



Vol XXVII No. 19

DECEMBER 1-15, 2021

MARIJUANA STOMACH DISORDER ON THE RISE

THE 411

DECEMBER 4, 2021

SONGS OF COMFORT AND JOY

Cobb Great Hall 8:00 PM
For Ticket Information Call 517-353-5340

DECEMBER 5, 2021

LESLIE ODOM JR.

Cobb Great Hall 7:00 PM
For Ticket Information Call 1-800-WHARTON

DECEMBER 7-12, 2021

HADESTOWN

Cobb Great Hall
For Times and Ticket Information Call 1-800-WHARTON

DECEMBER 14, 2021

CANADIAN BASS Making Spirits Bright

Cobb Great Hall 7:30PM
For Times and Ticket Information Call 1-800-WHARTON

DECEMBER 19, 2021

LSO HOLIDAY POPS

Cobb Great Hall 3:00PM
For Times and Ticket Information Call 517-487-5001

A newly recognized condition is showing up more and more in our local Emergency Department. Patients come in with severe nausea and vomiting for several days. Often, they report multiple prior episodes over months or even years. The symptoms include unremitting pain in the upper abdomen, persistent nausea and vomiting, and a hot shower or bath is the only thing that brings them relief. The length of these symptoms is variable but can last for up to a week at a time and be completely disabling.

In the past, we had a poor understanding of what caused these symptoms and how to treat them, because they tended to be very resistant to even the most potent pain and nausea medications we have. We would direct our evaluation to pursue the most common and serious diagnoses, and often came up empty handed. We would test for problems with the stomach, liver, gall bladder, pancreas and bowels, test for pregnancy, and often even get CT scans in an effort to

make a diagnosis. For years patients would be tentatively diagnosed with cyclical vomiting disorder, irritable bowel, gastroparesis or gastritis due to our poor understanding of this disease entity. Patients would often have to come to the ER several times during an episode for hydration and electrolyte replacement due to the severity of the symptoms. The next step would be a trip to the gastroenterologist, although they usually had little success in diagnosing the problem.

Now, we understand that for many people presenting with this pattern of symptoms, the cause is related to cannabis use, or more specifically, high levels of the tetrahydrocannabinoid (THC) molecule in cannabis products. The marijuana that we have access to today is not the same natural marijuana that people used decades ago. It has been highly modified and bred to have extraordinarily high levels of the psychoactive molecule, THC. Now legal for recreational use in 10 states, it is perceived of as largely harmless for most casual users and, in years past, it may have been. Strains sold today can have up to 10 times the amount of THC as is found in the naturally occurring variant. THC is stored in our body fat, and can accumulate to very high levels there. We have receptors throughout our body for THC, known as the endocannabinoid system, which plays



a role in our natural response to pain and stress. These receptors are concentrated in the brain and the stomach/intestines. When they get overloaded, bad things happen. This newly understood condition can occur among people who use marijuana as little as once or twice a week. It's called cannabinoid hyperemesis syndrome (CHS). It is characterized by these repeated episodes of severe nausea, abdominal pain, and vomiting that returns every few weeks or months.

CHS, first reported in 2004, is difficult to diagnose for many reasons. First of all, there is no test that can be used to make the diagnosis. Also, many doctors are unfamiliar with it and do not know the right questions to ask, and patients sometimes are reluctant to disclose marijuana use history. In addition, for reasons that are poorly understood, it doesn't affect all chronic, long-term users. Moreover, longtime marijuana users don't think to report their use of marijuana. They figure that they have used marijuana for years without any negative effects, but the onset of CHS doesn't occur for a long time after people have been using marijuana regularly.

The condition has three stages: During the early stages, people typically experience morning nausea, urges to vomit, and stomach discomfort. These symptoms may last for hours to days and recur over months or years. Knowing its anti-nausea effects, people sometimes increase their use of marijuana during this time. The hyperemesis stage is characterized by episodes of intense and persistent nausea and vomiting. People in the hyperemesis stage have the urge to shower or bathe in hot water far more frequently, as it relieves the symptoms.

Finally, during the recovery stage, patients feel better, return to normal eating patterns, and resume a regular showering routine. Recovery can last from days to months before symptoms return.

