



THE NEW

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Vol XXIX 1

FEBRUARY 1-15, 2023

BLACK HISTORY MONTH

THE 411

FEBRUARY 2, 2023
 "Anthony Taylor Trio" 7:00-10:00pm Urban Beat (Dinner at 5pm) 1213 Turner Street for more information call 517-517-331-8440

FEBRUARY 4, 2023
 "Salsa Verde" at Urban Beat 8:00pm-11:00pm 1213 Turner Street for more info call 517-331-8440

FEBRUARY 11-12, 2023
 "Afro Beat Night with DJ Dalevey" at Urban Beat 8:00pm-1:00am 1213 Turner Street for more info call 517-331-8440

FEBRUARY 16-17, 2023
 "Detroit 67" Pasant Theater 7:30pm & 8:00pm for more information call 1-800-WHARTON.

FEBRUARY 21, 2023
 "Jazz at the Lincoln Center, Songs We Love" 7:30 Cobb Great Hall for ticket information call 1-800-WHARTON.

FEBRUARY 24, 2023
 "Professors of Jazz Perform the Music of Thelonious Monk" 8:00pm Murray information call MSU College of Music at 517-353-5340

FEBRUARY 28, 2023
 "Black Violin, The Violin Experience" Cobb Great Hall for ticket information call 1-800-WHARTON.

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RIP
DEBRA SMITH
 1954-2023

The story of Black History Month begins in Chicago during the summer of 1915. An alumnus of the University of Chicago with many friends in the city, Carter G. Woodson traveled from Washington, D.C. to participate in a national celebration of the fiftieth anniversary of emancipation sponsored by the state of Illinois. Thousands of African Americans travelled from across the country to see exhibits highlighting the progress their people had made since the destruction of slavery. Awarded a doctorate in Harvard three years earlier, Woodson joined the other exhibitors with a black history display. Despite being held at the Coliseum, the site of the 1912 Republican convention, an overflow crowd of six to twelve thousand waited outside for their turn to view the exhibits. Inspired by the three-week celebration, Woodson decided to form an organization to promote the scientific study of black life and history before leaving town. On September 9th, Woodson met at the Wabash YMCA with A. L. Jackson and three others and formed the Association for the Study of Negro Life and History (ASNLH). He hoped that others would popularize the findings that he and other black intellectuals would publish in The Journal of Negro History, which he established in 1916. As early as 1920, Woodson urged black civic organizations to promote the achievements that researchers were uncovering. A graduate member of Omega Psi Phi, he urged his fraternity brothers to take up the work. In 1924, they responded with the creation of Negro History and Literature Week, which they renamed Negro Achievement Week. Their outreach was

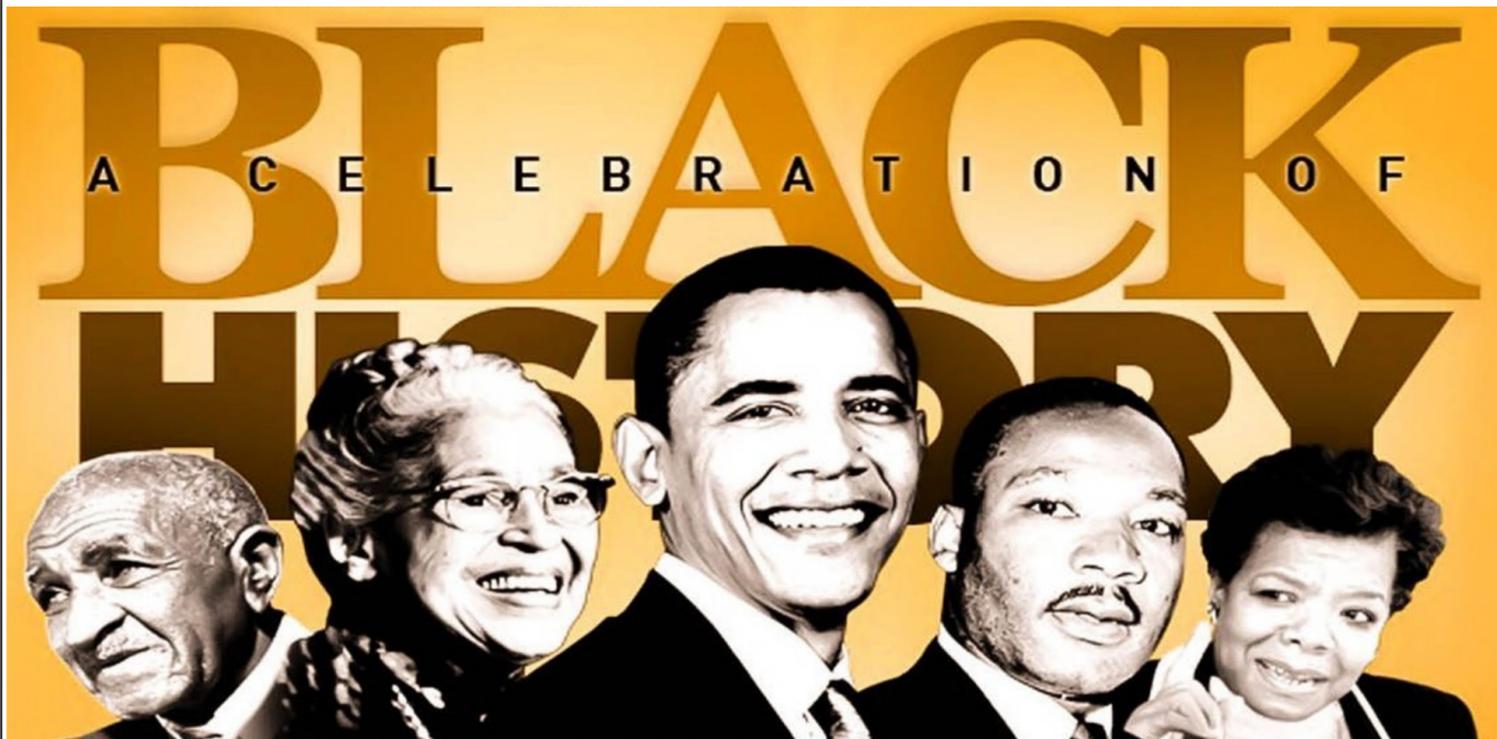
significant, but Woodson desired greater impact. As he told an audience of Hampton Institute students, "We are going back to that beautiful history and it is going to inspire us to greater achievements." In 1925, he decided that the Association had to shoulder the responsibility. Going forward it would both create and popularize knowledge about the black past. He sent out a press release announcing Negro History Week in February 1926. Woodson chose February for reasons of tradition and reform. It is commonly said that Woodson selected February to encompass the birthdays of two great Americans who played a prominent role in shaping black history, namely Abraham Lincoln and Frederick Douglass, whose birthdays are the 12th and the 14th, respectively. More importantly, he chose them for reasons of tradition. Since Lincoln's assassination in 1865, the black community, along with other Republicans, had been celebrating the fallen President's birthday. And since the late 1890s, black communities across the country had been celebrating Douglass'. Aware of the pre-existing celebrations, Woodson built Negro History Week around traditional days of commemorating the black past. He was asking the public to extend their study of black history, not to create a new tradition. In doing so, he increased his chances for success. Yet Woodson was up to something more than building on tradition. Without saying so, he aimed to reform it from the study of two great men to a great race. Though he admired both men, Woodson had never been fond of the celebrations held in their honor. He railed against the "ignorant spellbinders" who addressed large,

