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MICHIGAN BULLETIN

Celebrating **25** Years

Vol. XXVI No. 1

February 1-15, 2020

The 411 KEEPING THE DREAM ALIVE

FEBRUARY 2020

EVERY TUESDAY AND EVERY SECOND FRIDAY
Ballroom Dancing with Sterling Armstrong at Gregory's 2510 N. MLK Jr. BLVD. Lansing, MI for more info call 517-256-8051

MONTHLY-Coffee or Drinks with State Representative Sarah Anthony. For venue and times call 517-373-0826

FEBRUARY 5, 2020

"AFRICAN AMERICANS AND THE VOTE" Delta Township Library, 6:00-7:30PM 5130 Davenport Rd . Ph. 517-321-4014

FEBRUARY 11, 2020

"JOURNEYS FOR THE SOUL WITH JOANNE BLAND" Hannah Community Center, East Lansing, 6:00PM for more information call 517-333-2580

FEBRUARY 14, 2020

"A CELEBRATION DR. MARTIN LUTHER KING JR." Great Cobb Hall For Times and Ticket Information call 1-800-WHARTON

FEBRUARY 22, 2020

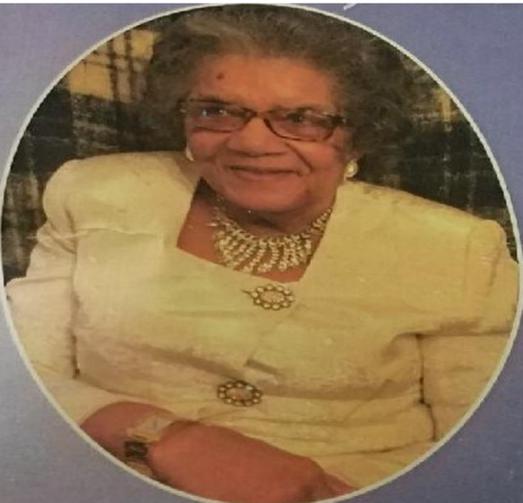
"PARSONS DANCE" Great Cobb Hall For Times and Ticket Information call 1-800-WHARTON



R.I.P. GIANNA & KOBE 2006/1978-2020



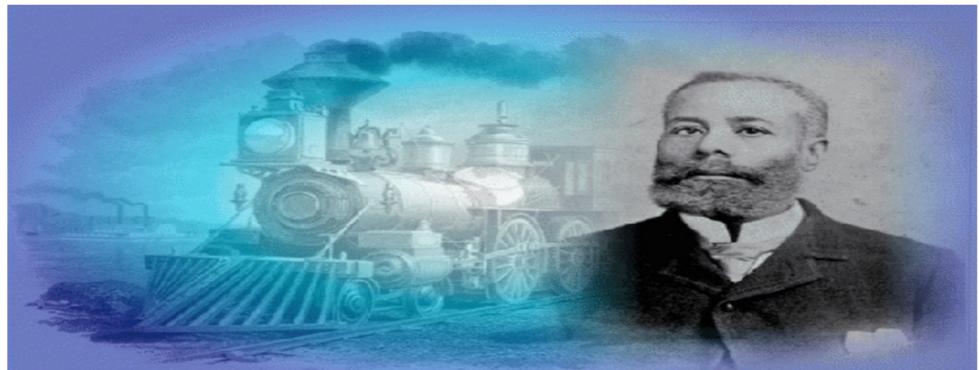
R.I.P. LULA MAE LAWRENCE 1926-2020



R.I.P. JANICE SMITH 1959-2019



BLACK HISTORY SPECIAL EDITION THE REAL MCCOY



Elijah McCoy picture courtesy of Sutori.com

Elijah McCoy, the Man that Gave Michigan the Jump on the Industrial Revolution

McCoy may be a mystery to most people, the scale of his ingenuity and the quality of his creations have created a level of distinction which bears his name. Elijah McCoy was born in Colchester, Ontario, Canada on May 2, 1844. His mother and father were George and Emillia McCoy, former slaves from Kentucky who ran away by using the Underground Railroad. George joined the Canadian Army, fighting in the Rebel War and then raised his family as free Canadian residents on a 160-acre homestead. At an early age, Elijah demonstrated a mechanical interest, often taking items apart and putting them back together again. Recognizing his keen skills, George and Emillia reserved enough money to send Elijah to Edinburgh, Scotland, where he could study mechanical engineering. Subsequent to finishing his studies as a "master mechanic and engineer" he came back to the United States which had just seen the end of the Civil War – and the beginning of the "Emancipation Proclamation."

