycserv
Celebration Gram: Your special message delivered by; Mr. Party, The Ambassador of Celebration!!!
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.

The Lansing Juneteenth Celebration is a National Juneteenth Observance Foundation Member Organization

The Lansing Juneteenth Celebration is a project of Progressive Empowerment Education Resource Services – P.E.E.R.S.

SPORTS

Robyn Fralick Named Spartan Women's Basketball Head Coach



EAST LANSING, Mich. - Bringing with her a proven track record of success and program building, Robyn Fralick was announced as Michigan State's new women's basketball head coach on Friday by MSU Vice President and Director of Athletics Alan Haller.

Fralick becomes the sixth coach in Spartan women's basketball history. She will be formally introduced at a press conference next week.

"This is a great day for Spartan women's basketball as we welcome Robyn Fralick to our Spartan Family," said Haller. "Her resume speaks for itself, both in the historic success and championships she captured at Ashland and the job she did turning around the program at Bowling Green, not only capturing a championship but also creating an expectation of postseason success. Beyond that, Robyn possesses the ability to connect individually with student-athletes in order to maximize their abilities, while also bringing everyone together to create team success.

"Although she grew up in our community and we couldn't be more excited to bring her home, it's important to note that she's respected nationally. That became evidently clear throughout this process during conversations with individuals throughout the women's basketball community.

"Michigan State women's basketball is a program with a strong foundation both within our department and our community. I'm excited to watch Robyn and her team compete at the Big Ten and national

level as the program continues to grow."

Fralick comes to MSU after directing the Bowling Green program the last five seasons, guiding the Falcons to an 88-73 record (including 69-31 over the last three seasons) and three postseason appearances. This season, Fralick led BGSU to a 31-7 record, matching the school and Mid-American Conference records for most wins in a single season.

The Falcons made a historic run in 2022-23, advancing to the WNIT Feb 4, before falling in the semifinals.

"My family and I are so grateful for this new journey," said Fralick. "It is an honor to return home to East Lansing to join the Spartan community.

"I would like to thank the Bowling Green community for wrapping their arms around my family and the BGSU women's basketball squad for giving their best, every day.

"Thank you to Alan Haller and the hiring committee at Michigan State for this amazing opportunity. Spartan women's basketball has great tradition and an extremely loyal and supportive fan base. It's truly one of the elite programs in the Big Ten and the country, with everything that's necessary to develop student-athletes and compete at the highest level. We will work tirelessly to pursue excellence on and off the court and build a culture and team built on togetherness and toughness. We're excited to get to work!"

Fralick, who owns a career record of 192-76, was named MAC Coach of the Year in 2021 after leading the Falcons to one of the nation's top turnarounds. BGSU went from 10-21 in 2020 to 21-8 the next season. She led her squad to a MAC regular-season championship in year three of her tenure after inheriting a program that had four straight losing seasons prior to her arrival. The Falcons also earned a berth in the 2021 WNIT.

In 2021-22, BGSU lost nearly 75 player-games to injury, but Fralick still guided the Falcons to 10 MAC wins, a 17-16 overall record, and an appearance in the 2022 Women's Basketball Invitational (WBI).

In late 2018, Fralick was named the recipient of the C. Vivian Stringer Coaching Award. The award is presented to an individual who has experienced outstanding achievement as a coach for female teams. The award's website indicates that the winner exhibits "a high standard of propriety, imagination, and innovation as a character-builder in the tradition of great teacher-coaches."

Prior to Bowling Green, Fralick had an unprecedented run as the head coach at Ashland University. In three seasons (2015-16 to 2017-18), she accumulated an overall record of 104-3 (.972), which was the highest winning percentage in NCAA history at any level (minimum of 100 games coached). Overall, she spent 10 seasons at Ashland as both an assistant and head coach with the Eagles earning a 267-59 record during that time.

Fralick and the Eagles advanced to the NCAA Division II national championship game four times between 2012 and 2018, winning national championships in both 2013 and 2017. The Eagles were the National Runner-Up in both 2012 and 2018. AU won 73 consecutive games, the longest streak in NCAA Division II history, before a loss in the 2018 national title game.

