

THE NEW

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MICHIGAN BULLETIN

Celebrating 25 Years

Vol. XXVI No. 2

February 16-29, 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 22, 2020

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

FEBRUARY 29, 2020

"JUNETEENTH BREAKFAST FUNDRAISER AT APPLEBY'S" From
8:00AM to 10:00AM at 5400 W. Saginaw, Lansing, MI Sug-
gested donation \$10.00

FEBRUARY 26,- March 1, 2020

"MY FAIR LADY" Great Cobb Hall For Times and Ticket Infor-
mation call 1-800-WHARTON

MARCH 26, 2020

"Lansing/East Lansing Links Inc 10th Annual White Rose Ga-
la" at the Country Club of Lansing, located at 2200 Moores
River Dr. Lansing, Michigan. 11:30-1:30PM For more infor-
mation go to: www.LansingEastLansinglinksinc.org

Bibb's Birthday/Anniversary Bash!



James and Martha Bibb celebrated their 50th Wedding Anniver-
sary and Marth her 80th birthday as well; the celebration took
place on February 2, 200 at the Marriott Hotel in East Lansing. Pic
Lt. to Rt James Bibbs, Marcus Jefferson and Martha Bibbs. Pic cour-
tesy of Mike Jennings the "Picture man"

State of the City Champions



The Address was on February 5, 2020. Pic Lt. to Rt. County Com-
missioner Derrell Slaughter, State Rep Sarah Anthony, Judge Kris-
ten D. Simmons and City Councilman Brian Jackson. Picture, Marcus
Jefferson of the Michigan Bulletin.

"My Fair Lady" at the Wharton 2/26-3/1-2020



BLACK HISTORY SPECIAL EDITION THE FATHER OF BLACK HISTORY



Carter G. Woodson picture courtesy of Biography.com

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 had less knowledge than the students themselves. Increasingly publishing houses that had previously ignored black topics and authors rushed to put books on the market and in the schools. Instant experts appeared everywhere, and non-scholarly works appeared from "mushroom presses." In America, noth-

ing 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 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's 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.



News, Views & Commentary

MoneyWalk 390 The Only Way To Be Truly Successful

This program will help you undo financial Bondage

Salvation is the greatest biblical reward and it results in true and eternal net worth. Such success can be described as salvation equals faith in Jesus Christ as Savior & LORD with His perfect righteousness covering you, so you are not condemned to everlasting doom based on your old sinful nature when you stand before Father God. You also have the extraordinary benefit of the Holy Spirit living within you to direct your path in every way pleasing to the Father and the Son. Isn't it great to know the triune God and LORD of all things envelops you and deeply cares about your success eternally and in this earthly realm. Believing in Jesus Christ is the only way to a heavenly home and great worth that God desires for you. All other endeavors, resources, and assets pale in comparison because you gain nothing by possessing riches, power, and prestige or by occupying a lowly place on this earth if you lose your soul because you failed to have faith in Jesus Christ the eternal source of all righteousness and holiness. To truly prosper on earth as in Heaven you must crucify the old sinful nature, otherwise Satan will tempt you to use it to destroy your earthly and eternal worth through a continual lifestyle of sin while convincing you that what you're doing is alright because (a) the LORD wants you to have the freedom to enjoy yourself doing whatever you think is right without regard to what the bible has to say about it and/or (b) you believe you could not have built wealth, affluence, influence, or power on earth without being acceptable to God. Whether poor, middle income, or rich, Satan will try to convince you that you do not need the LORD and definitely should not follow His instruction. However, the bible shows us that on earth God in some ways blesses the just and unjust alike, however it also emphatically shows you cannot take earthly wealth with you when you leave this earth and only what you do for Christ



will last. Therefore, no one and nothing but Jesus Christ by faith in Him will justify you and lead to eternal life, joy, and peace when you stand before God in the final judgment. For as long as you live on earth, and no matter what grievous sins you've committed, you can be redeemed to experience eternal and earthly success by following God's formula instead of your own.

Please pray for this ministry and email me with any questions. May the LORD bless you richly as you follow His plan!

