



THE NEW

MICHIGAN BULLETIN

SERVING FOR NEARLY 3 DECADES



Vol XXVIII 21

DECEMBER 1-15, 2022

ARE YOU VACCINATED?

THE 411

DECEMBER 10, 2022

“Home for the Holidays with Taylor Taylor at Urban Beat”

7:00pm

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

DECEMBER 11, 2022

Lansing Symphony Orchestra Pops-Season's Greetings

3:00pm Cobb Great Hall

For ticket information call 517-487-5001

DECEMBER 11, 2022

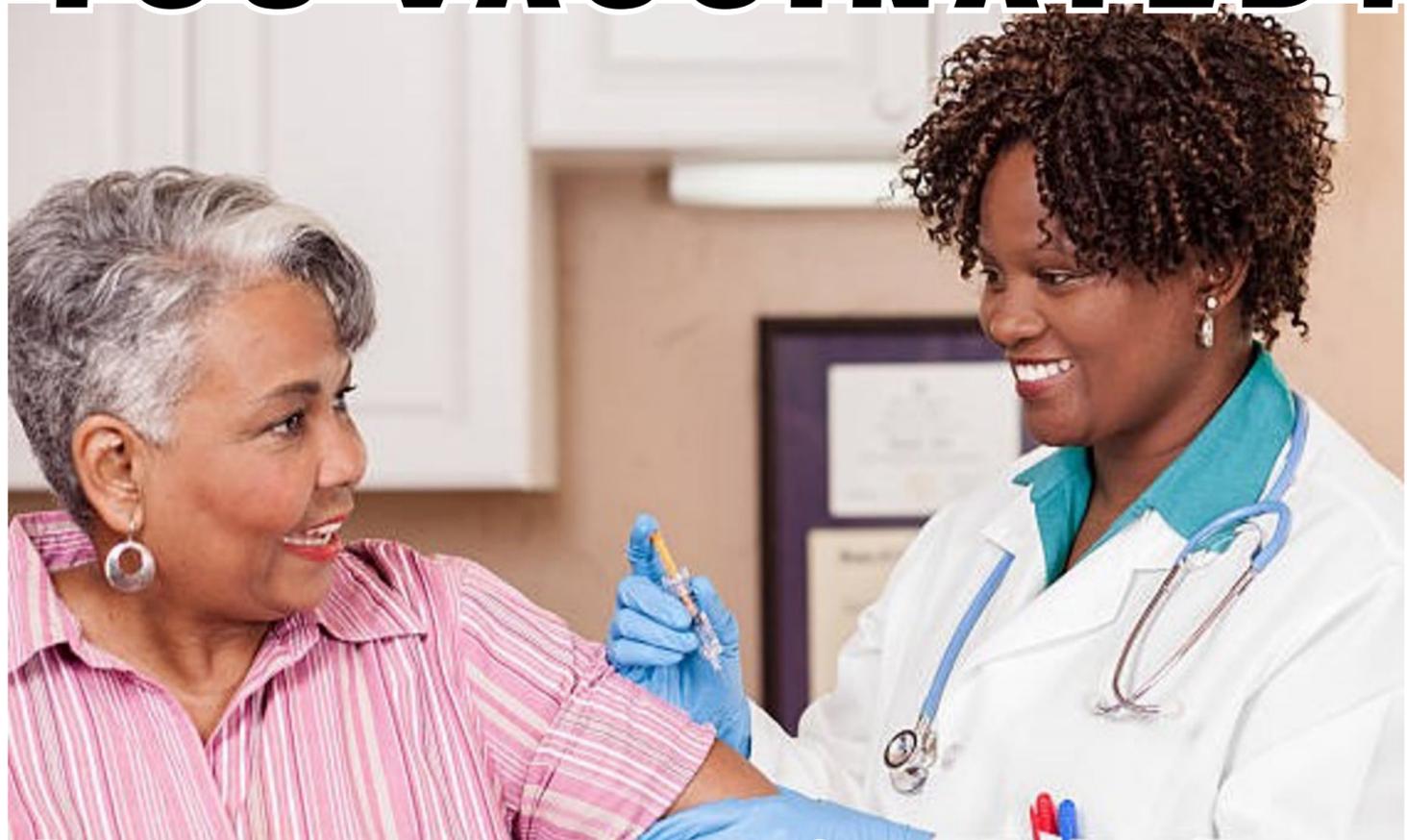
“A Beautiful December Night with Rodney Page and Artaska at Urban Beat”

