

# MICHIGAN BULLETIN

Celebrating 25 Years

Vol. XXV No. 4

March 16-31, 2019

## The 411

### KEEPING THE DREAM ALIVE

MARCH 2019

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

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

MARCH 12-17, 2019

MISS SAIGON "A DYNAMITE BROADWAY REVIVAL"

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

MARCH 18, 2019

"WORLD LECTURE TOUR-JOY-ANN-REID"

Cobb Great Hall, 7:30 PM. for Ticket Information Call 1-800-WHARTON

MARCH 24, 2019

"MONTEREY JAZZ FESTIVAL ON TOUR" 60TH Anniversary celebration Wharton Great Cobb Hall 6:30 PM for ticket information call 1-800-WHARTON

MARCH 27, 2019

"TEDX MSU CATALIST" Wharton Great Cobb Hall 6:00PM for ticket information call 1-800-WHARTON

MARCH 30, 2019

"MASTERWORKS 04: Tchaikovsky Symphony No. 6 Lansing Symphony Orchestra" Wharton Great Cobb Hall 7:30 PM for ticket information call 1-800-WHARTON

APRIL 10, 2019

"THE MANHATTAN TRANSFER MEETS TAKE 6, THE SUMMIT" Cobb Great Hall, 7:30PM for Ticket Information Call 1-800-WHARTON

## COLORECTOR CANCER AWARENESS MONTH



Pictures courtesy of Pexel.com

### Overview

Colon cancer and cancer of the rectum can begin as a small polyp, detectable through regular cancer screening, such as colonoscopy. Colon cancer symptoms include a change in bowel habits or bleeding, but often there are no symptoms. With early detection, surgery, radiation, and/or chemotherapy can be effective treatment.

if you have cancer in your colon or rectum, called colorectal cancer, there's good news: More people are cured or live longer with this disease than ever before.

Be sure to discuss all the options with your doctor so you find the one that's the best fit for you.

How Do I Choose the Right Treatment? To start, you and your doctor will want to know:

How large your tumor is and how far the cancer has spread in your body (called the stage of your disease)

How well certain treatments will work for you

How healthy you are

The side effects of treatment

The option you'd prefer

These details will help your doctor recommend the best way to treat your cancer.

What Are My Options?

The most common treatments include: Surgery. This is the way doctors treat most colorectal cancers. The best chance for a cure is to remove the tumor entirely. Usually, surgeons need to remove only the part of your colon or rectum that has the tumor. Your surgeon may do

the operation with a few small cuts in your belly (called laparoscopy) instead of one long cut. You may have less pain and heal faster with this approach.

Ablation and Embolization. This type of treatment is an option for cancer that has spread to the liver. It can destroy tumors without removing them. Sometimes doctors use high-energy radio waves or electromagnetic microwaves to kill the cancer. Or they may inject the tumor with alcohol or freeze it with a metal probe; with embolization, a substance is used to block blood flow to cancer in the liver.

Chemotherapy. Chemo drugs destroy cancer cells or stop them from spreading throughout your body. You can take the medicines in pill form or through an IV. You can also get them in a blood vessel close to your tumor. There are many types of these drugs. Some work better together, so you may take two or more at the same time. You usually get the treatment for 2 or 4 weeks, then take a break.

You might have chemo after surgery to kill any cancer cells left behind. Or you could have it before an operation to make a tumor smaller and easier to remove. Chemo may help treat cancer pain, too. And it's often the best way to slow the spread of the disease to other parts of your body, such as your liver. The downside is that the drugs attack healthy cells as well as cancer. This can cause side effects like hair loss, vomiting, and mouth sores. You may also feel very tired and get sick easily. But these problems usually get better when your treatment is over.

Targeted treatments. These drugs treat changes in cells that lead to cancer. For instance, some cells have too much of a protein that helps them grow and thrive. Targeted drugs can stop it from working. Because these treatments only fight cancer cells, not healthy ones, they may give you fewer side effects than chemotherapy.

Radiation. This treatment uses high-energy waves to destroy cancer cells. You might have it before or after surgery to shrink the tumor or stop it from coming back.

Radiation may also help ease pain and other cancer symptoms. Side effects can include red, blistered skin, nausea, and problems with your bowels or bladder. These problems usually go away once the treatment ends.

What Else Should I Know?

You and your doctor will decide on your treatment together. When you're choosing the one you want to try, think about: The risks. Talk to your doctor about the pros and cons of each treatment.

Side effects. How will you feel? Will you be able to do everyday tasks and the things you love?