convivial gatherings and displayed their lack of knowledge about the men and their contributions to history. More importantly, Woodson believed that history was made by the people, not simply or primarily by great men. He envisioned the study and celebration of the Negro as a race, not simply as the producers of a great man. And Lincoln, however great, had not freed the slaves—the Union Army, including hundreds of thousands of black soldiers and sailors, had done that. Rather than focusing on two men, the black community, he believed, should focus on the countless black men and women who had contributed to the advance of human civilization. From the beginning, Woodson was overwhelmed by the response to his call. Negro History Week appeared across the country in schools and before the public. The 1920s was the decade of the New Negro, a name given to the Post-War I generation because of its rising racial pride and consciousness. Urbanization and industrialization had brought over a million African Americans from the rural South into big cities of the nation. The expanding black middle class became participants in and consumers of black literature and culture. Black history clubs sprang up, teachers demanded materials to instruct their pupils, and progressive whites stepped and endorsed the efforts. Woodson and the Association scrambled to meet the demand. They set a theme for the annual celebration, and provided study materials—pictures, lessons for teachers, plays for historical performances, and posters of important dates and people. Provisioned with a steady flow of knowledge, high schools in progressive communities formed Negro



History Clubs. To serve the desire of history buffs to participate in the re-education of black folks and the nation, ASNLH formed branches that stretched from coast to coast. In 1937, at the urging of Mary McLeod Bethune, Woodson established the Negro History Bulletin, which focused on the annual theme. As black populations grew, mayors issued Negro History Week proclamations, and in cities like Syracuse progressive whites joined Negro History Week with National Brotherhood Week. Like most ideas that resonate with the spirit of the times, Negro History Week proved to be more dynamic than Woodson or the Association could control. By the 1930s, Woodson complained about the intellectual charlatans, black and white, popping up everywhere seeking to take advantage of the public interest in black history. He warned teachers not to invite speakers who

books on the market and in the schools. Instant experts appeared everywhere, and non-scholarly works appeared from "mushroom presses." In America, nothing popular escapes either commercialization or eventual trivialization, and so Woodson, the constant reformer, had his hands full in promoting celebrations worthy of the people who had made the history. Well before his death in 1950, Woodson believed that the weekly celebrations—not the study or celebration of black history—would eventually come to an end. In fact, Woodson never viewed black history as a one-week affair. He pressed for schools to use Negro History Week to demonstrate what students learned all year. In the same vein, he established a black studies extension program to reach adults throughout the year. It was in this sense that blacks would learn of their past daily that he looked forward to the time when an annual celebration would no longer be necessary. Generations before Morgan Freeman and other advocates of all-year commemorations, Woodson



FOR IMMEDIATE RELEASE
January 28, 2023

Contact: Harold A. Pope, President
Phone: (313) 300-6370
Email: president@naacplansing.org

Lansing Branch NAACP Condemns Brutal Killing of Tyre Nichols

LANSING – On Friday night, Memphis Police Department released footage of the brutal beating by police that led to Tyre Nichols’ death earlier this month. Lansing Branch president Harold A. Pope released the following statement.

“The condolences and prayers of the Lansing Branch NAACP are with the family of Tyre Nichols, who was brutally beaten and killed by police at a routine traffic stop. The video released to Americans and people around the world was disturbing, disgusting, and horrifying,” said Pope. “What we watched yesterday on video was another lynching of a Black man by corrupt police officers. We rely on the police to serve and protect our communities. Instead, all too often, we witness examples of the systemic hatred that Black Americans experience daily at the hands of corrupt police officers. The local and national NAACP offices are calling on Congress to take immediate action to stop this. Too many unarmed Black people are dying at the hands of police officers. The time to act is now. We are done dying.”

Founded in 1909, the NAACP is the largest and most pre-eminent civil rights organization in the nation. On April 14, 1919, the Lansing Branch was chartered under the leadership of Branch President C.A. Campbell. Lansing Branch is one of 2,220 branches in the association with the mission to secure the political, educational, social, and economic equality of rights to eliminate race-based discrimination and ensure the health and well-being of all persons.