5:30pm. 1213 Turner Street for more information call 517-517-331-8440

DECEMBER 13-15, 2022

“Pretty Woman the Musical”

Cobb Great Hall for ticket information call 1-800-WHARTON



Flu Season: Importance of Getting a Flu Shot

With flu season upon us during the COVID-19 pandemic, it's doubly important to lessen the risk of getting the flu. In a typical year, flu season occurs from fall to early spring. The length and severity of an epidemic may vary. Some lucky individuals can get through the season flu-free. But be prepared to be surrounded by sneezing and coughing for a few months out of every year and to self-isolate and seek testing as soon as any symptoms appear. According to the Centers for Disease Control and Prevention (CDC), the flu affects between 3 and 11 percent of the population each year. Flu symptoms often include: coughing fever (not everyone with flu will have a fever) headache muscle or body aches sore throat runny or stuffed-up nose fatigue vomiting and diarrhea (more common in children than adults) The symptoms that come with the flu can keep you bedridden for a week or more. An annual flu vaccine is the best way to help protect you against flu. The CDC believes that flu viruses and the virus that causes COVID-19 will both be spreading during fall and winter. The symptoms of flu have major overlap with symptoms of COVID-19, so the flu vaccine will be more important than ever. How does the flu shot work? The flu virus changes and adapts every year, which is why it's so widespread and difficult to avoid. New vaccines are created and released every year to keep up with these rapid changes. Before each new flu season, federal health experts predict which strains of the flu are most likely to thrive. Influenza A and B viruses are the ones that cause seasonal epidemics. They use these predictions to inform manufacturers to produce the appropriate vaccines. The flu shot works by prompting your immune system to produce antibodies. In turn, these antibodies help the body fight off the strains of flu virus present in the vaccine. After receiving the flu shot, it takes about 2 weeks for these antibodies to fully develop. There are two variations of the flu shot that protect against different strains: trivalent and quadrivalent. Trivalent protects against two common A strains and one B strain. The high-dose vaccine is a trivalent vaccine. The quadrivalent vaccine is designed to protect against four

commonly circulating viruses, two influenza A viruses, and two influenza B viruses. The CDC doesn't currently recommend one over the other. Check with your insurance provider and your doctor to get a recommendation. Who needs a flu shot? Some people may be more prone to getting the flu than others. That's why CDC recommends that everyone 6 months of age or older be vaccinated against the flu. The shots are not 100 percent effective in preventing the flu. But they're the most effective method to protect against this virus and its related complications. High-risk individuals Certain groups are at an increased risk for getting the flu and developing potentially dangerous flu-related complications. It's important that people in these high-risk groups be vaccinated. According to the CDC, these individuals include: pregnant women and women up to 2 weeks after pregnancy children between 6 months and 5 years of age people 18 and under who receive aspirin therapy people over 65 anyone with chronic medical conditions people whose body mass index (BMI) is 40 or higher American Indians or Alaska Natives anyone living or working in a nursing home or chronic care facility caregivers of any of the above individuals Chronic medical conditions that could increase your risk for complications include: asthma neurologic conditions blood disorders chronic lung disease endocrine disorders heart disease kidney diseases liver disorders metabolic disorders people with obesity people who've had a stroke people with a weakened immune system due to disease or medications According to the CDC, people under the age of 19 who are on aspirin therapy as well as people taking steroid medications on a regular basis should also be vaccinated. Workers in public settings have more risk for exposure to the disease, so it's very important that they receive a vaccination. People who are in regular contact with at-risk individuals like the elderly and children should also be vaccinated. Those people include:

teachers daycare employees hospital workers public workers healthcare providers employees of nursing homes and chronic care facilities home care providers emergency response personnel household members of people in those professions People who live in close quarters with others, such as college students and members of the military, are also at a greater risk for exposure. Who shouldn't get a flu shot? Some people shouldn't get a flu shot for medical reasons. This is why it's important for the rest of us to get it for herd immunity to protect them. Don't get a flu shot if you have the following conditions. Previous bad reaction People who've had a bad reaction to the flu vaccine in the past shouldn't get a flu shot. Egg allergy People who are severely allergic to eggs should avoid flu vaccination. If you're mildly allergic, talk to your doctor. You may still qualify for the vaccine. Mercury allergy People who are allergic to mercury shouldn't get the shot. Some flu vaccines contain trace amounts of mercury to prevent vaccine contamination. Guillain-Barré syndrome (GBS) Guillain-Barré syndrome (GBS) is a rare side effect that can occur after receiving the flu vaccine. It includes temporary paralysis. If you're at high risk for complications and have had GBS, you may still be eligible for the vaccine. Talk with your doctor to determine if you can receive it. Fever If you have a fever the day of the vaccination, you should wait until it's gone before receiving the shot. Are there any side effects to the flu vaccine? Flu shots are safe for most people. Many people incorrectly assume that the flu vaccine can give them the flu. You can't get the flu from the flu shot. But some people may experience flu-like symptoms within 24 hours of receiving the vaccine. Possible side effects of the flu shot include: low-grade fever swollen, red, tender area around the injection site chills or headache These symptoms may occur as your body responds to the vaccine and builds antibodies that latter will help prevent illness. Symptoms are typically mild and go away within a

day or two. What vaccines are available? The flu shot is available in other forms, including high-dose, intradermal, and nasal spray. High-dose flu shot The Food and Drug Administration (FDA) has approved a high-dose flu vaccine (Fluzone High-Dose) for people 65 and over. Since the immune system response weakens with age, the regular flu vaccine is often not as effective in these individuals. They're at the highest risk for flu-related complications and death. This vaccine contains four times the amount of antigens compared to a normal dose. Antigens are the components of the flu vaccine that stimulate the immune system's production of antibodies, which combat the flu virus. A 2020 study Trusted Source confirmed some previous conclusions Trusted Source that the high-dose vaccine has a higher relative vaccine effectiveness (RVE) in adults 65 and older than the standard-dose vaccine. Intradermal flu shot The FDA approved another type of vaccine, Fluzone Intradermal. This vaccine is for people between 18 and 64 years of age. The typical flu shot is injected into the muscles of the arm. An intradermal vaccine uses smaller needles that enter just under the skin. The needles are 90 percent smaller than those used for a typical flu shot. This may make the intradermal vaccine an attractive choice if you're afraid of needles. This method works just as well as the typical flu shot, but side effects are more common. These can include the following reactions at the site of the injection: swelling redness roughness itchiness According to the CDC, some people who receive the intradermal vaccine may also experience: headache muscle aches fatigue These side effects should disappear within 3 to 7 days. Nasal spray vaccine If you meet the following three conditions, you may be eligible for the nasal spray form of the flu vaccine (LAIV FluMist): You have no chronic medical conditions. You aren't pregnant. You're between 2 and 49 years of age. You're afraid of needles. According to the CDC, the spray is nearly equivalent to the flu shot in

its effectiveness. However, certain individuals shouldn't receive the flu vaccine in nasal spray form. According to the CDC, these individuals include: children under 2 years old adults over 50 years old people with a history of allergic reactions to any ingredient in the vaccine children under 17 receiving aspirin- or salicylate-containing medications children 2 to 4 years old who have asthma or a history of wheezing in the past 12 months people with weakened immune systems people without a spleen or with a non-functioning spleen pregnant women people with an active leak between the cerebrospinal fluid and the mouth, nose, ear, or skull people with cochlear implants people who have taken flu antiviral drugs within the past 17 days People who care for severely immunocompromised persons who require a protected environment should avoid contact with them for 7 days after receiving the nasal spray vaccine. Anyone with these conditions is cautioned about taking the nasal spray vaccine: asthma in people 5 years and older underlying medical conditions with higher risk for flu complications acute illness with or without fever Guillain-Barré syndrome within 6 weeks following a previous dose of the flu vaccine If your child is between the ages of 2 and 8 and has never received the flu vaccine, they should receive the nasal spray flu vaccine earlier. This is because they'll need a second dose 4 weeks after the first. Takeaway A seasonal flu shot in early fall is the single best way to protect against the flu, especially when COVID-19 is still a risk. It's possible to have both at the same time, so diligent care is required as flu season ramps up. There's no guarantee that getting a flu vaccine will prevent you from getting flu, but studies have shown that it can lessen the severity of the illness if acquired. You can schedule an appointment to receive a flu shot at your doctor's office or at a local clinic. Flu shots are widely available at pharmacies and grocery stores, with no appointment necessary. Some facilities that previously offered flu vaccines, such as workplaces, may not due to closures from COVID-19. Call ahead if you're unsure. Article and picture courtesy of healthline.com

