

The 411

KEEPING THE DREAM ALIVE

MARCH 2020

APRIL 14-19, 2020

“WICKED, THE UNTOLD TRUE STORY OF THE WITCHES OF OZ” Great Cobb Hall for Times and Ticket Information call 1-800-WHARTON

MAY 23, 2020

“LES MERES ET DEBUTANES CLUB OF GREATER LANSING” Presents 55th Cotillion Ball , Saturday, 6:00P.M. Lansing Center, Downtown Lansing 48933

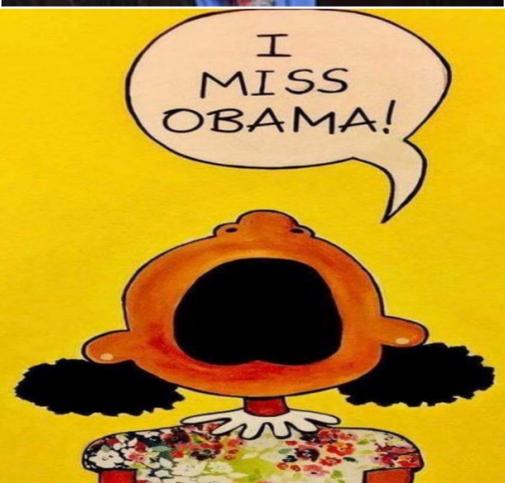
R.I.P. JA’NET DUBOIS 1936-2020



R.I.P. MCCOY TYNER 1938-2020



R.I.P. ROGER MAYWEATHER 1961-2020



WOMEN’S HEALTH MONTH



Dr. Hadiyah Nicole Green picture courtesy of Twitter

BLACK WOMAN BECOMES THE FIRST DOCTOR TO CURE CANCER IN MICE USING NANOPARTICLES

Dr. Hadiyah-Nicole Green has become the first person to successfully cure cancer in mice using laser-activated nanoparticles, according to Black Culture News.

Unlike traditional cancer treatments, Green’s revolutionary and unique nanoparticle technology, which was found to successfully cure cancer after testing on mice within 15 days, does not require chemotherapy, radiation, or surgery. Green received a \$1.1 million grant from the U.S. Department of Veterans Affairs to expand her nanoparticle cancer treatment research.

Green’s interest in cancer treatment stems from witnessing the death of her aunt, Ora Lee, who suffered from cancer, and her uncle, General Lee Smith, who also was diagnosed with cancer and experienced the negative side effects of chemotherapy treatment.

Green is, not surprisingly, highly educated. In her pursuit to fight cancer she obtained her bachelor’s degree in physics and optics from Alabama A&M University and later earned her Master of Science in physics from the University of Alabama at Birmingham, both of which she received full scholarships for. After earning her degrees, she transitioned to the Comprehensive Cancer Center for five years and the Department of Pathology for one year, according to afrotech.com.

Currently, Green’s Ora Lee Smith Cancer Research Foundation, the nonprofit she founded in memory of her aunt, is continuing to fight cancer using laser-activated nanoparticles and focusing on its mission to make cancer treatment accessible, affordable, and effective. She devotes time to helping young black students as well.

Strides in cancer treatments/cures are very important. According to the American Cancer Society, in the U.S. alone, an estimated 606,520 people will die from cancer in 2020. This equates to 1,660 people dying of cancer each day in 2020. Approximately 69% of people diagnosed with cancer between the years 2009 and 2015 were alive five years after their diagnosis. This is higher than people who were diagnosed with cancer between the years 1975 and 1977. Between these years, 49 out of 100 people, or 49%, were alive five years later. Article courtesy of Roland Michel of Black Enterprise Magazine.

Why “Me Care Time” Isn’t Selfish: Yes! Women!

By Tamiko Richard

Yes ladies, we are always doing so many things for others no matter how you feel. We are being pulled in so many different directions that by that time we realize it, the day is over, and you haven’t done anything for yourself and now it’s time to start all over again! We simply do not put ourselves first often enough. With that being said, we need to take what I refer to as, “Me Care Time” or as others say, “Self-Care”.

When we give ourselves a chance to step away and breathe, we are avoiding burnout. Because let’s face it, it’s not just physical energy and stamina that are threatened by doing too much for too long, it’s also focuses and mental acuity.

As women we need to formulate habits that help us achieve and maintain without feeling like we are simply adding more to our plate. So, I have given myself this challenge I call, “Me Time” to make self-care a priority for me. I challenge you women to take the challenge!