Proverbs 3:5-8, Jeremiah 29:10-14, John 14:12-24, Galatians 6:7-10

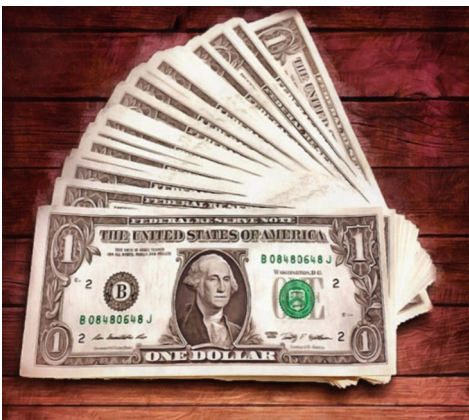
Please forward these bondage-breaking articles to other people who can use helpful insight!


You can find books authored by Randy Parlor and Karen Parlor at www.Amazon.com

You can find many other MoneyWalk articles on Facebook by looking at the NOTES created by Randy Parlor at <https://www.facebook.com/#!/profile.php?id=100000444069041&sk=notes>.


You can connect with Randy Parlor on Twitter and LinkedIn

You can also view and/or listen to MoneyWalk articles at https://www.youtube.com/channel/UCXnztOlesOKlrSd_H6c-8mQ





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



Giving them a toy. **Giving them a future.**

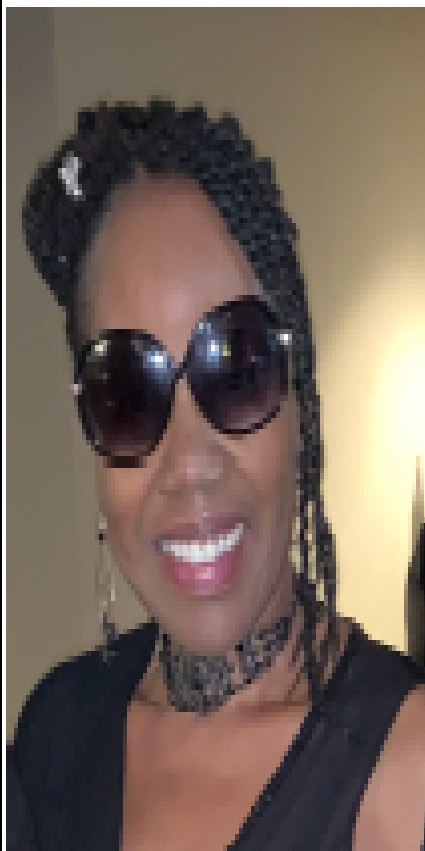
Higher education is a stellar gift.

A 529 prepaid college tuition savings plan from MET is quite possibly the greatest gift idea ever – and it is actually surprisingly affordable because you can accomplish a lot over time with small steps. It takes only \$19 to start, and you can add as little as \$25 whenever you can. Which means less college debt in the future and a lot less worry in the present.

Start today at SETwithMET.com



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

SEEKING TRUE JUSTICE: ODE TO MYRLIE EVERS

A shero indeed! A true shero without actually trying, and she comes in the person of Myrlie. She knew not that she'd be in this type limelight, not in her lifetime...certainly not so early. Her life has all the elements of greatness...perseverance, prayer, even politics and certainly power. Even though she was never successful in her bid for Congress, her prayers and perseverance were the tools of another victorious hour.

On her long road seeking justice, Myrlie Evers-Williams captured the heart of folk, near and far, all over the universe. She's been in the eyes of many well wishes, spectators, the critics, the haters, and all else who may be even worse.

A strong statuesque figure of a woman, in more ways than one. Some call her superhero, for she frequently advocates 'there's still work to be done!' For over 30 years she fought hard to bring about justice for the slaying of her husband Medger, on that warm June night. This bold woman kept stirring and agitating, agitating and stirring the system until they finally got it right.