WHAT'S INSIDE

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- Departed Son

Rest in Peace



Mike Fields
1968 -2022



Bishop Maxwell
1956-2022



MSU Football, season ends



By Ernie Boone

East Lansing— Penn State University scored a touchdown in each of the first three quarters, then added a pair in the final period to post a 35-16 football victory and end the current season

for Michigan State University. Penn State moved its season record to 10-2, 7-2, and sets up an appearance in one of the top ranked post season bowl games and closed he MSU season with no eligibility to compete in the post season. Finishing, 5-7, 3-6, MSU cannot compete in a bowl game.

The Spartans fell behind early, when Sean Clifford hit Theo Johnson with an 11-yard scoring pass near the end of the first quarter. The Nittany Lions held control the rest of the way, going ahead, 14-0 when Johnson grabbed a 48-yard touchdown pass from wide receiver, KeAndre Lambert-Smith.

MSU fought back, scoring on a 51-yard field goal to make it 14-3, and 21-10 when Payton Thorne threw nine yards to Maliq Carr for a touchdown. Thorne completed the Spartan scoring with a two-yard touchdown run to cap an 11-play 70-yard drive. Penn State added a pair of fourth quarter touchdowns.

The Spartans put themselves into the win or no bowl situation with 39-31 a double-overtime loss to Indiana the prior week the week before. MSU raced off to a 24-7 halftime lead, but struggled after the intermission, scoring just seven points and finally loss the game. Indiana. The Hoosiers did it with big plays coming from their specia, then I teams and speedsters. They opened the scoring with a 34-yard scoring run by D. Williams to take a 7-0 lead. MSU countered with a 19-yard Ben Patton field goal then added touchdowns by Carr, Collins and Coleman to gain the halftime lead.

Indiana came to life after halftime, with a 79-yard scoring run by S. Shivers. After MSU's only second half scoring, a 31-yard dash by Collins, Indiana scored an 88-yard kickoff return by J. Lucas and a 40-yard field goal to make the score, 31-24, Spartans. J. Henderson tied the score, 31-31, on a one-yard dive. Shivers settled the contest with his overtime heroics.

With no bowl game eligibility, MSU has only individual honors left in the season. The biggest award will go to punter, Bryce Barringer who was named the Big 10 Punter of the Year, winning the Eddleman-Fields Award and membership in the finals for the Ray Guy Award as the nation's top punter. Barringer leads the FBS with a 49.0 punting average. He had 22 of 50 punts land inside the 20 yard line, 8 inside the 10. He had 24 of 50 punts go 50 yards or more. His 46-yard average is the best in the country at this time.

Fifth year graduate student, Jayden Reed, was named second team wide receiver, and sophomore wide receiver, Keon Coleman was named third team. Senior left guard, J.D. Duplain and senior center, Nick Samac were named honorable mention. Senior running back, Elijah Collins received MSU's Sportsmanship Award.

Four Spartans earned defensive awards. Linebacker, Cal Haladay was named to the second team, defensive tackle, sophomore Simeon Barrow Jr., graduate senior safety, Xavier Henderson, and senior defensive tackle, Jacob Slade received honorable mention.

Nominations Encouraged for Michigan Lottery's Excellence in Education Awards to Honor Outstanding Educators

Parents, students, school staff members, and others are encouraged to nominate outstanding public-school educators for the Michigan Lottery's 2022-23 Excellence in Education awards.

All public-school employees may be nominated

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

The Michigan Lottery established the Excellence in Education awards in 2014 to recognize outstanding public-school educators across the state during the school year.

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

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

The winner of the 2022 Educator of the Year award was Spencer Vanderheide. He is a high school teacher with Kenowa Hills High School, which is part of Kenowa Hills Public Schools.