Elijah relocated to Ypsilanti, Michigan but was incapable to obtain work as an engineer. He was thus pressed to accept a position as a fireman/oilman on the Michigan Central Railroad. As a fireman, McCoy was trusted for shoveling coal onto fires that would help

to give off steam that motorized the locomotive. As an oilman, Elijah was trusted for making sure that the train was well oiled. After a few miles, the train would be required to halt and he would have to go for a walk at the side of the train applying oil to the axles and bearings.

In an attempt to boost efficiency and overcome the repeated halting needed for lubrication of the train, McCoy determined to come up with a method of automating the task. In 1872 he designed a "lubricating cup" that could routinely drip oil when and where needed. He received a patent for the piece of equipment later that year. The "lubricating cup" met with substantial success and requests for it came in from railroad businesses all over the country. Other inventors made an effort to sell their own models of the gadget but most firms wanted the authentic device, asking for "the Real McCoy."

In 1868, Elijah married Ann Elizabeth Stewart. Regrettably, Elizabeth died just four years later. In 1873, McCoy got married again, this time his new bride was Mary Eleanor Delaney and the pair would eventually settle into Detroit, Michigan together for the next 50 years.

McCoy continued to be intrigued in continuing to improve his technology and to develop more. He thus ended up selling some percentages of rights to his patent to finance developing a workshop. He made ongoing improvements to the "lubricating cup." The

patent application identified it as a device which "provides for the continuous flow of oil on the gears and other moving parts of a machine in order to keep it lubricated properly and continuous and thereby do away with the necessity of shutting down the machine periodically." The gadget would be altered and modified in order to apply it to different types of machinery. Variations of the cup would soon be put to use in steam engines, naval vessels, oil-drilling rigs, mining products, in factories and construction sites. In 1916 McCoy built the graphite lubricator which allowed new superheated trains and devices to be oiled. In 1920, Elijah started the "Elijah McCoy Manufacturing Company." With his new business, he upgraded and sold the graphite lubricator along with other inventions which came to him out of necessity. He formulated and patented a movable ironing board after his wife expressed a need for a simpler way of ironing clothes. When he preferred a less difficult and faster way of sprinkling his yard, he designed and patented the lawn sprinkler.

In 1922, Elijah and Mary were involved in an automobile accident and the two sustained severe injuries. Mary would die from the injuries and Elijah's health suffered for numerous years until he passed away in 1929. McCoy left behind a legacy of excellent inventions that would benefit the world for another century and his name would come to stand for superior workmanship – the Real McCoy! Article courtesy of biography.com

Exploring African American History

Get ready for an eye-opening encounter when you visit the Charles H. Wright Museum of African American History—the world's largest institution dedicated to the African American experience. The facility provides learning opportunities, exhibitions, programs and events based on collections and research that explore the diverse history and culture of African Americans and their African origins. Founded in 1965 and housing over 35,000 artifacts, this 125,000 square foot museum is in the heart of Midtown Detroit's Cultural Center and is home to more than 30,000 artifacts and archival materials. Some of the major collections include the Blanche Coggin Underground Railroad Collection, the Harriet Tubman Museum Collection, a Coleman A. Young Collection and the Sheffield Collection which chronicles the labor movement in Detroit.

Key to the experience is "And Still We Rise: Our Journey through African American History and Culture," the museum's 22,000 square foot, interactive core. Additional highlights include the Ford Freedom Rotunda and its 65-foot high glass dome; "Ring of Genealogy," a 37-foot terrazzo tile creation by artist Hubert Massey surrounded by bronze nameplates of prominent African Americans in history; the Louise Lovett Wright Library and Robert L. Hurst Research Center; a 317-seat theater. Those desiring to embark on an in-depth study off-site can take a journey along the network of secret routes and safe houses entitle "The Underground Railroad: The Struggle Against Slavery," the museum's dynamic online study series which is both educational as well as entertaining.