As an activist, a community leader, she stood fast, dedicated to succeeding, she listened and heeded the call. She explored numerous ways to serve her community, to work on her mission as well as work for the good of all. She never let her fight for justice be relegated to the sidelines or to get off track. She countered her formidable obstacle with integrity, belief, intelligence and unquestionable strength, for she knew God Almighty had her back.

For this vile travesty, justice finally came in 1994, when De la Beckwith got life in prison... for him too short of a time. As I feel that sentence should've been much, much more for this evil, vile and heinous crime. Through some 54 years later, Myrlie is still on the trail fighting for justice, freedom, liberty and civil rights. She chooses to come out, gets energized and revved up for the good fight. When any injustice is spotted, you better know Ms. Myrlie can always be found on the side of right.

So, I call it as I see it...A revered icon, leaving a legacy we can all respect and honor. Myrlie Evers-Williams is a true Shero of our time. I continue to pray for her safety and well-being. She has been such a blessing to us all, and certainly, a glowing Angel of an extraordinary kind!



Mr. Party
The Ambassador of Celebration™

Celebration

Announcements

By Mr. Party, The Ambassador of Celebration

Birthdays in February 2020 II

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.
 Miss. Bella Jobson celebrates her 11th 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 41st birthday on February 17th.
 Ms. Danyell Reaper celebrates her 41st 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 10th 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.
 Mrs. Jimmie L. Springs celebrates her birthday on February 19th. She was born in the year 1918: 102 years!!!
 Mr. Desmond Murphy celebrates his 16th birthday on February 20th.
 Mr. Luther William Brown, Jr. will celebrate his 48th 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 36th birthday on February 20th.
 Ms. Betty Fry, born February 20th, celebrates her 60th birthday, being sober since January 1st, 2018.
 Ms. Tasha Eaton celebrates her 39th 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 45th 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 50th 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 39th 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 33rd birthday on February 25th.
 Mr. Felipe Gonzales celebrates his 59th 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 48th birthday on February 26th.
 Ms. Allicia Perez celebrates her birthday on February 26th.
 Mr. Charles "Bull" Lane celebrates 74 years of life on February 26th.
 Ms. Maya Kelly celebrates her 10th birthday on February 27th. "Love you lots... Mom and Dad!"
 Ms. Alicia Perez celebrates her 42nd birthday on February 27th.
 Ms. Angelica Brown celebrates her 30th 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. Tanek Samaria Davis will celebrate her birthday on February 28th.

***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 1-517-391-4849; email: mrpartycserv@aol.com.



RE-CONNECTING SOUL II SOUL: JUST AS I AM 02/17/20

Pastor/Chaplain Pamelajune (Pi) 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

²³"Above 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.



GUARD YOUR HEART ABOVE ALL ELSE FOR IT DETERMINES THE COURSE OF YOUR LIFE
 Proverbs 4:23
 DoNotGiveUp.net

"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.
Dorothybowie@aol.net

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.

The Michigan Bulletin Staff

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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 13962 Lansing, Michigan 48901

Mayor Schor Welcomes New Director of Human Relations and Community Services

Kimberly Coleman to Start New Role as HRCS Director on Monday, February 17, 2020

(LANSING) – Mayor Schor today announced the hiring of Kim Coleman as the City of Lansing's Director of the Department of Human Relations and Community Services (HRCS). Kim will begin her new role at the City Monday, February 17, 2020.



Kimberly Coleman

"I am proud to welcome Kim Coleman as the new Director of HRCS," said Mayor Schor. "Kim has robust experience working with many coalitions to create and strengthen partnerships to effectively provide human services. I am confident that Kim will lead the HRCS team in continuing to provide important and necessary services to those in need in Lansing."

Kim joins the City of Lansing with past experience as the Executive Director of the Grand Rapids Bar Association, Executive Director of the Downtown Lansing Branch of the YMCA, Executive Director of Single Parent Family Institute, Mental Health Supervisor at Saginaw County Community Mental Health, Crisis/Outpatient Therapist, among other professional roles. She currently serves as the Chair of the Ingham County Department of Human Services Board of Directors.