Hundreds of educators were nominated during the eighth year of the educational awards program and 34, including Vanderheide, were selected to win a weekly award.

Previous winners of the Educator of the Year award: 2021 – Janice Smith, a school social worker at Fisher Magnet Lower Academy in Detroit

2020 – Megan Sidge, an Autism Spectrum Disorder teacher at Hickory Woods Elementary, which is part of the Walled Lake Consolidated Schools.

2019 – Stewart Kieliszewski, an Earth science, biology, mechatronics, and media teacher for eighth through 12 graders at the Ubyly Community Schools. 2018 – Kerri Moccio, a literacy intervention specialist at Bedford Elementary School in Dearborn Heights

2017 – Linda Holzwarth, a social studies teacher at Portage West Middle School in Portage

2016 – Daniel Carr, a Spanish and sports marketing teacher at Waverly High School in Lansing

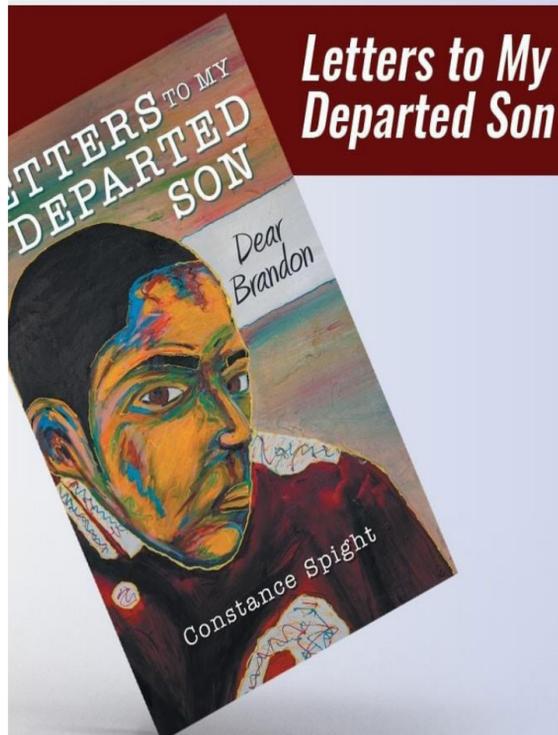
2015 – Michael Craig, a special education teacher at the Charles Drew Transition Center in Detroit
Excellence in Education award nominees are evaluated on:

Excellence – Their work consistently helps students and/or their schools or school districts advance to higher levels of academic achievement.

Dedication – They consistently go above and beyond expectations to help students succeed.

Inspiration – Their work inspires others around them to exceed expectations either academically or professionally.

Plan B
BRANDON LEE SPIGHT
Memorial Foundation



Dear Brandon: *Letters to My Departed Son* shares personal letters from a grieving mother to her beloved son as he battles and sadly loses an insurmountable health challenge.

Visit www.planbspight.org to purchase your book

POETRY IN MOTION



THE GIFT THAT KEEPS GIVING

© Dee Freeman

You were given to us,
Sweet Jesus
As The Light of the
world

Your glory now shines
through us, for our
brightness to unfurl

Prince of peace, Lamb of
God, Wonderful Coun-
selor 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, Di-
vine 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 some-
times 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!!!!

Thanks to YOU, we will
get through this TO-
GETHER!

CONNECTED SOUL II SOUL: WORDS OF HOPE AND HEALING 08302021



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



BE STILL AND YOUR SOUL WILL SPEAK

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



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

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

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

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

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

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

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

Alpha Kappa Alpha Sorority, Incorporated® Delta Tau Omega Chapter

75th Diamond Jubilee Anniversary Celebration

SATURDAY, DECEMBER 17, 2022



Crowne Plaza Hotel
925 South Creyts Road
Lansing, MI 48917



KEYNOTE SPEAKER
Dr. Glenda Baskin Glover
30th International President
of Alpha Kappa Alpha Sorority, Inc.®
and President of Tennessee State University

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

MUSIC PROVIDED BY
**Brandon Marceal and
Lo-Key Entertainment**

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

TICKETS: \$100

Purchase by **December 10, 2022**

[https://deltatauomega-aka.com/
75th-diamond-jubilee-celebration/](https://deltatauomega-aka.com/75th-diamond-jubilee-celebration/)