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POETREE N MOTION TIMING IS OF THE ESSENCE
© Dee Freeman



It is time to dislodge these Institutionally designed Systemic racist and unjust policies Embedded as yet the law of the land

TRUE path

It is time to plant and cultivate
The idea of Equity for all
The idea of acknowledgment
The idea of reconciliation
The idea of strength in diversity
The idea of equality

It is time to have a seat at the table
Where only old white men gather to
Decide our fate and future...
Let's be in the room, speaking Truth for them to hear

It is time the WHOLE of history gets an Intentional re-write...for our history is America's History...we want precise delineation
Our history is indelibly intertwined
Our contributions...coerced or not
Browbeaten or not....Bludgeoned or not
Bulldozed or not....Are integral parts of this nation's success

It is time to have a change of narrative...
A change in how we see the truth
A change in how we hear the truth
A change in how we feel the truth
A change in how we tell the truth
A change in how we walk the

It is time to use CRT to dismantle the southern white-washed "Glorious time" of that vicious

and horrendous time of Slavery
It is time to debunk the myths and distorted facts
Developed by sinister forces... religious Bigots and racists
These were to reinforce repression, dehumanize and suppress
It is time to set the record straight...
It is time to place markers, monuments and
Flags to commemorate and memorialize my people
It is time to provide historical data of the extensive Contributions made by my people
It is time to tell...
The good, The bad, and The ugly!
The blood drenched horrors
The deep dark hatred
The hard truths of yesteryear...
Time is of the essence

It is time for us to stand up, speak up and open up!
Open our minds, Open our hearts, Open our mouths!

Open up to pay tribute to the ancestors
Acknowledging their sacrifices of yesterday
So that we might move forward today
We extend gratitude to those...
Who dreamed before us
Who died before and for us...
Making it possible for us to aspire life, liberty
And the pursuit of happiness

Yet, In spite of it ALL...
I am proud to say...we have made progress
In spite of the TRAUMA
In spite of the demeaning
The FEAR tactics of...
Beatings Burnings
Bombings Castrations
Chains Draggings
Mobs Lynchings
Separations Shootings
Slashings

We struggled through those racist injustices
Which tried to relegate us to

the lowest station of life
Yet, our ancestors held fast and purged through the past
So we might survive to position ourselves in the present
To pursue possibilities of the future

Time is of the essence!!
It is time! For transformation
Of this Nation
Time to Rise higher
Time to reach further
Time to live up to its creed
Time to build on the glimmer of hope
Time to straighten the arc of justice
Time to heal this brotherly divide
Time for restoration

It is time:
To eliminate the gridlocks
To amend the constitution
To be a full human being...
Not just 3/5.
To foster brotherly love...
In our mind... In our heart...in

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Black History: Carter Woodson (Cont'd from page 1)

believed that black history was too important to America and the world to be crammed into a limited time frame. He spoke of a shift from Negro History Week to Negro History Year. In the 1940s, efforts began slowly within the black community to expand the study of black history in the schools and black history celebrations before the public. In the South, black teachers often taught Negro History as a supplement to United States history. One early beneficiary of the movement reported that his teacher would hide Woodson's textbook beneath his desk to avoid drawing the wrath of the principal. During the Civil Rights Movement in the South, the Freedom Schools incorporated black history into the curriculum to advance social change. The Negro History movement was an intellectual insurgency that was part of every larger effort to transform race relations. The 1960s had a dramatic effect on the study and celebration of black history. Before the decade was over, Negro History Week would be well on its way to becoming Black History Month. The shift to a month-long celebration began even before Dr. Woodson death. As early as 1940s, blacks in West Virginia,

a state where Woodson often spoke, began to celebrate February as Negro History Month. In Chicago, a now forgotten cultural activist, Fredrick H. Hammaurabi, started celebrating Negro History Month in the mid-1960s. Having taken an African name in the 1930s, Hammaurabi used his cultural center, the House of Knowledge, to fuse African consciousness with the study of the black past. By the late 1960s, as young blacks on college campuses became increasingly conscious of links with Africa, Black History Month replaced Negro History Week at a quickening pace. Within the Association, younger intellectuals, part of the awakening, prodded Woodson's organization to change with the times. They succeeded. In 1976, fifty years after the first celebration, the Association used its influence to institutionalize the shifts from a week to a month and from Negro history to black history. Since the mid-1970s, every American president, Democrat and Republican, has issued proclamations endorsing the Association's annual theme. Article courtesy of Daryl Michael Scott.



RE-CONNECTING SOUL II SOUL: JUST AS I AM 021720

Pastor/Chaplain Parnelajune (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

²³Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23 New International Version (NIV). Good News Translation: ²³Be careful how you think; your life is shaped by your thoughts.



"AND GOD, learning to love You with ALL my heart, soul, mind, and strength is an absolute joy. Loving others as much as You love me is somewhat of a challenge, particularly

when the "other" is reflecting the changes I need to make within. "As I Love Myself," is the life-long, daily, and sometimes a moment-by-moment shaping of my praying, listening, thinking, and self-awareness."

I ended last week's article writing, "Most importantly, I had to guard [protect] my heart from bitterness and resentment from being assaulted while serving and keep my mind stayed on the Lord." It is every believer's responsibility to guard against discouragement, resentment, anger, jealousy, grief, rejection, fear/worry, shame, and bitterness. Is it easy? Only when you keep (continually) your mind on divine things and off of things that divide, causes you to doubt your God-given abilities, and abandon the practice of revenge.

During February, we celebrate African American History Month and love. It is no accident that Black/African Americans are still the most hated people in American – still disproportionately imprisoned, leaving untold homes without fathers, miseducated, profiled, disenfranchised, unemployed – are celebrated in the month that also represents love. Look at God who wants us just as we are. Give God permission to do the fixin.

I have many tools to help me love myself just as I am. I'll share three of them: 1. Pay attention to how Wisdom wears her garment of love. 2. Look for opportunities to show kind-heartedness, a godly form of intimacy. And 3. BE mindful that "Love" is doing and BEing and reflecting the image of Goodness and the likeness of Love, just as I AM.