1. Exercise Time

Basically, self-care really starts with looking after your body. We only get one and we need to take care of it! Of course, there are days we feel lazy and Netflix counts as self-care, but we also need to make sure our bodies are strong and healthy. Just make a commitment to yourself to move more, then move more again. Start with walking a few days a week. Doing squats as we unload the dishwasher or folding laundry. Park your car a little further. Believe it, it all adds up. Yes, your body will love you for that.

2. Understand the Value of Alone Time

Now for those that are introverts, chances are they already know they need alone time to recharge and recalibrate. But extroverts can benefit from this time too. During alone time we are given the opportunity to be with ourselves, to reflect on who we are, where we are and where we want to be. Problem is that the busier we are, the less alone time we seem to have.

Understand creating this alone time and finding the value in it is so important. Use it to meditate and reflect on gratitude. But whatever you do, make it happen.

3. Reward Yourself with Desires, Not Food

I know everyone is saying, “what, not food?” I do love my special treats, but there’s a big difference between a treat every now and then and rewarding yourself with food. Set goals for yourself with rewards that are your wants and desires, such as a day at the spa or a weekend getaway.

This way you are giving yourself tangible rewards that aren’t food and ensures you keep up with the whole idea of taking care of your body and mind. This means you won’t feel guilty about your rewards and are more likely to achieve them rather than self-sabotage.

4. Schedule “Me Time” Like You Would Any Other Appointment

If you had an important meeting with a client or even a potential client, you wouldn’t miss it would you? You’d make sure you’re there. So why treat “me time” any differently? Why not give ourselves the level of importance we place on others?

When setting your schedule and intentions for the week, be sure to allow enough time and even block out time for “me time”. This way if you have it written down and scheduled you are far more likely to stick with it and make it happen.

5. Understand the Value of The Word “No”

“Yes” and “No” are both two of the most powerful words we use. Unfortunately, we seem to use “Yes” way far too more often when we really want to be and should be saying, “No.”

How many times have you committed to something because you couldn’t say “no”? You wanted to, but you felt guilty for or just obligated to say, “yes”.

So, the word “No” is a word you need to become more comfortable saying. Because when you say “no” to others, you’re saying, “yes” to yourself. Meaning you are saying yes to giving yourself extra time, to putting “You” and your priorities first. Yes, it’s okay to say “no.”

6. We Are What We Eat

It’s very important to nourish our body with good foods. But sometimes this is harder than others. If you set your intentions and start your day in a healthy way, it’s much easier to stick with it. Plan your meals if that works for you but avoid grocery shopping when you’re hungry. I personally have an organic cold pressed juice or smoothie. That way you are giving your body the best you can. It’s the only one we get!

7. Connect with Others

Just as we need to reconnect with ourselves, it’s also important to make time to connect with others. How often do you make time to connect with those you love?

Whether it’s scheduling a meal and catching up with a friend or making time for a family dinner, make connections with others a priority. It’s not only for the ones we love. Getting out to networking events and meeting new people can take you out of your comfort zone and help you expand yourself and your business.

8. Let Negativity Go

We tend to attract more of what we already have, so if you have a whole lot of negativity guess what is going to keep coming your way? Easier said than done. You have to want more for yourself, so pray and ask God for help. Start by saying, “I am Thankful” and really work on your relationship with God.



News, Views & Commentary

MoneyWalk 396:

Please The LORD When You Sell

This program will help you undo financial bondage

On earth, to have a job, hold a job, and be promoted throughout life a person must sell his / her willingness to work, skills, abilities, and/or accomplishments.

Action in this regard takes many different forms from filling out job applications with many employers to starting entrepreneurial ventures that require the sale of products and services to other people in order to earn income and build wealth from your endeavors. Such abundant blessing and rewards do not come to or remain with the slothful and lazy.

Some have chosen to provide defective products, shoddy service, and lie about benefits and guarantees in order to make the sale, however you don't have to and should not sell products and services deceitfully. God will give you peace and joy and meet all your need according to His riches in glory when you operate in the utmost integrity. Your use of self-control to always display honest business dealings will show that you are a citizen of Heaven who understands you only reside on earth temporarily in anticipation of moving into the heavenly home the LORD prepared for you once you leave earth.

It is necessary to sell yourself, products, and services in a manner and for an end that pleases God and helps other people in order to be the witness God intends you to be to lead other people to Christ. When your integrity causes a job, project, or bid to pass you by, God will bring other opportunities your way that will



allow you to stay within His will, abundantly provide for you, and keep you under His protective covering where you will be immune from the earthly and spiritual liabilities associated with criminal, illegal, unethical, and

immoral practices. Such ungodly practices set the table for sudden collapse and destruction of your life, business, and reputation. So, make sure you use methods that please the LORD when you go about selling yourself, goods, and services to other people.