Clinical guidelines for the diagnosis, treatment, or management of CHS do not currently exist. The only way to confirm the diagnosis is to discover whether symptoms abate when the patient stops using marijuana. However, because THC can accumulate to high levels and is stored in our body fat, it can take weeks to months of complete abstinence to notice a difference. Many people resume use during this time because they do not fully appreciate this time-frame, feel that they need the marijuana to control the nausea, and resist the belief that marijuana can cause these symptoms. If left untreated, severe prolonged vomiting can lead to dehydration and electrolyte imbalances in the blood, which can cause rare complications including confusion, muscle spasms or weakness, seizures, kidney failure, abnormal heart rhythms, and shock. Other conditions, like food poisoning, can cause very similar symptoms, although those are often accompanied by diarrhea, whereas CHS usually is not. It is critically important to understand that marijuana users, even those with known CHS, can have other serious causes of stomach pain and vomiting, and should always seek medical attention when those symptoms develop. For help quitting marijuana, call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-HELP (4357) or visit their Online treatment locator findtreatment.samhsa.gov.

Adam Cohen, MD, is the director of Emergency Medicine and an Emergency Medicine physician at SVMC. year.



Alwin Peterson

THE HISTORY OF LAND AND HOME OWNERSHIP OF THE PETERSON FAMILY

During a recent visit to Atlanta in late October, Alwin Peterson a former Lansing resident, gave me the history of his family's home and family ownerships

The Odums home on 300-acre farm in Georgia beginning in 1883, followed by the Charles and Ann Peterson house in Pittsburgh in 1952. his sister went to Temple in 1965 and several years later she purchased a home in Bensalem, PA. Her daughter was born in Philadelphia in 1982 decided to attend Spelman College in 2000 and fortunately, Alwin Peterson moved from Lansing, Michigan to join Georgia in 1999 to work for the Georgia Department of Health and in 2001 and bought a house in Fayetteville, GA and the family had a permanent home. Two years thereafter, his sister Priscilla, planned to get married and move to her new home in Atlanta in 2003.

Priscilla A. James, the Sister of Peterson, attended Temple University in Philadelphia and was a gymnastics coach. Alwin Peterson, attended U of Detroit as an earned Bachelors and Graduate degrees and Harvard University's Kennedy School of Government Graduate School. Alwin's grandfather, Charlie Odums bought a three-hundred-acre farm in 1883 and raised four sons and a Daughter named Annie Peterson, Alwin's Mother. One hundred acres

remain in the family via Priscilla and Alwin Peterson.



(Photographs by Marcus Jefferson)

Above is the progression of the family's homes beginning in 1883 to 2005.



MID-MICHIGAN

**Lansing Community College
congratulates Trustee Angela
Mathews and Benita Duncan on their
recent elections at the Association
of Community College Trustees
(ACCT) Leadership Congress**

Trustee Mathews was elected Vice-Chair of the African American Community College Trustees Association (AACCTA). The AACCTA is a constituency group of the ACCT and serves as an organization committed to assessing the cumulative effects of higher education policy on African American students, faculty and staff.

Ms. Duncan was elected as President of The Professional Board Staff Network (PBSN). She becomes the first African American to ascend to the position of President for the Executive Committee of the ACCT PBSN. The PBSN is a national level resource for those who support governing boards or presidents of community colleges.



LANSING COMMUNITY COLLEGE IS AN EQUAL OPPORTUNITY
EDUCATIONAL INSTITUTION/EMPLOYER.



Trustee Angela Mathews
Vice-Chair LCC Board of Trustees



Benita Duncan
Executive Assistant and Liaison
to LCC Board of Trustees

**“THE POWER TO
CHANGE THIS
NARRATIVE
IS YOUR CHOICE.”**

**REV. HORACE SHEFFIELD III, PASTOR,
NEW DESTINY CHRISTIAN FELLOWSHIP**

**The COVID-19 vaccines give us the power to
protect ourselves and our communities.**

As a pastor, Rev. Sheffield has seen too many of his church members suffer with COVID-19, then die in the hospital without the comfort of loved ones nearby. But he believes that the end of the pandemic is in our control. “We need to do this. We need to get vaccinated,” he says. Make a choice to change the narrative. Get your vaccine today.

**Find your vaccine: Visit Michigan.gov/COVIDvaccine, call 211,
or text your zip code to 438829.**



CONNECTED SOUL II SOUL: A THANKSGIVING LIFE – PART III – Self-Forgive 11/16/2021



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



BE STILL AND YOUR SOUL WILL SPEAK

“And forgive us our offenses, as we have forgiven our offenders.” Matthew 6:12
The Modern New Testament from the Aramaic



Greetings, Dearest of All, the Creator of Heaven and Earth. Forgiving oneself is a relatively new term on my Soul Journey. In most faith-based settings, the emphasis is a bit judgmental, in my humble opinion, when someone proclaims, “Unless you forgive, God will not forgive you.” Well, lowering God to our level of understanding is a bit daring.