Celebration Announcements

Mr. Party, The Ambassador of Celebration Birthdays in FEBRUARY

- Ms. Kimberly Jones celebrates her birthday on February 2nd.
- Mr. K. C. Big Thangs celebrates his birthday on February 2nd.
- Ms. Nikki Skipper celebrates her birthday on February 2nd.
- Ms. Tina Fellows celebrates her birthday on February 3rd.
- Tina, you are THE BEST big sister in the world; I love you so much! Love always and forever, Tracy G.
- Ms. Christina Tubbs celebrates her birthday on February 3rd.
- Ms. Tammy Ruiz celebrates her birthday on February 3rd.
- Ms. Ashley Erickson celebrates her birthday on February 4th.
- Ms. Rebecca Lea Patterson Celebrates her birthday on February 4th with family and friends. "Becca, happ birthday! Enjoy your day! I love you! Love Mom!"
- Ms. Shari M. Townsley celebrates her birthday on February 5th.
- Mrs. Juel Darden celebrates her birthday on February 5th.
- Ms. Mandy Schafer celebrates her 33rd birthday on February 7th.
- Ms. April L. Clark celebrates her birthday on February 7th.
- Ms. Georgette Sneed celebrates her 65th birthday on February 7th.
- Ms. Maria Herrera celebrates her 43rd birthday on February 7th.
- Mr. DeMarice Hall celebrates his 30th birthday on February 7th.
- Ms. Mandi Schafer celebrates her birthday on February 7th. "Singing my way to stardom"
- Mrs. Barbara M. Rouse-Tate celebrates her birthday on February 8th with family.
- Mrs. Flora Boles celebrates her birthday on February 8th.
- Ms. Lisa D. Tate-Jackson celebrates her birthday on February 9th with family. Mr. Martin Luther King celebrates his birthday on February 9th.
- Mr. Nate Carlisle celebrates his birthday on February 9th. "I pray that GOD blesses everybody!"
- Ms. Jazmine Gierke celebrates her birthday on February 10th with her baby brother Damian and family.
- Ms. Betty McGrew celebrates her birthday on February 10th.
- Ms. Brandy Gonzales celebrates her birthday on February 10th.
- Mr. Freddie Lewis celebrates his birth on February 10th.
- Ms. Jaylenn Shannon celebrates her 13th birthday on February 11th.
- Ms. Phyllis Colthorp celebrates her birthday on February 11th.
- Ms. Sheavan Mizori celebrates her birthday on February 11th.
- Ms. Michelle M. Mireles celebrates her birthday on February 11th.
- Mr. Charles Husby celebrates his birthday on February 11th, with family and friends.
- Mr. James E. Garvie celebrates his birthday on February 12th with friends.
- Ms. Kelly Kilpatrick celebrates her birthday on February 12th.
- Mr. Clyde Martin celebrates his birthday on February 12th.
- Mr. Josiah Nathaniel Dixon celebrates his birthday on February 12th with family: Pastor Nathan, Lady Rolanda and big sister Makenzie Carrington.
- Mr. RJ Johnson celebrated his birthday on February 16th with friends and family.
- Ms. Chrissy Gomez celebrates her birthday on February 13th.
- Ms. Patty Oehmke celebrates her birthday on February 14th, Valentine's Day, sharing much love.
- Mr. Walter "Gator" Gierke celebrates his birthday on February 14th with friends and family. "Mama's Valentine's Day Gift from your Dad in 1982!" We love you always!
- Mr. Fredrick Crockett celebrates his birthday on February 14th, with a shout out: "Happy Birthday to the rest of my cupid Babies!"
- Ms. Madeline Brown celebrates her year of life on February 14th, "Valentine's Day"
- Ms. Vicki Helman celebrates her birthday on February 14th.
- Ms. Angela P. Baltimore celebrates her birthday on February 15th.
- Mr. Chavis Walker celebrates his birthday on February 15th.
- Ms. Teonie Dobbs celebrates her birthday on February 15th.
- Mr. Charles M. Flores celebrates his 47th birthday on February 15th.
- Miss. Bella Jobson celebrates her 8th birthday on February 16th.
- Ms. Betty Thomas celebrates her birthday on February 16th.
- Ms. Michelle Ireland celebrates her birthday February 16th with her family and friends.
- Mr. Kirk A. Branson Sr. celebrates his birthday on February 16th with his loving wife April, family and friends.
- Ms. Jessica Baker celebrates her birthday on February 17th.
- Ms. Danyell Reaper celebrates her birthday on February 17th.
- Ms. Kendall M. Jackson celebrates her birthday on February 17th.
- Ms. Cheron L. Mans celebrates her birthday on February 17th.
- Ms. Katia F. Outlaw celebrates her birthday on February 17th.
- Miss. Kaydence Elise Walsh celebrates her birthday on February 18th. "Daddy and Mommy Love you!!!"
- Mr. Miles R. Barren celebrates his birthday on February 18th.
- Mr. Issac Peter Reis celebrates his birthday on February 18th.
- Ms. Kimberly E. Harps celebrates her birthday on February 19th.
- Mrs. Lacrita Winfree, born on February 20th, will enjoy her celebration with her husband.
- Ms. Melanie Miller celebrates her birthday on February 19th.
- Mr. Desmond Murphy celebrates his 13th birthday on February 20th.
- Mr. Luther William Brown, Jr. will celebrate his birthday on February 20th, with his loving wife Amy, daughters: Isabella, Idyana, Taylor, his Son Jordan Luther.
- Ms. Rose M. Watson celebrates her birthday on February 20th.
- Ms. Jennifer and Justina Ellsworth celebrate their birthday on February 20th.
- Ms. Tasha Eaton celebrates her birthday on February 21st.
- Ms. Felicia Clark celebrates her birthday on February 21st.
- Ms. Lindsay Voss celebrates her birthday on February 22nd.
- Ms. Nanette L. Reynolds celebrates her birthday on February 22nd.
- Ms. Anita Buffington celebrates her birthday on February 22nd.
- Mr. Bila'l Scott celebrates his birthday on February 23rd.
- Ms. Jackie Evens enjoys her birthday on February 23rd.
- Mr. Willis Dennis celebrates his birthday on February 23rd.
- Ms. Bethany Coins celebrates her birthday on February 23rd.
- Mrs. Sara Gordon celebrates her birthday on February 23rd.
- Ms. Sandra Williams celebrates her birthday on February 23rd.
- Mr. Sal Rivera celebrates his 47th birthday February 23rd.
- Mr. Michael Jennings Jr. will celebrate his birth on February 23rd.
- Ms. Amanda Wenk celebrates her birthday on February 24th.
- Ms. Cecilia Sena celebrates her 36th birthday on February 24th.
- Mr. Bradford Huguely celebrates his birthday on February 25th.
- Ms. Marion Peatross celebrates her birthday on February 25th.
- Ms. Gristle McMichaels celebrates her birthday on February 25th.
- Mr. Felipe Gonzales celebrates his birthday on February 26th, with family and friends at his son's place! "Love from your Son", Juan.
- Ms. Dawn, "as a new day", celebrates her birthday on February 26th.
- Ms. Allicia Perez celebrates her birthday on February 26th.
- Mr. Charles "Bull" Lane celebrates 71 years of life on February 26th.
- Ms. Maya Kelly celebrates her 7th birthday on February 27th. "Love you lots... Mom and Dad!"
- Ms. Alicia Perez celebrates her birthday on February 27th.
- Ms. Angelica Brown celebrates her 27th birthday on February 27th.
- Mr. LaDon H. Nixon will enjoy his birthday on February 28th.
- Mr. Larry Martin celebrates his birthday on February 28th.
- Ms. Taneq Samaria Davis will celebrate her birthday on February 28th.