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

Nehemiah 5:7-13, Proverbs 11:25-27, 16:1-3, 1Corinthians 8:9, James 4:17

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

WHO AND WHAT IS BMRW PROMOTIONS?

Established by a group of musician friends in 2005, BMRW Promotions is a full-service entertainment, events planning, and artist management company located in Lansing, MI. This original group envisioned bringing live adult music entertainment to the Lansing, MI area. Many local music lovers tired of traveling to Detroit for live acts, and BMRW Promotions sought to shift the music scene closer to Lansing. The initial challenge was finding a suitable venue with a seating capacity of 500-1200. The staff selected the newly renovated Albert White Theater in the Hannah Community Center; however, though the facility was large enough for a startup show, it did not house an adequate sound reinforcement system to host a musical event. Nevertheless, BMRW Promotions proceeded with its first event in the renovated venue but contracted a professional sound company.

The first event was very successful. BMRW Promotions hired two well-established local groups, Impulse, Too Smooth for Notes, and an outstanding smooth jazz group from North Carolina, The Miller Group. The musical acts performed two shows before large audiences, but the Albert White Theater proved too small for both the growing attendance and the complexity of running two shows in one night. BMRW Promotions decided to relocate to a larger venue; first, the East Lansing HS auditorium for a year and then to the Margaret Livensparger Theater at Holt HS because it was designed for professional performances and has a full-time theater director.

The current challenge for BMRW Promotions is to balance the cost of attendance for the community and at the same time bring world renowned artists to the Lansing area, as community support for these types of events has been inconsistent at times. BMRW Promotions is known mainly for producing first-class smooth jazz shows and jazz brunches and for sponsoring free summer music clinics for local area youths and smaller jazz shows at Studio C and other local venues. BMRW is also the management and promotions company for the band 496 West.

National artists invited to the Lansing area include: Gerald Albright, Grammy Award winner Norman Brown, Jackiem Joyner, Eric Darius, Doc Powell, Kimmie Horne, Euge Groove, Larry Braggs, Bob Baldwin, Nick Colionne, Tom Braxton, Jazz In Pink, Al McKenzie Group, Tim Cunningham, Gwen and Charles Scales, Straight Ahead, Phil Perry, Penny Wells. BMRW is very excited to bring Grammy and Stellar Award winner Kirk Whalum to the Margaret Livensparger Theater on July 24, 2020. Also appearing are Lansing favorites 496 West and the soulful vocals of Detroit's Karla Pace.

Great Meetings in the Palm of Your Hand!



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

From affordable accommodations to superior service from the GLCVB, you'll see in Michigan's Capital City, everything you want is right in the palm of your hand.

Contact me today!



Heather Cooper Kim, CMP, CTA
Sales Manager
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COMING FRIDAY JULY 24, 2020



KIRK WHALUM
GRAMMY® AWARD WINNING SAXOPHONIST AND RECORDING ARTIST

TICKETS AVAILABLE BLACK FRIDAY

AN EVENING OF SMOOTH JAZZ
HOLT H. S. LIVENSPPARGER THEATER
5885 W. HOLT ROAD IN HOLT MI
WWW.BMRWPROMOTIONS.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

Respecting Women... Humanity's Gift!

© DEE FREEMAN

We, women, with our big loving hearts, care so much

We give of ourselves, willingly through every gentle touch

We open our hearts, pumping love to last forever...Our nature

We wanna be there for our family...for everyone

We want to be everywhere to gently nurture

As humanitarian, we're dear to our loved one's heart

Yet, We must not forget to set aside some time for ourselves,

So, we are healthy and still around to impart...

Our purpose should be God-like, I'd say

Doing His bidding with a clean heart...

Being connected, and thriving on His power each day

For as pillars; working, playing and striving together...

We'll leave nothing undone; we try making it better!

Women, ladies, We see we have much work to do

Or a challenge or two...Getting us back on track

As only... God's humanitarians can do

Though, beautiful, proud, intelligent and gifted

We've known heartaches, pain, and some strife

Yet, our truth reveals...As this gift to humanity

We create our own well-being for a healthy desired life

We thrive on interaction, thus Women of God!

I salute you: as we encourage, push or prod

Showing our children and all who'll listen

They cannot sit idle; they must take a stand!