Every third Friday of every month, visitors to the museum can enjoy a live, curated storytelling event featuring five storytellers who will tell a true, personal story. The Charles H. Wright Museum of African American History also offers a wide array of spectacular events including concerts, film screenings, lectures, performances, community health and fitness classes—and so much more. When planning a tour, be sure to allow time to visit the museum store for authentic African art and books, as well as other Afrocentric merchandise. Article courtesy of michigan.gov For more information, schedules, current exhibitions and events calendar, contact the [Charles H. Wright Museum of African American History](http://www.charleswrightmuseum.org). Picture and article courtesy of www.michigan.org



CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY PH: 313-494-5800

News, Views & Commentary



Presidential Primary Election March 10, 2020



**Plan Your Vote - Need to Vote Early?
Visit the Clerk's Election Unit - 2500 S. Washington**

- FREE Parking - Back of the Building
- On CATA Bus Route #2
- Convenient Drop Box to Return your Ballot
- Follow the "Vote Here" Signs around to the back of building
- More Hours for City of Lansing Residents
Monday - Friday 8 a.m.— 5 p.m.

LATE HOURS Wednesdays until 7 p.m.
Saturdays, February 8th, 15th, 22nd and 29th **10 a.m.—2 p.m.**
Last Weekend before Election Day, March 7th & March 8th **10 a.m.—10 p.m.**



VOTING...Make it a Habit!

www.lansingmi.gov/clerk - (517) 483-4133 - City.Clerk@lansingmi.gov

Lansing City Clerk's South Washington Election Unit open for an Additional 48 Hours for Voter Convenience Extended Hours on Wednesdays, Saturdays & the Weekend prior to Election Day

Lansing – Lansing City Clerk Chris Swope is taking steps to make the Lansing City Clerk's Office the most available City Clerk office throughout the State. The goal is to increase voter participation by being open to the public for an additional 48 hours prior to the Election. The South Washington Election Unit extends its hours to Lansing City voters for in-person voting and voter registration for the March 10th Presidential Primary Election, which will narrow down the number of candidates for the rest of the Presidential campaign.

Located at 2500 S. Washington, the Election Unit offers free parking, a 24-hour secure drop box, and is conveniently located on CATA Route #2. In person voting will be available at the Election Unit until Election Day at the following times starting on Monday, February 3:

Mon., Tues., Thurs. & Fri.	8 a.m. – 5 p.m.
Wednesdays	8 a.m. – 7 p.m.
Monday, March 9th Only	8 a.m. – 4 p.m. (due to state law)

In addition to regular hours, the Election Unit will be open on the following weekend days:

Saturdays February 8th, 15th, 22nd and 29th	10 a.m. – 2 p.m.
Saturday, March 7th	10 a.m. – 10 p.m.
Sunday, March 8th	10 a.m. – 10 p.m.

Walk-in absentee voting is also available at the Clerk's City Hall Office, located on the 9th floor of City Hall at 124 W. Michigan Avenue, during regular office hours.

As the future President of the Michigan Association of Municipal Clerks, Swope represents the Association on the Council of Election Officials. Swope hopes that adding these hours will encourage other cities to follow his lead to give voters even more resources to cast their vote. Voters can take advantage of these extended hours to register to vote, and in-person voting.

There are two exceptions in Michigan election law which restrict early voting. On the day before Election Day, no ballots can be provided after 4 p.m., except in an emergency. Also, on Election Day, absentee ballots can only be given to people registering to vote on Election Day.

There are still numerous opportunities to work as an election precinct inspector, who are an important part of the election process and are compensated for their time. To learn more about how to become an inspector visit: <https://lansingmi.gov/164/City-Clerk> for more information. Visit this website for more information regarding voter registration, transportation details and more.

There is no longer a deadline for voter registration. Through Election Day, a citizen can come to either location of the Clerk's Office with proof of residency, register, and vote all in one visit. Alternatively, a citizen may take their ballot with them or vote in their precinct; this option depends on which day they come in, per state law and the new constitutional amendment.

Other changes to election law include automatic voter registration when applying for, updating, or renewing a driver's license or state-issued personal identification card; election result audits; no reason absentee voting and more.

"With every voter having the option to either vote from home or vote early without providing a reason," said Lansing City Clerk Chris Swope, "I hope it will increase voter participation. I am willing to pilot these expanded hours which will be reimbursed by the State of Michigan for the Presidential Primary to help determine future demand going into 2020 and beyond."