Her coaching career also includes stops on the staffs at Appalachian State (2004-05), Western Michigan (2005-07) and Toledo (2007-08).

She is a 2004 graduate of Davidson, having earned her undergraduate degree in psychology with a minor in religion. At the end of her four-year playing career, she left Davidson among the career leaders in assists (4th), steals (8th) and free-throw percentage (12th). Fralick earned her master's degree in counselor education from Western Michigan in 2007.

A native of Okemos, Michigan, the former Robyn Flewelling had a storied career at Okemos High School. She garnered second-team all-state honors and was named to the All-Michigan Fifth Team as a senior. In addition to her basketball honors, she was named all-league in soccer as well as honorable mention all-league in softball. She was named to the Okemos High School Hall of Fame in 2017.

Fralick and husband, Tim, have two children, Will and Clara.

Spartans to Play in Maui Jim Maui Invitational in 2024

EAST LANSING, Mich. - Michigan State's men's basketball team will play in the 2024 Maui Jim Maui Invitational, it was announced today.

In addition to the Spartans, the 2024 Maui Jim Maui Invitational field includes Auburn, Colorado, Dayton, Iowa State, Memphis, North Carolina and UConn. The 41st annual tournament will be held from Nov. 25-27 at the historic Lahaina Civic Center in Maui, Hawaii.

The 2024 teams bolster a total of 218 NCAA Tournament appearances, 45 Final Four berths (including 2023 National Champion UConn) and 13 NCAA Tournament titles. Half of the teams competing rank within the top-40 of the winningest programs of all-time in men's college basketball. "There is simply no other early-season college basketball tournament that rivals the spirit, talent and overall 'magic' of the Maui Jim Maui Invitational," said Tournament Chairman, Dave Odom. "The 2024 field is not only going to bring top tier programs representing eight of the most dominant conferences in the sport, but also fans from all corners of the country. Whether it's your first time on-island, or you've made packing into the historic Lahaina Civic Center an annual tradition, this

Tournament experience is on every college basketball fan's bucket list - and this loaded 2024 field is going to make it hard to resist."

All eight teams have been to the Maui Jim Maui Invitational before at least once, with North Carolina holding the most previous trips at eight. Memphis will be making its sixth trip, first since 2011, while Dayton, Michigan State and UCONN will return for their fifth appearances. Additionally, half of the teams have previously won the Maui Jim Maui Invitational: North Carolina has won four times, UConn twice and Michigan State and Dayton each hold one coveted title apiece.

This will be Michigan State's fifth time participating in the Maui Invitational (1991, 1995, 2005, 2010 and 2019). The Spartans captured the championship in their inaugural trip in 1991, defeating Lamar, Rice and No. 2 Arkansas in the championship game, 86-71. Redshirt freshman Shawn Respert averaged 19.0 points, while Mark Montgomery averaged 7.3 assists.

Tom Izzo made his head coaching debut at the 1995 Maui Invitational, defeating Chaminade, before falling to North Carolina and Santa Clara. In the 2005 tournament, MSU defeated Chaminade

before falling to Gonzaga in one of the greatest games in the history of the Maui Invitational, losing 109-106 in triple overtime. Maurice Ager scored 36 points, including 27 in the last 7:09 of regulation and the overtime periods. MSU bounced back the next day with a 74-71 overtime win vs. Arizona. Ager earned a spot on the All-Tournament Team, averaging 26.3 points in three games. In 2010, the Spartans finished in third place, beating Chaminade in the opening round (82-74), losing to UConn in the semifinals (70-67) and beating Washington (76-71). Kailin Lucas was named to the all-tournament team, averaging a team-best 22.3 points per game. The Spartans finished in fifth place in 2019, falling to Virginia Tech in the opening round before coming back to beat Georgia and UCLA.

All-Tournament travel packages and school Booster travel packages for the 2024 Maui Jim Maui Invitational will be available at a later date. For more information on the Tournament, please visit mauiinvitational.com.