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Mr. & Mrs. Myron & Dee Freeman celebrate their wedding anniversary on February 14th

***Announcements**

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Pasant Theatre
- DR. ANGELA DAVIS** February 9, 2023, 5 p.m.
Wharton Center for Performing Arts
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- DR. FREEMAN HRABOWSKI** February 23, 2023, 5 p.m.
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The Dr. William G. Anderson Lecture Series: Slavery to Freedom gives members of the mid-Michigan community opportunities to interact with multicultural leaders from education, business, industry, entertainment and government. For 23 years, this series has featured living icons of the American Civil Rights Movement. All activities are free of charge.

For more information, visit bit.ly/STF-2023 or scan this QR code:



Presbyteria Church Issues Apology for ‘The Sin of Slavery’



Photo: by Terrance Williams First Presbyterian Church in Lansing, Michigan

Article by: Terrance Williams A large crowd of white parishioners has just taken the stage. Reverend Stanley Jenkins of the First Presbyterian Church of Lansing has just invited ‘all who wish to participate’ to join him on the stage to recite ‘The Apology’. This moment is what today’s event is all about; The Presbyterian Church issuing an apology to African-Americans for the sin of Slavery and its aftermath, as well as the silence of white congregations during that period. The energy in the room is tense, and a range of emotions can be seen throughout the crowd.

“As white Christians we repent of our complicity in the belief in white supremacy: the belief that people of European descent are superior in intelligence, skills, imagination, and perseverance.” The voices begin the recitation in unison as an almost equal crowd of black onlookers sit in silence. Each speaker, before and after the recitation begins, strives to drive home the message that this is just a first step, but a necessary step. “True repentance means first acknowledging that there was wrongdoing,” Reverend Jenkins reminds the gathering.

In June of 2022, the 225th Presbyterian Church USA General Assembly, Committee on Race and Gender Justice issued a public apology for the role that white congregations and clergy played, both actively and passively, in the institutions of slavery and white supremacy. The church, in its statement, went as far as acknowledging the prevalence of racism and white supremacy in America’s history and institutions, and took responsibility for their silence as well.

“We, as a people of faith, recognize that the only appropriate path to healing and reconciliation is to acknowledge the wrongs that we, the Presbyterian Church, as part of the institutional church structure, were and are complicit in perpetuating. This was done through interpretation of selected scriptures and rationalization to justify human bondage and perpetuate white supremacy and privilege. We apologize for this transgression.”

Elder Willie Bryan, the founder of the Justice League of Greater Lansing, was in attendance at the General Assembly, and moderated the committee ‘Race and Gender Justice’ committee. This is where everything began. “I said, ‘on my journey on the planet, I have wanted to make change. And one of the change pieces that I have initiated is a reparations project in Lansing Michigan’”.

The presentation of the Apology, which took place at Reachout Christian Center in Lansing Michigan on Saturday, January 28th, was intended to be the beginning of an ongoing conversation that will be taking place in Lansing in the coming days. While the apology was just one part, the main topic will be reparations, which was the focus of the rest of the program. A Lansing based group called The Justice League of Greater Lansing has begun the process of putting together proposals, fundraising, and educating residents of the city on the need for

reparations, as well as a plan for how to make it possible.

The Justice League of Greater Lansing is a faith based organization which seeks to have other faith based organizations, namely predominantly white churches, contribute to restorative justice in the form of reparations. In its apology, the General Assembly identified reparations as an item they support and seek to implement. One of the recommendations made by the assembly reads as follows:

“Commit the PC(USA) to restorative justice/reparations and direct the Presbyterian Mission Agency and the Office of the Stated Clerk to provide tools and budget resources for congregations, presbyteries, and synods to enact restorative justice measures in their communities that will close gaps in economics, health, education, environmental well-being, and the criminal justice system created out of the legacy of slavery and white supremacy. These gaps have existed since our development as a country and still exist today.”