"I am deeply grateful for the opportunity to serve the Lansing community," said Coleman. "As thrilled and honored as I am by the confidence shown in me, I recognize the responsibility being entrusted and look forward to working with Mayor Schor and the team to help implement the vision for the department and for Lansing."

Kim earned her bachelor's degree in social work from Jackson State University in Jackson, Mississippi, and her master's in social work from the University of Louisville in Louisville, Kentucky. She has continued to take higher education coursework at Michigan State University, Nova University in Ft. Lauderdale, Florida and other institutions.

Coleman was originally identified as a candidate for a Deputy Director position at HRCS with the intention to create a succession plan towards becoming Director. With the retirement of Dr. Joan Jackson Johnson, Coleman will now join the City of Lansing as Director. Former HRCS Director Willard Walker will continue to aid the department during this transition period.



THE GREATER LANSING AREA CLUB
NATIONAL ASSOCIATION OF NEGRO BUSINESS AND
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 Dunnings
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.



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. resumes, 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: DLSTLACScholarship@lansing.org

P. O. BOX 27491, LANSING, MICHIGAN 48909-7491 | WWW.LACDELTA5.ORG

**Great Meetings in the Palm
of Your Hand!**



Please consider Greater Lansing for your next family reunion, business meeting, fraternal or social group event!

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Eating Disorder Awareness

Eating Disorders

When you become so preoccupied with food and weight issues that you find it harder and harder to focus on other aspects of your life, it may be an early sign of an eating disorder. Studies suggest that 1 in 20 people will be affected at some point in their lives. Ultimately without treatment, eating disorders can take over a person's life and lead to serious, potentially fatal medical complications. Although eating disorders are commonly associated with women, men can develop them as well.



Symptoms

Eating disorders are a group of related conditions that cause serious emotional and physical problems. Each condition involves extreme food and weight issues; however, each has unique symptoms that separate it from the others.

Anorexia Nervosa. A person with anorexia will deny themselves food to the point of self-starvation as she obsesses about weight loss. With anorexia, a person will deny hunger and refuse to eat, practice binge eating and purging behaviors or exercise to the point of exhaustion as she attempts to limit, eliminate or "burn" calories.

The emotional symptoms of anorexia include irritability, social withdrawal, lack of mood or emotion, not able to understand the seriousness of the situation, fear of eating in public and obsessions with food and exercise. Often food rituals are developed or whole categories of food are eliminated from the person's diet, out of fear of being "fat".

Anorexia can take a heavy physical toll. Very low food intake and inadequate nutrition causes a person to become very thin. The body is forced to slow down to conserve energy causing irregularities or loss of menstruation, constipation and abdominal pain, irregular heart rhythms, low blood pressure, dehydration and trouble sleeping. Some people with anorexia might also use binge eating and purge behaviors, while others only restrict eating.

Bulimia Nervosa. Someone living with bulimia will feel out of control when bingeing on very large amounts of food during short periods of time, and then desperately try to rid himself of the extra calories using forced vomiting, abusing laxatives or excessive exercise. This becomes a repeating cycle that controls many aspects of the person's life and has a very negative effect both emotionally and physically. People living with bulimia are usually normal weight or even a bit overweight.

The emotional symptoms of bulimia include low self-esteem overly linked to body image, feelings of being out of control, feeling guilty or shameful about eating and withdrawal from friends and family. Like anorexia, bulimia will inflict physical damage. The bingeing and purging can severely harm the parts of the body involved in eating and digesting food, teeth are damaged by frequent vomiting, and acid reflux is common. Excessive purging can cause dehydration that effect the body's electrolytes and leads to cardiac arrhythmias, heart failure and even death.

Binge Eating Disorder (BED). A person with BED losses control over her eating and eats a very large amount of food in a short period of time. She may also eat large amounts of food even when she isn't hungry or after she is uncomfortably full. This causes her to feel embarrassed, disgusted, depressed or guilty about her behavior. A person with BED, after an episode of binge eating, does not attempt to purge or exercise excessively like someone living with anorexia or bulimia would. A person with binge eating disorder may be normal weight, overweight or obese.