Cost. Some cancer treatments, such as targeted drugs, are expensive. Be sure you know whether your insurance will pay for them.

Treatment & Care

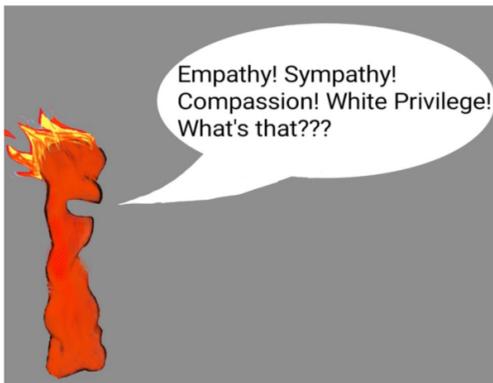
Many colon cancer treatment options are available for colorectal cancer, including surgery, chemotherapy, and radiation. Here's what to expect from each type of treatment and tips for recovery.

## AUTISM DAY IN DELTA TOWNSHIP



The Delta Township Board of Trustees and members of the Xavier Degroot Autism Foundation gather to officially make April 1st "Autism Awareness Day" in Delta Township.

## THE ORANGE CHEETOE



**EMBERLY**  
Inspiring beauty in strength

**2019 · 50 Day Get Healthy Challenge**

Celebrating  
LIFE | SISTERHOOD | WELL-BEING  
Build Healthier Habits through  
Inspiration, Beauty & Strength

The 50 Day Challenge includes:  
Body Fuel Guide  
Weekly Shopping Lists  
Wellness Rewards  
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50 Day Challenge Dates:  
March 19 to May 7th  
\$25.00 (.50 per day)

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Phone: 517-488-6471

For more details go to: [www.kwinpires.com](http://www.kwinpires.com)

## Trump has made 9,014 false or misleading claims over 773 days

### Update, March 17: As of 787 days in office, the tally is 9,179 claims

Powered by his two-hour stemwinder at the Conservative Political Action Conference on March 2 — which featured more than 100 false or misleading claims — President Trump is on pace to exceed his daily quota set during his first two years in office.

The president averaged nearly 5.9 false or misleading claims a day in his first year in office. He hit nearly 16.5 a day in his second year. So far in 2019, he's averaging nearly 22 claims a day.

As of the end of March 3, the 773rd day of his term in office, Trump accumulated 9,014 fishy claims, according to The Fact Checker's database that analyzes, categorizes and tracks every suspect statement uttered by the president.

Trump's performance at CPAC is emblematic of his version of the truth during his presidency — a potent mix of exaggerated numbers, unwarranted boasting and outright falsehoods. His speech helped push March 2 to his fourth-biggest day for false or misleading claims, totaling 104

The speech included his greatest hits: 131 times he has falsely said he passed the biggest tax cut in history, 126 times he has falsely said his border wall is already being built and 116 times he has asserted that the U.S. economy today is the best in history. All three of those claims are on The Fact Checker's list of Bottomless Pinocchios, as well as other claims Trump made during his CPAC speech.

Since the Bottomless Pinocchio list was introduced in December, it has continued to grow. The president now has 20 claims that qualify.

Here's a sampling of other claims from the CPAC address, drawn from the database:

**"A state called Michigan, where — by the way — where Fiat Chrysler just announced a four and a half billion-dollar incredible expansion and new plant doubling their workforce. Many, many car companies have moved back to Michigan and are continuing to do so."**

Fiat Chrysler did announce this expansion in Michigan, but Trump leaves out that it announced 1,500 layoffs in Illinois at the same time. It's a big exaggeration to say many car companies have moved back to Michigan, though Chrysler has announced several new investments there under Trump.

**"The Green New Deal ... No planes. No energy."**

The Green New Deal is a nonbinding resolution in Congress, and it would not ban air travel or energy. Rep. Alexandria Ocasio-Cortez (D-N.Y.), a sponsor, released an FAQ document alongside the resolution that mused about banning air travel. But it was not a definitive call to end air travel, and, in any case, Ocasio-Cortez retracted the FAQ within days.

**"When the wind stops blowing, that's the end of your electric."**

Nope. Wind turbines do not generate power when there's no wind, but the power grid can handle this variability.