The organization was founded by Elder Bryan, a member of the First Presbyterian Church of Lansing, and is currently led by Prince Solace, President of the Justice League and Director of Congregational Life and Outreach at First Presbyterian. Solace led Saturday’s program, which also included remarks from Pastor David Foreman of Reachout Christian Center, Pastor Terrence King of Kingdom Ministries, and Michigan State Senator Sarah Anthony.

The Justice League’s current goal is to raise \$1 Million in 2023 that will be allocated towards programs that will help close the racial wealth gap. The group is seeking to apply these funds to education assistance, home ownership assistance, and small business loans and grants. The League has yet to finalize criteria for distribution, however the main goal at this time is educate and increase support for their cause.

For those who would say that reparations aren’t necessary, Reverend Jenkins has a simple answer, ‘look at Memphis. The effects of slavery and systems of oppression that flowed from slavery are very much current and present. This isn’t history, this is now’.

The examples he references are not hard to find. During the open discussion portion of the program, several older black attendees took to the microphone to voice their opinions of the event, and comment on why it was indeed necessary. Pastor David Foreman, the Pastor of Reachout Christian Center, was one of many who had personal anecdotes highlighting the effects of slavery that they felt themselves. He spoke of working in the fields for \$3 a day, moving on to Florida where he was able to find work for \$35 a day, and finally moving north for work making \$3.25 an hour. “My dad was a sharecropper from my birth until I was 17, and we lived on the same plantation. My dad made \$175 for that whole year. I lived it.

No one has to tell me about it, I lived it’. Another attendee spoke of her family fleeing to the North after witnessing a police officer kill a young black man who had a seizure and fell on a white person. These stories serve as reminders of just how recent this ‘history’ actually is. “For people who say there is no need for reparations, or events like this, I would say ‘listen to more stories’, “ Pastor King adds.

While there are numerous highlights of the violent and prevalent racism that was rampant in the south, racist policies and practices were just as prevalent in the north as well, to include in Lansing. For the crime of buying a home in a whites only area in 1929, Earl Little’s home burned to the ground, before he was beaten and tied to the streetcar tracks to be run over. One of the seven children he would leave behind would grow up to be the civil rights leader, Malcolm X. In the mid and late 1960’s, the project that built the I-496 expressway uprooted a thriving black community by destroying 890 homes, as well as countless businesses and churches without offering any relocation assistance or fair compensation. Restrictive covenants, redlining, and ‘whites only’ deeds also ensured that African Americans couldn’t buy homes in Lansing or East Lansing until after 1968. These are the types of injustices the Justice League hopes to rectify.

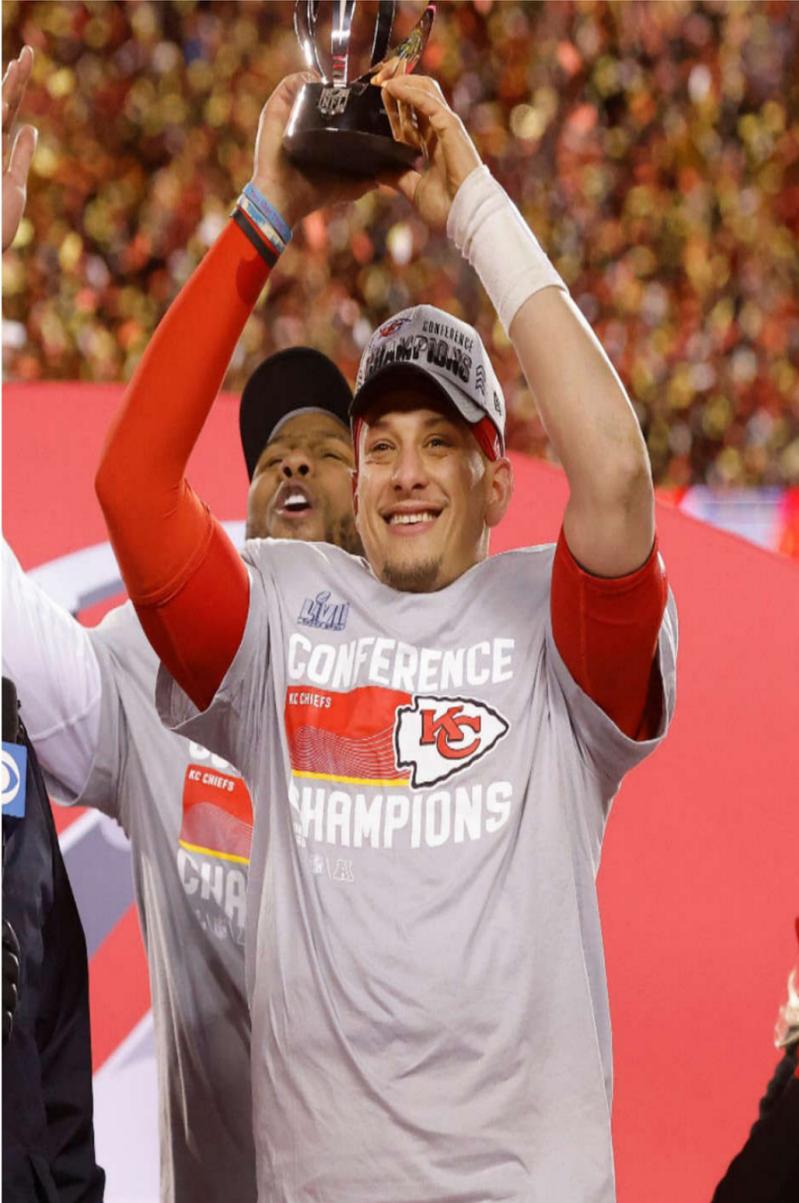
The League is seeking to create an endowment fund through contributions from faith-based and individual donors as well as corporate and community-based organizations. Additionally, the League will build an advisory council made up of Lansing area Black citizens from different sectors in the community, to manage the fund, and ensure the fund supports education scholarships, home ownership support, and business startup funds for Lansing area Black residents.