Media Contact:

Chris Swope 517-230-1566

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POETREE-N-MOTION



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

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

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

POETREE-N-MOTION

Provides:
MESSAGES of blessings and inspiration

GUESTS sharing life and education

WORD'S of powerful motivation

And EDITORIALS for deep concentration

POETREE-N-MOTION

Authentic BROTHERS

May I borrow your ear?
Let's re-write, re-tell, re-articulate the facts of Authentic and Divine Black brothers, right here!

Let's peer into the real deal!
The so called "powers" have always written Their version of history, yes, his-story. Voila!...His lies, deceptions, distorted facts... His consensus of contorted tales of glory.

Their false scripts have spiraled into A reality forced onto an entire population. Then, our contributions are manipulated to appear meager, Swept under the rug or ignored by this nation. The struggle for EQUALITY demands one rip or tear away These dominating mindsets from our consciousness today!
My Nubian brother, I love you! You are my unheralded hero...
YOU are awesome, worthy of this praise...like no-other
Your ardent wish has been to be born men... Not as an image of servility, as in the mind of multiple others.

Brothers, we know from infancy, you've been hated, Pushed down, beaten, castrated and killed... Because of your innate manliness, charm, Brut strength and unwavering will... You are the envy of and threat to the Powers that be!
They discredit you in order to feel superior. But I know... I feel... I hear... I see Those dominators, who would see you, brother Divine...
Bowed, fiddling, grinning, shuffling, or even silent
When accused ... of eye contact or stepping out of line;
They wait to overthrow you from your rightful place...
They try to stifle and abuse our entire race.

Now, You newly genetically coded Black man...
Bred from a powerful life force and an uncommon stock...
Do not shake or quiver, bend or bow, beg or butt kiss...
Divine Brother...I can see...you ROCK!
YOU step up to defend what's yours, with one wish!.....

To gain prominence, respect, in your place in society
And will no longer allow "the man" to cheat you...
Understandably, your cup runneth over with bitterness...
Even rage for a system set out to degrade, mistreat or beat you...
Seemingly for deranged pleasure, to just delete you.

My Authentic Brother, though your country and birthplace
Drain you of respect, honor, or decent treatment,
You...my hero...Still head up this race. Asserting power through sheer grit and grace...
Your heart is swollen from loving your people...
Your hands are ready to tackle reality. You survive because of enormous tenacity...
Yes, with a no fear mindset, time is ripe to work the plan!
Your Sistahs honor your manhood and walk beside you, our He-man!
Offering a strong shoulder, a thunderous voice,
And a helping hand to aid success in your mission to Resurrect Black folk throughout this nation of choice.

Your Destiny is stepping from the Wimpy roles of the oppressor.
Your pains and ills of years of past savagery demand you step Into your Divine power...The power of only a Black man...
Unequaled in love and respect for his own fellowman.

My newly reborn Brother...you control your spirit.
Out of this nation's darkness, you are a great beacon of light...
Your power, your life energy, your future, are brilliant, as you Seek liberation, salvation and preservation. You, embody the DNA of excellence... 'Seeds of greatness',
The genetic coding of Royalty...of Kings and Gods...
The supreme, preeminent regeneration!
Behold, Brother, Your AUTHENTICITY is showing!!!
You EXCELL!! Above and beyond!!
Authentic Brother, I can see...You WEAR it WELL!



Pastor/Chaplain Pamela June (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

¹I lift up my eyes to the mountains—where does my help come from? ²My help comes from the Lord, the Maker of heaven and earth. ³He will not let your foot slip—he who watches over you will not slumber; Psalm 121:1-3 New International Version



"AND GOD, as far back as I can remember, I have been rather gullible. I good sob or sad story and I want to save people, empty my bank accounts to help, work two jobs, and many kinds of crazy things living with my head in the sand and refusing to see what Ray could see. AND GOD! Now that my beloved commander-in-chief woke me up, I request 2020 vision, Spiritually speaking.