**"I've learned because, with the fake news, if you tell a joke, if you're sarcastic, if you're having fun with the audience, if you're in live television with millions of people and 25,000 people in an arena, and if you say something like, 'Russia, please, if you can, get us Hillary Clinton's emails. Please, Russia, please. Please get us the emails! Please!' So everybody's having a good time, I'm laughing, we're all having fun. And then that fake CNN and others say, 'He asked Russia to go get the emails.' Horrible."**

Trump in previous comments has said earnestly that he wanted Russia to release Hillary Clinton's emails. In July 2016, he said it gave him "no pause" to call for these emails' release.

In terms of subjects, false or misleading claims about immigration top the list, totaling 1,688. Claims about foreign policy were second, at 1,015, followed by claims about trade (939), the economy (840) and jobs (815).



# REGISTRATION IS OPEN!

## A Rally of Writers

Michigan's longest running writer's conference!

### Saturday, April 6, 2019

Lansing Community College, West Campus  
5708 Cornerstone Dr, Lansing, MI 48917



**Keynote Speaker:**  
**"Will The Poet" Langford**  
**"And Each One a Griot"**

#### WORKSHOP SPEAKERS INCLUDE:

Dedria Humphries Barker • Ruth McNally Barshaw  
Dennis Hinrichsen • Landis Lain • Mardi Link • Lev Raphael  
Jan Shoemaker • John Smolens • Sarah Zettel

#### EDITOR PANEL:

Louise Knott Ahern • Nancy Feldbush • Ken Zahrt

Richard Bradley Scholarship - A Contest for Young Writers  
**SUBMISSIONS DUE: FEBRUARY 25**

Rally Warm-Up - "First Page! On Stage!" - FREE

A celebration of first pages - published or original work!

Friday, April 5th, 7-8 p.m.

at "The Fledge"

1300 Eureka St, Lansing, MI 48912

Send submissions to: [edwardr5000@gmail.com](mailto:edwardr5000@gmail.com)

Info and registration: [arallyofwriters.com](http://arallyofwriters.com)

A Rally of Writers is funded in part by:



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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 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 13062 Lansing, Michigan 48901

### RE-CONNECTING SOUL II SOUL – THIS IS WHY I DO WHAT I DO



Ministry of Presence With  
Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.  
Lt. Commander (RET) USN Chaplain Corps  
Certified Peer Support Specialist

BE STILL AND KNOW



<sup>27</sup> My sheep respond as they hear My voice; I know them intimately, and they follow Me.  
John 10:27 The Voice (VOICE)

## VET II TLGB VET + SIBLINGS (Civilians) REACHOUT RECOVERY NETWORK: RE-CONNECTING SOUL II SOUL

And God: Posted in the UCC Clergy Women Facebook page is the following: "My nephew died very suddenly yesterday morning. Brett was a very talented actor, musician, and dancer. He was also a great hockey player. And he was battling addictions and PTSD. He was abused by a coach as a young teenager, and following that abuse, he began abusing many drugs. He was in rehab at the time of his death, cause of death is, at this point, unknown. There were no drugs or drug paraphernalia on him or in his room at the time of his death. And yet, one way or another his death was most certainly caused by both the abuse he suffered, and his method of dealing with the pain he continued to feel."

During African American History Month, I am submitting a proposal (titled of proposal above in living color) at our Covenant Association Church in Ministry Meeting on Wednesday, February 13, 2019. One component of which addresses death by suicide and how faith and community-based folk can participate in reducing/eliminating the number of deaths by suicide among the disabled, senior citizens, Veterans, Gender Non-conforming TLGB + Veterans, Youth, and Children (some of whom are resorting to the same when bullied by peers, parents, preachers, and the president).

I am not suggesting that Brett died by suicide. I am believing, however, that as more and more souls have access to this network, we will realize a reduction in deaths by suicide in response to the ultimate call in my ministry: **THIS IS WHY I DO WHAT I DO**

Please pray for families across America who are grieving and for Holy Spirit fresh winds on the titled proposal.