We challenge them to be their best...

Yet, we're happy to lend a helping hand

We, Angels, are here to mend the heart, hand and head...

Let's keep moving, improving as we are thus led

We'll Keep shining—lighting the way in our community

Keep prayed up, working to provide pride and unity

Keep teaching our Children, always trying to reach them

Keep empowering them, with love we'll shower them

Keep laughing with them, though we often cry...

Keep providing for them, though at times we can only sigh

Keep gently scolding and wonderfully molding...

For as we shape our children, So shape WE the World

For as we enlighten their lives...effective role models

Guardians, mothers, caregivers...sharing our matured insight

We'll also keep loving THEM...our future

And PRAY mightily each life turns out alright

Know gifted women, charged with favor and powerful tasks

Our purpose...is to Craft the Great legacy within our grasp

Our strong sisterly bond, we are also to maintain

Moving forward with purpose and linked to the Almighty's name

Walking in our destiny...healthy, strong and in control

Let's no longer sit, wait, watch, hope or pray

But be about action, being genuine and bold

We know the bad things happening, won't just go away...

We must get up, get out, get hyped and get into gear

Taking actions to ensure tomorrow will be THAT better day

With our strong faith, We'll resolve... to work hard to set ALL things right...

We'll continue to unite and embolden our fight

We'll build confidence and heighten our intelligence

We'll Utilize, galvanize and mobilize our sphere of influence...

We'll embrace and celebrate, uplift and elevate

We'll educate, invigorate and motivate

We'll connect...honor and protect...

And to each other, we'll give LOVE and RESPECT

Let's VOW TO Love each otha...Sistahs!!!



Lansing
School District

School Closure Food Service Program

The Lansing School District announces the sponsorship of the School Closure Food Service Program for Children.

Free meals will be available for all family members.



Parents or children 18 and under will be able to walk up, bike up, or drive a vehicle to a curb side location to pick up a breakfast for the next day and lunch for the day. Multiple days of meals may be picked up at one time, including food that will be needed for weekends. Parents do not need to bring their children to the site to pick up meals.

**MEALS WILL PROVIDED NOW THROUGH APRIL 3, 2020
(EXCLUDING WEEKENDS) AS OF THIS TIME.**



Allwood School	915 Allwood Dr.	M-F	11 a.m. - 2 p.m.
Averill School	3201 Averill Dr.	M-F	11 a.m. - 2 p.m.
Baker Donora-Mobile Feeding	840 Baker St.	M-F	11:35 a.m. - 11:55 a.m.
Beekman	Delivered to Beekman family homes	M-F	11 a.m. - 2 p.m.
Bethlehem Church-Mobile Feeding	549 E. Mount Hope Ave.	M-F	11:10 a.m. - 11:30 a.m.
Capital Commons-Mobile Feeding	600 S. Sycamore St.	M-F	12:15 p.m. - 12:35 p.m.
Cavanaugh School	300 W Cavanaugh Rd.	M-F	11 a.m. - 2 p.m.
Center for Success	4501 Pleasant Grove Rd.	M-F	9 a.m. - 1 p.m.
Cumberland School	2801 Cumberland Rd.	M-F	11 a.m. - 2 p.m.
Edgewood Village-Mobile Feeding	6213 Toward Gardens Cir.	M-F	1:05 p.m. - 1:25 p.m.
Gardner School	333 Dahlia Dr.	M-F	11 a.m. - 2 p.m.
Gier Community Center	2400 Hall St.	M-F	11 a.m. - 2 p.m.
Hildebrandt Housing Community	3122 N. Turner St.	M-F	11 a.m. - 2 p.m.
Hill Center	5815 Wise Rd.	M-F	8 a.m. - 5 p.m.
Letts Community Center	1220 W. Kalamazoo St.	M-F	2 p.m. - 5 p.m.
Mt. Hope School	1215 E. Mt. Hope Ave.	M-F	11 a.m. - 2 p.m.
Mount Vernon Housing Community	3338 N. Waverly Rd.	M-F	11 a.m. - 2 p.m.
Pine Brook Manor Mobile Feeding	3618 W. Miller Rd.	M-F	2:25 p.m. - 2:55 p.m.
Rotunda Trailer Park-Mobile Feeding	16937 S. US Highway 27	M-F	1:50 p.m. - 2:15 p.m.
Sexton High School	102 S. McPherson Ave.	M-F	11 a.m. - 2 p.m.
Sheridan Road School	16900 N. Cedar St.	M-F	11 a.m. - 2 p.m.
Summer Place-Mobile Feeding	4901 S. Waverly Rd.	M-F	10:30 a.m. - 10:50 a.m.