So, I invite you to consider two questions. 1. What does it mean to forgive? And 2. What does it mean to forgive self?”

Number one, it means to stop being so hard on one’s self. I have harbored guilt and shame about activities, attitudes, and actions against God and God’s people. Honestly, I didn’t know how to let go of my anger and build up my self-esteem.

Number two, healing cannot begin until one admits something is broken. Once I acknowledged my part in the violation and got to the root cause of the trouble, I apologized then, and now I can release the guilt and the shame linked with my blunder.

In a booklet titled “Speak the Word” by Marilyn Hickey and Sarah Bowling, it is written, “Father, I thank you for that, because we are both reconciled to Jesus by the blood of His cross, _____ and I are reconciled to each other, regardless of anything we have done to each other in the past.”

Immediately, I knew the name to put in the blank. And for the first time since 1982, I can let go. Better late than never. Now, I can show self-compassion and affirm that I am done beating up on myself. I forgive myself so that I can forgive others. And so can you.

Number three, practice self-affirmations such as I am loved. I believe in myself. I think positive thoughts. I accept that I did the best that I could at the time. Now that I know better, I will do better. It also helps to practice self-awareness. But, most importantly, say to yourself I am forgiven and will not further offend God as far as in me possible.

Please subscribe on YOUTUBE: <https://www.youtube.com/watch?v=NxWj1vnFIQ0>
We are also on FACEBOOK at: <https://www.facebook.com/tfamveterans>



Celebration Announcements by The Ambassador of Celebration



DECEMBER BIRTHDAYS

- Ms. Jasmine Harris will celebrate her 32 th birthday on December 9th .
- Ms. Tabitha Fortner celebrates her 34 th birthday on December 10th , with family and friends
- Ms. Kaylin “Kay Kay” Perkins, celebrating her 25 years, on December 12.
- Mr. Marc David Tyler II celebrates his 32nd birthday on December 13th , with family and friends.
- Ms. Candace Clay celebrates her birth, 45 years, on December 15 th . She says, “ I love Living!
- Ms. Kimmy Herlick celebrates her 51st birthday on December 15th , with family and friends
- Mr. Andy Brown celebrates his 50th birthday on December 15th , with his wife Coral, daughters and son. Love You Nephew!
- Ms. Cheryl Horn-Bernard will celebrate her birth on December 16th .
- Ms. Karen Morrow celebrates her 50 th birthday on December 17th . “God Bless my family, friends and extended family, Love you all!”
- 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 25th birthday on December 20th . Grandma says, “She is an excellent student!”
- Mr. Tommie L. Boyd will celebrate his 50th birthday on December 21st .
- Ms. Sharita Robinson-Murphy will celebrate her birthday on December 21st , with her husband Michael and children. “Love You, my niece”, Uncle Billy
- Mr. Tyrell Potts will celebrate his birthday on December 25th .
- Mr. Anthony Michael Quarles will be celebrating his 30th birthday on December 26th with family and friends.
- Mr. Al Travis will celebrate his birthday on December 26th .

***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

***Announcements**

Please let us know if you have anyone to be removed.

Facebook Page: www.facebook.com/mrpartycserv
Celebration Gram – A Class Act: Have your special message delivered by Mr. Party for that special someone or special occasion! Call 517-391-4849 or Email: mrpartycserv@aol.com
Please send the information about you, your family or friends celebrating the Events of Life.



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 2021-22 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 <http://bit.ly/ExcellenceInEducation>. 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 2021 Educator of the Year award was Janice Smith. She is a school social worker at Fisher Magnet Lower Academy, which is part of the Detroit Public Schools Community District. More than 800 educators were nominated during the seventh year of the educational awards program and 34, including Smith, were selected to win a weekly award.

Previous winners of the Educator of the Year award:
•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 Ugly 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, Dedication, Inspiration, Leadership and Effectiveness

INSTANT HOLIDAY FUN!



LIGHT UP THE SEASON WITH MICHIGAN LOTTERY HOLIDAY INSTANT GAMES.

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 Michigan Lottery Instant Games.

❄️ Stay safe and have a happy holiday ❄️



Overall odds of winning Candy Cane Cash: 1 in 4.68. Overall odds of winning Season's Joy: 1 in 4.54. Overall odds of winning Holiday Magic: 1 in 4.08. Overall odds of winning Peppermint Payout Millions: 1 in 3.62. Knowing your limits is always the best bet. Call the Michigan Problem Gambling Helpline for confidential help at 1-800-270-7117.