“I want to see the Justice League be able to support the young black professionals that I see working, improving the city, and doing the DEI (Diversity, Equity, Inclusion) work”, Solace said. The League hopes as well that by building initiatives like this in Lansing, along with activities in other communities, a groundswell will be built to begin a conversation about reparations on a national level.

The apology, the presentation, and the work The Justice League of Greater Lansing is doing are all evidence that conversations about reparations, and race have come a long way. There is still work to be done however. During the assembly where the apology was adopted and voted on, there were 373 ‘Yes’ votes and 19 ‘No’ votes. The team hopes that through continued education, those represented no’s can be persuaded. “I believe God is doing something great here,” Pastor King says. ‘I think this is an opportunity for the Church to take an active role in becoming who God has called us to be and shape the culture, rather than allowing the culture to shape us as we have in the past’.

The Super Bowl will star 2 Black starting quarterbacks for the first time ever!

For the first time in NFL history, two Black quarterbacks will start in the Super Bowl.



The Super Bowl will star 2 Black starting quarterbacks for the first time ever© Provided by For The Win

Let me say that again.

When the teams of Patrick Mahomes and Jalen Hurts meet on Feb. 12, it will be the first time in NFL HISTORY two Black quarterbacks are starting in the same Super Bowl — a game that was first played in 1967. For those who need a count, that's 56 times the sport's most important game was played without two Black players at its most prominent position.

That it took so long was by design, a reason to both lament missed opportunities and celebrate the moment finally arriving. Make no mistake, this is a big deal.

For years, racism and prejudice was at the root of Black football players not receiving opportunities to play quarterback. The position was thought to require a level of intelligence that Black people didn't possess. On top of that silly notion, the issue of white owners allowing Black men to be the faces and de facto leaders of their franchises was another barrier.

Progress has been slow, and those sentiments are only recently beginning to fade. It was just six years ago that another Black quarterback to start in a Super Bowl, Colin Kaepernick, was banished from

the league for protesting police brutality against Black people. A year later, the New York Giants started a Black quarterback for the first time in franchise history, becoming the last NFL team to do so. (That player was 2022 PFWA Comeback Player of the Year Geno Smith, who the league had all but written off as a starting quarterback.) A few months after that, so-called draft analysts tried to convince the public that a future MVP-winning quarterback named Lamar Jackson was better suited as a wide receiver.

We aren't that far removed from the same type of thinking that once made Black quarterbacks rare to see. So, I repeat, Super Bowl LVII between the Kansas City Chiefs and Philadelphia Eagles and the quarterbacks who lead them is a big deal.

It shows that if NFL decision-makers aren't actively being anti-racist, some are at least willing to suppress their prejudices to win football games. From the heart or not, the trickle-down effect can help remove the biases of fans and decision-makers in other areas and levels of the sport. Which is necessary, because there's so much more progress to be made. Just last year, USA TODAY and The Washington Post rolled out projects on the NFL's continuing poor track record hiring Black coaches.

That's why a Super Bowl with two Black starting quarterbacks is so important, no matter how many

"race doesn't matter" warriors try to tell you otherwise. Too many people have and continue to actively work against moments like this to allow that type of thinking to exist.

"I've got such a smile on my face right now, but I've got water in my eyes, too," Doug Williams, the first Black quarterback to win a Super Bowl, told Andscape's Jason Reid. "I'm talking, but I don't think I can even explain what this means. We have come such a long way. It has been so hard, so many barriers, but we did it. Two Black quarterbacks in the Super Bowl!"

Like Williams' triumph 35 years ago, Mahomes and Hurts have the potential to open even more doors. They have already. Mahomes, who became the third Black quarterback to win a Super Bowl in 2020, is setting a new standard for what an elite quarterback looks like. Hurts employs a Black woman agent, Nicole Lynn, who is now the first Black woman to represent a quarterback of any race in the Super Bowl.

So, yes, we should celebrate this one. It means a great deal to a lot of people who thought they'd never see the moment. It also means a lot for a generation of people to come. Article courtesy of for the Win's Prince J. Grimes

POETREE N MOTION

(contd from page 2)

our actions

It is time:

To get the True God... the Creator back:
Into our lives, our purpose for living,

Into our schools and education

Into our marriages...at the dinner table

Into our finances

Into our living room!

Into the board room

On the congressional board

On the Supreme Court Bench

In the Oval Office...into the world

Time to swell that thin sliver

Of justice into a broadband network of love

For "Timing is truly of the essence"

CANNABIS CORNER

What are the best cannabis strains for chronic pain? Cannabis may ease certain types of chronic pain, including pain due to nerve damage and inflammation. Ways of taking cannabis include edibles, topical applications, and tablets to place under the tongue. Today, chronic pain affects more people than cancer, heart disease, and diabetes combined. Chronic pain is the most common cause of long-term disability in the United States.

Most cannabis-based products do not have approval from the United States Food and Drug Administration (FDA), and more evidence is necessary to confirm their safety and effectiveness.

However, anecdotal evidence suggests that cannabis or its compounds may help relieve some types of pain.

There are distinct types or strains of cannabis available, and each may have slightly different effects on the user.

In this article, we look at the best cannabis strains for chronic pain relief.

What's the best cannabis strains for chronic pain
Share on Pinterest Cannabis may help relieve certain types of chronic pain.

The different types of cannabis plants include the following:

Cannabis indica

Cannabis sativa

cannabinoid receptors.

This activates the brain's reward system and reduces pain levels. THC is a psychoactive compound as it binds to cannabinoid receptors and produces an elevated state of mind, known as a high.

CBD does not cause a high, although it does interact with pain receptors in the brain to exert pain-relieving and anti-inflammatory effects.