*** Locations and times are subject to change, please see the website for the most current information.

www.lansingschools.net/food

If you have questions, please call 517-755-2750.



THE REALS OF JUSTICE

Qualified Immunity

By: Ayanna D. Neal



Ayanna Neal

Qualified Immunity is a legal defense for governmental agencies and its employees in a negligence lawsuit. Under Michigan law a governmental agency is immune from tort liability if the governmental agency is engaged in the exercise or discharge of a governmental function.

There are two types of immunity. Qualified and absolute immunity. Qualified immunity applies to government employees while during their employment if:

- (a) The officer, employee, member, or volunteer is acting or reasonably believes he or she is acting within the scope of his or her authority.
- (b) The governmental agency is engaged in the exercise or discharge of a governmental function.
- (c) The officer's, employee's, member's, or volunteer's conduct does not amount to gross negligence that is the proximate cause of the injury or damage.

Qualified immunity does have exceptions. Qualified immunity shall not apply to actions to recover for bodily injury or property damage arising out of the performance of a proprietary function as defined in this section. If a person is injured while the government is engaged in one of these exceptions the person can sue the government to recover for their injuries:

Public building defects, sidewalk defects, the failure to maintain and repair public highways, negligent operation of a government owned motor vehicle, sewage disposal event and a few others.

Qualified immunity allows government employees to work without worrying about being sued for their actions or decisions.

Absolute immunity applies to judges, legislators and other high-ranking officials. Absolute immunity only applies to acts committed in the scope of the official's duties. Thus, these officials cannot be sued in tort as long as the act occurred within the scope of that official's duty.

Immunity makes it easier for the government to make decisions because immunity protects the government from lawsuits. The Governmental Tort Liability Act is contained in chapter 691 of Michigan Compiled Laws. So, who is held accountable when the government messes up? The answer to that question is often complicated. But what is not is that citizen taxpayers don't want to bear the burden of having to pay every time the government messes up.

*Disclaimer & legal information: The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of any agency, organization, employer, this newspaper or anyone else. This article is for informational purposes only not for the purpose of providing medical or legal advice.



HOMETOWN BNL Leaders

Wayne Lynn
Director Electric Transmission & Distribution

"The main goal of Turning Point of Lansing is to ensure the young men we encounter can grow to be successful, competent and strong. We encourage them and keep up their motivation but more importantly, we try to help them interact with other people so they can be successful. These are the sons I didn't have, and they're an extension of my family. I think what it means to me is my ability to invest in the lives of young people who really, really need it. I love giving back."

Wayne



LANSING BNL Hometown People. Hometown Power.

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 \$119 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



CONNECTING SOUL II SOUL: RESURRECTING BURIED CREATIVITY



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

"No one's ever seen or heard anything like this, Never so much as imagined anything quite like it—What God has arranged for those who love God. 1 Corinthians 2:9-10 The Message (MSG)



"AND GOD, one of the two candidates running in the 2020 primary for the office of Commander-in-Chief and President is associated with the slogan similar to what a faithbased, African American leader is likely to say about "Saving America's Soul." To Save America's social justice responsibilities – to the left out, the poorest among us, Black and Brown folk, Transgender Active Duty and all Veterans, the elderly, affordable health care, marriage equality, a woman's right to choose, affordable housing, and the right to an education – requires changes in current policies."

Yesterday – Sunday, March 8, 2020 – I attended an ecumenical prayer and praise service. In my 35 years in ministry, this was the first service in which I participated, where "O, Say Can You See" and "Lift Every Voice and Sing," was sung back to back accompanied by the American Flag and the Juneteenth Flag. And, where a clergy person read the Emancipation Proclamation.

I was mesmerized as I visualized in my divine imagination the trauma negro soldiers must have experienced fighting in the civil war. They may not have consciously known that they were planting seeds that would resurrect buried creativity. The Civil Rights Movement, Bloody Sunday, New Age Thought, the election of an African American president, and the call to "Save America's Soul, are mileposts on the journey toward freedom, equality, and preserving our right and responsibility to vote.

Voter suppression, lynchings for showing up to vote, the New Jim Crow, the mass incarceration of Black and Brown souls, colored children separated and caged without knowledge of their parent's whereabouts and welfare and vice versa? These are fodder for resurrecting – bringing to life – humanities forgotten inspiration, the love within that fuels our buried creativity.