Celebration

Announcements

Mr. Party, The Ambassador of Celebration

Birthdays in DECEMBER

Mr. Kevin Alexander Tyler celebrates his birthday on December 1st, at home with family.
Ms. Alisha "Happy" Randle celebrates her birthday on December 1st, "just chill'in!"
Ms. Diona Houston celebrates her birthday on December 1st. She will turn 38 years old.
Ms. Marsha Civils celebrates her birthday on December 2nd.
Mrs. Tracy Faulkner celebrates her birthday on December 2nd, with family and friends.
Ms. Markita Atwater celebrates her 26th birthday on December 4th. "I want to say thanks to my mother Rhonda Horton for being here for me and watching me be a grown woman... Love you Mom!"
Ms. Patricia Robinson celebrates her birthday on December 4th.
Mr. T. J. Baldwin celebrates his 30th birthday on December 5th, with family and friends.
Mr. Pone of the Hood Riders celebrates his birthday on December 6th. He says "Jesus loves you!!!" to his daughter and granddaughter.
Ms. Cynthia Delapaz enjoys her birthday on December 7th, with family and friends. "Much Love to my daughters!"
Ms. Chantelle Brandon celebrates her birthday on December 8th.
Ms. Tabitha Fortner celebrates her 28th birthday on December 10th, with family and friends.
Mr. Marc David Tyler II celebrates his birthday on December 13th, with family and friends.
Ms. Candace Clay celebrates her birth, 47 years, on December 15th. She says, "I love Living!"
Ms. Kimmy Herlick celebrates her birthday on December 15th, with family and friends.
Mr. Andy Brown celebrates his birthday on December 15th, with his wife, daughters and son.
Ms. Karen Morrow celebrates her birthday on December 17th. "God Bless my family, friends and extended family, Love you all!"
Ms. Victoria Jefferson celebrates her birthday on December 18th. Daddy Loves you Baby Girl!
Mr. Stafford L. Cobb celebrates his birthday on December 20th. "Life is lived forward and learned backwards" "Peace to all and 1 love!"
Mr. Jameel Cooper celebrates his birthday on December 20th, with family and friends.
Ms. DaQuaria Watkins will celebrate her 21st birthday on December 20th. Grandma says, "She is an excellent student!"
Mr. Tommie L. Boyd will celebrate his 52nd birthday on December 21st.
Ms. Charita Robinson-Murphy will celebrate her birthday on December 21st, with her husband Michael and children.
Mr. Tyrell Potts will celebrate his birthday on December 25th.
Mr. Anthony Michael Quarles will be celebrating his 26th birthday on December 26th with family and friends.
Mr. Al Travis will celebrate his birthday on December 26th.
Mr. Marcus Jefferson Jr. will celebrate his birthday on December 31, 2022

*Special Holiday Message from:

Mr. Party, The Ambassador of Celebration

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

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

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

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

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

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

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

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

*Announcements

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

- **Mr. Party Website:** www.mrpartycelebrationservice.com
- **Facebook Page:** 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
- Call: 517-391-4849 or Email: 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!

496 WEST Annual Christmas Party

The Annual 496 WEST Christmas Party is happening at the Venue in the Lansing Mall on Dec 18th 6-10pm

LIVE Music • DJ • Dancing • Door Prizes
Food Vendors • A Lot of Fun
A Whole Lot Soul.

ALSO Stroll our Holiday Pop-Up Shop featuring LOCAL Businesses & Cultural Merchandise!
TICKETS: WWW.BMRWPROMOTIONS.COM

LIGHT UP THE SEASON

with Holiday Instant



Put some play in your holiday

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

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



Overall odds of winning Tinsel Town: 1 in 4.54. Overall odds of winning Merry Money X12: 1 in 4.55. Overall odds of winning Cashing Through the Snow: 1 in 4.11. Overall odds of winning The Perfect Gift: 1 in 3.77. Overall odds of winning \$6,000,000 Jackpot: 1 in 3.10. Knowing your limits is always the best bet. Call the Michigan Problem Gambling Helpline for confidential help at 1-800-270-7117.