CANNABIS CORNER

Celebrating 4/20 in Michigan: 2023 deals and events for weed lovers



Weed's biggest day of the year is around the corner and so are all the deals and events that come along with it.

Here are some things you do not want to miss as a Michigan pot lover celebrating 4/20 this year. Check back for more deals as they roll out the closer we get to the marijuana holiday.

4/20 store deals

SKYMINT (24 locations)

The state's largest recreational marijuana license holder, SKYMINT, is "giving away thousands of dollars in free weed in their Countdown to 4/20 sweepstakes," according to a news release. Each day, from April 10-20, one winner will be randomly selected for exclusive prizes.

Eight people will win party packs from weed brands only available at SKYMINT.

One person will win a weekend trip in the form of an Airbnb Gift Card, along with party packs.

One person will win the ultimate prize: free weed for one year, provided as a \$500 monthly coupon allowance through SKYMINT's loyalty program.

No purchase is necessary to enter the giveaway, just walk into any of the 24 SKYMINT locations in Michigan, sign up at their in-store kiosk and follow them on Instagram @SkymintOfficial.

Quality Roots (6 locations)

To celebrate 4/20, Quality Roots will be hosting a four-day "Route to 420" event, from April 20-23 — with unique giveaways, free weed and merchandise.

"The whole store will be discounted," said Quality Roots owner Aric Klar. "We'll have some food vendors at some stores, some music vendors at some other stores, but (Quality Roots is) primarily focused on utilizing 4/20 as a customer appreciation weekend so everything will be at prices that most of our customers haven't seen before."

The first 100 customers at all Quality Root stores on 4/20 will receive a \$25 gift card, the first 200 will be entered to win a \$1,000 Visa gift card, and the first 500 customers will get a free 1.2-gram pre-roll.

Vendors will be at each location, passing out

goodies to customers in line. Friday, April 21 will be free gram Friday at Quality Roots, where every customer who comes in "gets a free gram on us," Klar said. On Saturday, April 22, customers will each get a free pre-roll. Each night, between 8 and 10 p.m., workers will be handing out free gummy edibles.

Pure Roots (4 locations)

Pure Roots in Ann Arbor, Center Line, Lansing and Battle Creek will have 4/20 deals from April 17-20.

Dab Monday, April 17: 7g Buckets Concentrate for \$49

Forte Tuesday, April 18: Big 1 Forte Infused pre-rolls, concentrates and premium flower

Gummy Wednesday, April 19: Buy 10 gummy edibles, get 10 for free — 100mg Choice Gummies

Flower Thursday, April 20: \$10oz

Article courtesy of Nour Rahal of the Detroit Free Press

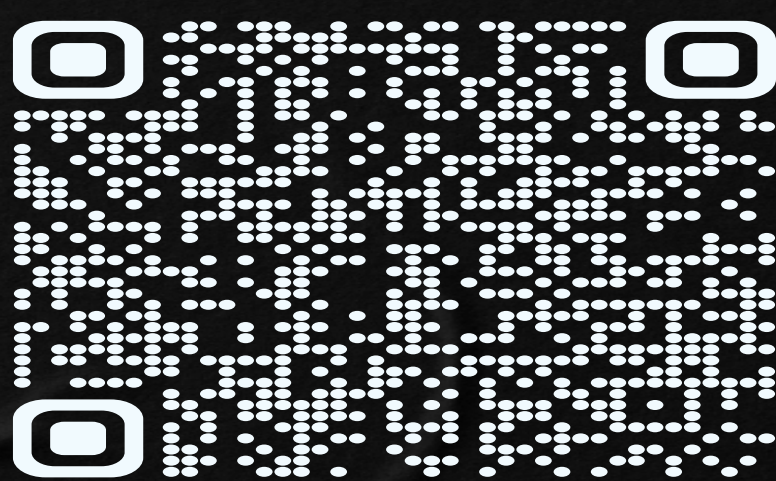
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