Causes

Eating disorders are very complex conditions, and scientists are still learning about the causes. Although eating disorders all have food and weight issues in common, most experts now believe that eating disorders are caused by people attempting to cope with overwhelming feelings and painful emotions by controlling food. Unfortunately, this will eventually damage a person's physical and emotional health, self-esteem and sense of control.

Factors that may be involved in developing an eating disorder include:

Genetics. People with first degree relatives, siblings or parents, with an eating disorder appear to be more at risk of developing an eating disorder, too. This suggests a genetic link. Evidence that the brain chemical, serotonin, is involved also points a contributing genetic and biological factor.

Environment. Cultural pressures that stress "thinness" as beautiful for women and muscular development and body size for men places undue pressure on people to achieve unrealistic standards. Popular culture and media images often tie being thin to popularity, success, beauty and happiness. This creates a strong desire to very thin.

Peer Pressure. With young people, this can be a very powerful force. Pressure can appear in the form of teasing, bullying or ridicule because of size or weight. A history of physical or sexual abuse can also contribute to some people developing an eating disorder.

Emotional Health. Perfectionism, impulsive behavior and difficult relationships can all contribute to lowering a person's self-esteem and make them vulnerable to developing eating disorders.

Eating disorders affect all types of people. However, there are certain risk factors that put some people at greater risk for developing an eating disorder.

Age. Eating disorders are much more common during teens and early 20s.

Gender. Statistically, teenage girls and young women are more likely to have eating disorders, but they are more likely to be noticed/treated for one. Teenage boys and men are less likely seek help, but studies show that 1 out of 10 people diagnosed with eating disorders are male.

Family history. Having a parent or sibling with an eating disorder increases the risk.

Dieting. Dieting taken too far can become an eating disorder.

Changes. Times of change like going to college, starting a new job, or getting divorced may be a stressor towards developing an eating disorder.

Vocations and activities. Eating disorders are especially common among gymnasts, runners, wrestlers and dancers.

Diagnosis

A person with an eating disorder will have the best recovery outcome if he or she receives an early diagnosis. If an eating disorder is believed to an issue, a doctor will usually perform a physical examination, conduct an interview and order lab tests. These will help form the diagnosis and check for related medical issues and complications.

In addition, a mental health professional will conduct a psychological evaluation. She may ask questions about eating habits, behaviors and beliefs. There may be questions about a patient's history of dieting, exercise, bingeing and purging.

Symptoms must meet the criteria in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) in order to warrant a diagnosis. Each eating disorder has its own diagnostic criteria that a mental health professional will use to determine which disorder is involved. It is not necessary to have all the criteria for a disorder to benefit from working with a mental health professional on food and eating issues.

Often a person with an eating disorder will have symptoms of another mental health condition that requires treatment. Whenever possible, it is best to identified and address all conditions at the same time. This gives a person comprehensive treatment support that helps insure a lasting recovery.

Treatment

Eating disorders are managed using a variety of techniques. Treatments will vary depending on the type of disorder but will generally include the following.

Psychotherapy, such as talk therapy or behavioral therapy.

Medicine, such as antidepressants and anti-anxiety drugs. Many people living with an eating disorder often have a co-occurring illness like depression or anxiety, and while there is no medication available to treat eating disorders themselves, many patients find that these medicines help with underlying issues.

Nutritional counseling and weight restoration monitoring are also crucial. Family based treatment is especially important for families with children and adolescents because it enlists the families' help to better insure healthy eating patterns, and increases awareness and support.

Related Conditions

People with eating disorders often have additional illnesses:

- Depression
- Anxiety disorders
- Borderline personality disorder
- Obsessive-compulsive disorder
- Substance abuse

Treating these illnesses can help make treating an eating disorder easier. Some of the symptoms of eating disorders may be caused by another illness

Find Support:

If you or a family member are struggling with an Eating Disorder and you want to find support in your area, please contact the NAMI Michigan main office in Lansing at 517-485-4049 or send an email to info@namimi.org. You can also fill out a request to have someone from NAMI Michigan reach out to you on our [Contact NAMI](#) page. We have many resources and support groups that you may find very useful. The help you need could be just a phone call away.