I NOW KNOW the difference between the Voice of Wisdom and the voice of nonsense (as my Baby Soulson would say, "Mom, that's nonsense). When you allow yourself permission to call people out of their name, Mr. President and our Mother Land a shithole, it shows us a lack of compassion and respect as your fellow humans. Most of us KNOW we are made in the image of Goodness and the likeness of Love. My people, Mr. President, have lived through your legacy of enslavement, jim crow, lynchings, KKK, and the New James Crow, Esquire system of abuse.

When I think of the Children that you have separated from their parents and placed in cages like wild animals, I can see and hear my paternal and maternal great grandparents praying, fasting, knowing and praising God for Divine protection and freedom. Many of my generations have taken up the mantel to pray, fast, KNOW, and Praise God for people, policy, principle, and safe spaces to develop – culturally, spiritually, and economically. On a different note, If you are successful in reversing Roe vs. Wade, you will put a few white women, and not so few women of color at risk and you will disenfranchise all women of their right to choose.

I am among those who represent the Most High God. We are a number that no one can number. We have our head above the sand and we are not drinking your kool-aid.

When I daily commune with the Maker of humanity, heaven, and earth, God reveals to me the subtitles of the Distractor who, heretofore, could seduced me into sinking sand.

Please pray for me and with me: "LORD, HELP ME TO KEEP MY HEAD OUT OF THE SAND."

The Michigan Bulletin Staff

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

For Ad Information Call: 517-321-1234

Letters to the editor should be mailed to:
The Michigan Bulletin c/o Editor
P.O. Box 13662 Lansing, Michigan 48901

WE SHALL OVERCOME A CELEBRATION OF DR. MARTIN LUTHER KING, JR.

FRIDAY, FEBRUARY 14, 8:00PM

Inspired by the words and actions of Dr. Martin Luther King Jr., *We Shall Overcome* ties together a living lineage of music and culture that includes traditional gospel, modern gospel, classical, jazz, Broadway and spirituals interwoven with spoken word from Dr. King's recorded speeches. Astounding singers and a band led by music director Damien Sneed bring together songs from Aretha Franklin, Duke Ellington, Stevie Wonder, Nina Simone and Donny Hathaway, as well as traditional spirituals to evoke the inspirations, struggles and triumphs of civil rights activists and defenders.

Damien Sneed was recently named a 2019 Artist-in-Residence at the Carr Center in Detroit, along with Debbie Allen, George Shirley and Savion Glover.

Sponsored by The Doctors Company. Media Sponsor: Michigan Radio



Mr. Party
The Ambassador of Celebration™

Celebration

Announcements

By Mr. Party, The Ambassador of Celebration

Birthdays in February 2020 I

- Ms. Kimberly Jones celebrates her 39th 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 31st birthday on February 4th.
- Ms. Rebecca Lea Patterson celebrates her birthday on February 4th with family and friends. "Becca, happy 25th 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 36th birthday on February 7th.
- Ms. April L. Clark celebrates her birthday on February 7th.
- Ms. Georgette Sneed celebrates her 68th birthday on February 7th.
- Ms. Maria Herrera celebrates her 46th birthday on February 7th.
- Mr. DeMarice Hall celebrates his 33rd birthday on February 7th.
- Ms. Mandi Schafer celebrates her birthday on February 7th. "Singing my way to stardom"
- Mr. Arthur Andrews celebrated his 69th birthday on February 7th getting well!
Brother Bill sends you Love
- 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 54th birthday on February 9th. "I pray that GOD blesses everybody!"
- Ms. Jazmine Gierke celebrates her 15th 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 31st birthday February 10th.
- Mr. Freddie Lewis celebrates his birth on February 10th.
- Ms. Jaylenn Shannon celebrates her 16th birthday on February 11th.
- Ms. Phyllis Colthorp celebrates her birthday on February 11th.
- Ms. Sheavan Mizori celebrates her 35th birthday on February 11th.
- Ms. Michelle M. Mireles celebrates her 53rd birthday on February 11th.
- Mr. Charles Husby celebrates his birthday on February 11th, with family and friends.
- Mr. James E. Garvie celebrates his 34th birthday on February 12th with friends.
- Ms. Kelly Kilpatrick celebrates her birthday on February 12th.
- Mr. Clyde Martin celebrates his 34th birthday on February 12th.
- Mr. Josiah Nathaniel Dixon celebrates his 11th 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 35th 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 38th 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 55th birthday on February 14th, with a shout out: "Happy Birthday to the rest of my cupid Babies!"
- Ms. Madeline Brown celebrates her 63rd 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 50th birthday on February 15th.