What the research says

In recent years, many studies have looked at the effects of cannabis for chronic pain. Some studies used parts of the cannabis plant and some have used the entire plant so more research is needed. Using parts of the cannabis plant (like CBD oil) helps study specific actions of that ingredient, but when the whole plant is used there is what is called an entourage effect, where the parts work together to have more effect.

A 2015 review Trusted Source of research on the use of cannabis and cannabinoids for various chronic pain conditions reports that several trials had positive results. The researchers suggest that cannabis or cannabinoids may be effective for treating some types of chronic pain including neuropathy (nerve pain).

A research paper from 2016 found that cannabis use for cancer pain led to a 64-percent reduction in opioid use, improved quality of life, and caused fewer

recommended for any purpose. The adverse effects of these drugs can be fatal.

Synthetic cannabis attempts to duplicate the effects of the ingredients in the plant. There is theory that the entire plant has a more profound effect with the different ingredients working together to have an entourage effect.

Risks and side effects

Cannabis use can cause some side effects, including: dependence

breathing problems

dizziness

addiction, which occurs in 9 percent of people who begin use in adulthood

impaired reaction times

interactions with medication

loss of concentration

memory issues

mental health issues in those predisposed to them

rapid heart rate

withdrawal symptoms

Alternatives to herbal cannabis

Cannabis is available in several different forms, including:

Oil

Share on Pinterest A popular way of consuming cannabis is through edibles.

It is possible to extract full extract cannabis oil



hybrids

There is limited research available on the use of specific cannabis strains for pain and other symptoms. As a result, strain-specific recommendations are not medically proven.

The results of an online survey, comprising 95 participants, featured in the Journal of Alternative and Complementary Medicine in 2014.

The researchers found that participants preferred indica strains for pain management, sedation, and sleep while they would opt for sativa strains to improve energy and mood.

Regarding pain management, participants reported a statistically significant effect when using indica for: non-migraine headaches

neuropathy

spasticity

joint pain

It is, however, important to note that this study had several limitations. It was small in scale, anonymous, and asked people to self-report on their symptoms. Respondents did not use the cannabis in a controlled setting, potentially resulting in differences in drug composition, dosage, and potency.

Another study examined the use of organically grown sativa and indica strains in the treatment of several medical conditions. Just over half of the participants were using cannabis to treat HIV.

The study followed participants for 3 years and asked them about the effects of the drug on their condition during this time. The results indicated that indica strains are more likely to improve energy and appetite, while both sativa and indica strains can alleviate nausea to a similar degree.

How does cannabis work for pain?

Cannabis contains compounds that may relieve pain, nausea, and other symptoms. The components of cannabis that most studies focus on for pain relief are cannabidiol (CBD) and tetrahydrocannabinol (THC).

THC vs. CBD

THC resembles the cannabinoid chemicals that occur naturally in the body. When people ingest or inhale THC, it stimulates Trusted Source the brain's

medication side effects. It also led to participants using fewer medications.

Smaller studies have reported benefits for other types of chronic pain. For example:

Of about 17,000 people with cancer, 70 percent reportedly experienced an improvement in pain and general well-being after cannabis use.

People with chronic migraines experienced Trusted Source a decrease in migraine episodes after using the drug.

However, there is still a need for more research into the area of cannabis use for chronic pain, especially into the use of different strains, dosages, and methods of delivery.

An Australian study Trusted Source, published in July 2018, concluded that cannabis use did not reduce the symptoms of pain or the need to use opioid medications. However, the findings were mostly based on reports from people who used the drug recreationally.

Using cannabis specifically for medicinal purposes might yield different results.

Synthetic and medicinal cannabis

Medical cannabis refers to the whole, unprocessed plant or its extracts.

Medical cannabis only has approval from the U.S. Food and Drug Administration (FDA) Trusted Source as a safe or effective treatment for two conditions. These are rare and severe forms of epilepsy that involve seizures that other drugs have not been able to control.

The name of the drug is Epidiolex. It contains a purified form of CBD, and the FDA gave approval in June 2018.

The FDA have also approved medications containing synthetic THC cannabinoids called dronabinol (Marinol) and nabilone (Cesamet). These drugs reduce nausea in people undergoing cancer treatments and increase appetite in people living with HIV.

The FDA have not yet approved the use of any cannabis drugs for pain relief.

Synthetic cannabis is also the name given to drugs such as K2 or Spice. The National Institute on Drug Abuse (NIDA) Trusted Source point out that these are not cannabis, they are not safe, and they are not

(FECO) from cannabis using grain alcohol or ethanol.

People usually take FECO orally and should only need small quantities to experience benefits.

CBD is another type of cannabis-based oil that is increasingly popular among people with chronic pain.

Topical treatments

People can apply lotions, balms, and salves containing cannabinoids to the skin to relieve pain and inflammation. Transdermal patches that contain cannabinoids are also available and are typically more potent than lotions and salves.

Edibles

Edibles are one of the most popular ways to use cannabis. Edibles involve infusing food, such as cookies, brownies, and candies, with the drug.

Cannabis edibles offer an easy way to take cannabis, but the effects of edibles can be difficult to predict.

Sublingual cannabis

Sublingual administration involves placing a drug under the tongue. The drug enters the bloodstream faster using this method and so it will work more quickly.

Cannabis vs. opioids for pain relief

Opioids are powerful medications that relieve pain by acting on the nervous system. They are highly addictive, and withdrawal symptoms are not uncommon.

In 2016, approximately 116 people died every day in the U.S. from opioid-related drug overdoses, and 11.5 million people misuse prescription opioids every year.

Is cannabis better than opioids?

Medical cannabis may offer an alternative to addictive opioids. When researchers surveyed almost 3,000 medical cannabis users, they found that 30 percent had used opioids in the last 6 months.

Of those respondents, 81 percent agreed or strongly agreed that cannabis was more effective alone than in combination with opioids.

In addition, 97 percent said they agreed or strongly agreed that they could decrease their opioid usage when taking cannabis.

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