Dantonio Out Tucker In

By Ernie Boone

EAST LANSING - When Michigan State University head football coach, Mark Dantonio surprised Spartan nation with the sudden announcement of his retirement Tuesday, February 4, Spartan fans crossed their fingers, looked skyward, and wished for a replacement who could see East Lansing as a place to work to build a program for the ages. They hoped for a coach who would see MSU as a destination, not a stop on the way to bigger, better things.

It looks like they may have found him.

Wednesday, February 12, MSU president, Sam Stanley announced the hiring of Mel Tucker, former head football coach at Colorado.

"I'm excited about Michigan State football," Tucker said as he was introduced at a hastily put together press conference. "I love football here, right here! We have a strong and rich history under coaches like Biggie Munn, Duffy Daugherty. Winning national championships, Coach Saban taking us to the Citrus Bowl, and more recently, appearances in the College Football Playoffs, the Rose Bowl, and three Big Ten Championships, that's strong.

"I love the positives of the Michigan State football legacy. I cannot be more fired up about being a part of this culture. This is a winning culture and creating a winning future here in football. I'm excited."

The words were music to Spartan ears, but MSU fans who have suffered through the Spartans' four disappointing seasons wonder if the little-known Tucker can back them up.

"I promise you that we will do everything to prepare, practice and play relentless and accountable football with toughness and integrity," Tucker said. We will do that."

Although his name is far from a household word in these parts, the 48-year-old Tucker is no stranger to MSU and the Big Ten. He played defensive back in the Rose Bowl for Wisconsin, and began his coaching career as a grad assistant on Nick Saban's staff here at MSU in 1997 and 98. He was on the staff with Dantonio at MSU and at Ohio State, replacing Dantonio as defensive coordinator at Ohio State when Dantonio moved to Cincinnati.

Tucker spent the 2019 season as head coach at Colorado where he posted a 5-7 record. Included in his resume are a stint as defensive coordinator at Georgia where his teams yielded the second fewest rushing yards his final two seasons, and 10 years in the NFL with defensive coordinator stops at Jacksonville and Chicago. Jacksonville included a 5 game interim head coaching gig which produced a 2-3 mark.

Dantonio's sudden retirement brought to an end one of the most successful eras in Spartan football history.

In his 13-year stay, Dantonio took over a reeling Michigan State football program that was on the rocks in 2006 and built it into a championship caliber program that competed on college football's highest levels.

In his 13 years at the Spartan helm, Dantonio became the winningest MSU coach ever, surpassing the legendary Hugh "Duffy" Daugherty and posting a 114-57 won-loss mark. Included in that record are three Big 10 championships, an appearance in the College Football Playoff, Rose Bowl and Cotton Bowl victories, and a total of 11 bowl appearances.

Tucker's hire ends an eight-day MSU athletic department whirlwind, set off by Dantonio's emotional February 4 retirement.

Dantonio appeared to choke back tears as he announced that he was stepping down and would work on special projects in the Spartan athletic department for at least the next year.

"Today marks one of the most difficult decisions I have ever made here at Michigan State," he said before a standing room only press corps at the Breslin Center before the Spartans took to the basketball court to take on Penn State in a Big Ten conference game.

"It's now time for a change as we enter a new decade of Michigan State football," Dantonio said in a letter to Spartan fans released by the MSU athletic department.

The surprise decision came just weeks after Dantonio had received a \$4.3 million "retention" bonus for remaining at the Spartan helm through January 16, 2020, and days before the signing day for football recruits.



MSU's New Football Coach Mel Tucker Pic courtesy of www.Freep.com



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Rashawn Molden
Meter Reader



"As a meter reader for the Board Water & Light, I watch out for the public. It can be anything, making sure someone with a flat tire is okay, or a grandma that needs help with her groceries. A lot of people gave back to me, coaches, other parents and other families. My mom didn't have to worry about what I was doing because of my community's support. So it's very important for me to be a good role model. That's what I feel like I'm here for, to help and give back as much as possible."

Rashawn



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