*Anniversaries

- Mr. & Mrs. Robert and Cordray McConnell celebrated their 56th wedding anniversary on February 3rd.
- Mr. & Mrs. David, (RIP), and Linda-Walker-Cole (RIP 1-9-2020); We celebrate their 21st wedding anniversary on February 14th.
- Mr. & Mrs. Myron & Dee Freeman celebrate their 33rd wedding anniversary on February 14th
- Mr. & Mrs. Al and Irma Cooper will celebrate their 71th wedding anniversary on February 23rd. Thank You for the Lesson that helped me to Be: The Substance Of A Man!!!

Announcements

Mr. Party Website: mrpartycelebrationservice.com

Face book Page: www.facebook.com/mrparty1985

Celebration Gram: Your special message delivered by;

Mr. Party, The Ambassador of Celebration

Please send us the information about you, your family or friends, *celebrating* the Events of Life: call our office at 1-517-391-48491; email: mrpartyserv@aol.com.



Inspiration

Hard work

Determination

Endless possibilities

**BECAUSE NO DREAM
IS TOO BIG.**



**2020 LANSING SCHOOL DISTRICT SHOWCASE
FEBRUARY 9 - 12-3 P.M. - DON JOHNSON FIELDHOUSE**

Lansing School District **DREAMS BECOME YOUR JOURNEY**   

www.lansing.k12.mi.us



THE GREATER LANSING AREA CLUB
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PROFESSIONAL WOMEN'S CLUBS, INC. PRESENTS

**"Let's Talk About It! Community Conversation about
SAFE* Encounters with Law Enforcement" Forum**

THURSDAY, MARCH 12th | 5:30 PM | DWIGHT RICH SCHOOL OF THE ARTS
2600 HAMPDEN DRIVE | LANSING, MICHIGAN

Light refreshments served at 4:30 p.m.

Join Young Adults, Parents, and the Metro Lansing Community to Talk About...

- How to Respond when Interacting with Law Enforcement
- Building Good Relationships with Law Enforcement
- Legal Rights of Interrogation
- The Emotional Impact on Families and Law Enforcement
- Saving the Lives of our Youth and Young Adults

*SAFE = Sound Advice For Encounters

Q & A with Our Panelist

The Honorable Donald L. Allen, Jr., The Honorable Shauna Dunning
Lansing Police Chief Daryl Green, Attorney Takura Nyamfukudza
Ingham County Prosecutor Carol A. Siemon
Ingham County Sheriff Scott Wriggelsworth

Scenario Committee

The Honorable Amy Ronayne Krause
School Principal Steven Lonzo
Criminal Justice Professor Lynnell Talbert
Attorney H. Jamie White

Moderator

Attorney Ayanna D. Neal

RSVP EVENTBRITE: <https://tinyurl.com/ula9jd8> OR CALL: 517.258.0475

S.A.F.E. ENCOUNTERS COMMITTEE

Renee Morgan Freeman & ReShane Lonzo, Co-Chairs
Cynthia Jones, BreAnna Nixon, Sonya Sanford Quinney and Christina Redmond
Gloria Davis, GLAC President



The Greater Lansing Area NBWP Club, Inc.



Heart Health Month

Heart disease can happen at any age, it doesn't just happen to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).
You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

High blood pressure. Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

High blood cholesterol. High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

Smoking. More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

Obesity. Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—has obesity.

Diabetes. Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

Physical inactivity. Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

Unhealthy eating patterns. Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

4 Ways to Take Control of Your Heart Health

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, quit.

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Article and picture courtesy of the CDC.



Neogen, Emergent and Niowave – Lansing's Biotech Hub of Michigan

Did you know that three of the top employers in the science field are headquartered right here in Lansing, Michigan, and are currently seeking qualified candidates? On



Thursday, January 30 from 4-7p.m., the three biotechnology firms Neogen, Emergent BioSolutions and Niowave, held a job fair at the Neighborhood Empowerment Center, at 600 W. Maple, Lansing MI. Sponsored by WLNS TV-6 and WLAJ-53, over 100 people began entering the doors at 4:00 p.m., and a steady flow of interested candidates continued to fill the room for the next three hours. It was a night of people, products and possibilities as men and women from all backgrounds and cultures conversed with representatives from the three companies, while gathering excellent background materials and filling out job applications. Julie Mann, Senior Director of Corporate Human Resources at Neogen, explained, as she guided scores of candidates through the exhibits, that this is an opportunity for their company to attract excellent candidates in many science and technology fields, to join Neogen's workforce in its quest to provide food safety, animal safety and genomics protocols that aid the world. Neogen began in 1982 when its founders, Ted Doan and James Herbert, created an avenue for Michigan State University to share its lifesaving food and animal safety products across America and around the world. Today Neogen has operations and a sales reach to over 140 countries.

David Dilley, Planner for Emergent BioSolutions, shared that their company helps Michigan, the nation, and indeed our world prevent or address serious public health threats such as anthrax, smallpox, chemical and biological threats and emerging infectious diseases. Emergent is seeking many candidates in every area from quality control and manufacturing, to supply chain, facilities, engineering, and regulatory affairs. Founded in 1998 on the site of the former Michigan Department of Public Health 1930s campus, Emergent's goal is to protect and enhance 50 million lives across our nation and the world by 2025.

Niowave, founded in 2005, manufactures medical and industrial radioisotopes to cure diseases and save lives. Julie Vartoogian, Human Resource Specialist, explained that components for medical imaging scanners and equipment are developed and tested onsite at Niowave's Lansing facility. They are seeking a variety of engineers, chemists, microbiologists, designers, accounting and administrative assistants. Article and photo contributed by Dr. Veronica Wilkerson Johnson, verondeconconsulting@gmail.com



Dear Graduating Senior,

We are pleased you are considering applying for a scholarship offered by Delta Sigma Theta Sorority, Inc. Delta Sigma Theta is an international public service organization founded at Howard University in 1913. The Lansing Alumnae Chapter is one of more than 900 chapters in the sorority throughout the world. The purpose of the scholarship is to acknowledge the scholastic, service and community accomplishment of graduating high school students.

ELIGIBILITY

- Have a 2.75 GPA (cumulative) or better on a 4.0 scale
- Be a citizen of the United States
- Graduate from a high school in the Chapter's service area, which includes Lansing, East Lansing, Grand Ledge, Haleslet, Jackson, Mason, Okemos, Williamston, Holt, and DeWitt.
- Be a Black/African American female student
- Plan to attend a college or university in fall of 2020 (verification of enrollment will be required)

REQUIRED MATERIALS

- Completed and signed application (including photo and release form). No substitutions (i.e. resume, summary of accomplishments) for the application will be accepted.
- Official high school transcript
Transcript must include the cumulative GPA, signature of designated school official and/or raised school seal. (Designated school officials are: Academic Counselor, Secretary, Registrar, Records Clerk, or Principal)
- Two one-page letters of recommendation from individuals other than family members who are familiar with your accomplishments. Letters must be signed and should be on letterhead, when appropriate.
- Letter of acceptance to a college or other educational institution (see note on the "checkbox" page)
- A typed essay answering the question: As you reflect on your educational and career goals, why do you think you would be a worthy recipient of this scholarship?
(Please type on separate sheet. Your essay should be 500-750 words)
- Signed Photo Release Form and a recent photo

IF ANY ITEM OR PORTION OF THE APPLICATION IS OMITTED, THE ENTIRE APPLICATION WILL BE DISQUALIFIED.

DEADLINE

Completed application packets must include all of the required materials in a single envelope. Packets must be postmarked or electronically submitted by Friday, February 21, 2020

Please mail or e-mail your packets to:
Mrs. Lisa Bond Brewer, Scholarship Committee
Delta Sigma Theta Sorority, Inc.
Lansing Alumnae Chapter
P.O. Box 27491
Lansing, Michigan 48909

Email: DSLACScholarship@delta.org

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"The Board of Water & Light is very involved in the community and encourages us to give back by volunteering in such programs like Meals on Wheels. This program delivers meals to people who are not able to get out and get these kind of meals for themselves. I love doing Meals on Wheels. It's an opportunity for me to give back. It's a joy to see someone else is actually relying on us to provide a meal for them and for us to be able to deliver that for them and see a smile on their face. It's all worth it."

Debbie



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