Mr. Party  
The Ambassador of Celebration™

MICHIGAN BULLETIN - Page 3

*Celebration*

*Announcements*

*Mr. Party, The Ambassador of Celebration*

*Tribute: Mr. Tony E Tyler*

*Oct. 3, 1941 - July 20, 2017*

*Creator of Mr. Party marketing concept August 1985*

*C.A. column September 2006*

#### Birthdays in March 2019

Mr. LaMonti Dion Brown celebrates his 47<sup>th</sup> birthday on March 2<sup>nd</sup>, with his sister Donecia and niece, Enissa in Texas.  
Mr. Mike Ryan Jr. celebrates his birthday with family and friends on March 4<sup>th</sup>.  
Mr. Zachary Murry celebrates his birthday on March 7<sup>th</sup>.  
Rev. Anna M. Alexander, born on March 8<sup>th</sup>, celebrates 81 plus years of living, "Carry on in the name of The LORD!"  
Mr. Daryl Holman celebrates his birthday on March 8<sup>th</sup>.  
Ms. JeMonica Thomas celebrates her birth on March 9<sup>th</sup>  
Ms. Tammy Michelle Tyson celebrates her 51<sup>st</sup> birthday on March 8,  
Mr. Dwayne Thompson celebrates his 49<sup>th</sup> birthday on March 9<sup>th</sup>.  
Mr. Dylan Pofoli celebrates his 29<sup>th</sup> birthday on March 9<sup>th</sup>.  
Mr. Paloma Sanchez enjoys his birthday on March 11<sup>th</sup>. "Happy Birthday!"  
Ms. Nikki Holman celebrates her birthday on March 13<sup>th</sup>.  
Mr. Travis Hough celebrates his 39<sup>th</sup> birthday on March 14<sup>th</sup>  
Ms. Esther Rodea celebrates her birthday on March 15<sup>th</sup>.  
Mr. William Banks celebrates his birthday on March 15<sup>th</sup>.  
Mr. Jordan D. Majors celebrates his birthday on March 15<sup>th</sup>.  
Ms. Jennifer Black celebrates her birthday on March 15<sup>th</sup>.  
Mr. Desmond Hall celebrates his birthday on March 15<sup>th</sup>.  
Mr. William Eugene Rouse II celebrates his birthday on March 15<sup>th</sup>.  
Mr. James Morrow celebrates his birthday on March 15<sup>th</sup>.  
Ms. Justice Foster celebrates her birthday on March 16<sup>th</sup> with her Mother, brothers and sisters.  
Mrs. Emogene Leek celebrates her birthday on March 17<sup>th</sup> with her husband and family, all of them expressing their Love!  
Ms. Ciara Wireman celebrates her 20<sup>th</sup> birthday on March 17<sup>th</sup>.  
Ms. Briana Gonzales-Jefferson celebrates her birthday on March 19<sup>th</sup>. Dad says, Happy Birthday little Princess!!!  
Ms. Virginia Lewis celebrates her birthday, "33 years young", on March 19<sup>th</sup>. She says, "Much Love!"  
Mr. Mark A. Brown celebrates his birthday on March 20<sup>th</sup> with family and friends.  
Ms. Annette Johnson, born on March 20, 1959, celebrates her 59<sup>th</sup> birthday.  
Ms. Pamela Renzi celebrates her 47<sup>th</sup> birthday on March 21<sup>st</sup>, celebrating with friends and family.  
Ms. Theresa Daniels celebrates her birthday on March 22<sup>nd</sup>.  
Ms. Keesha Home celebrates her 38<sup>th</sup> birthday on March 22<sup>nd</sup>, enjoying time spent with her beautiful children.  
Mrs. Nya (Chopper's Wife) celebrates her 37<sup>th</sup> birthday on March 22<sup>nd</sup>, along with Mr. Chopper (Nya's Husband) celebrating his 43<sup>rd</sup> birthday on March 25<sup>th</sup> and their 11<sup>th</sup> year anniversary on March 23<sup>rd</sup>.  
Mr. Robert Brown Jr. celebrates his birthday on March 23<sup>rd</sup>, enjoying the company of his lovely wife, Joy.  
Master Brayden Konen enjoys his 9<sup>th</sup> birthday on March 23<sup>rd</sup>. "Happy Birthday! Mommy loves you!"  
Ms. Valerie Floyd celebrates her 42<sup>nd</sup> birthday on March 23<sup>rd</sup> with family and friends.  
Ms. Quintine Medley celebrates her 33<sup>rd</sup> birthday on March 23<sup>rd</sup>.  
Mr. John K. Elliott celebrates his birthday on March 23<sup>rd</sup>. "A friend in need is a friend indeed."  
Ms. Monica Burrell celebrates her birthday on March 23<sup>rd</sup>. She says, "A special day spent with family and friends; thanks so much!"  
Ms. Nellie M. Garvie born March 24<sup>th</sup>, celebrates her 69<sup>th</sup> birthday with her children, grandchildren and great grandchildren... We love you so much!!!  
Mr. Matt McCoy, Scratch Pilots... Turntable Tuesday at the Green Door... celebrates his birthday on March 25<sup>th</sup>.  
Ms. Melinda M. Ball born March 25<sup>th</sup> celebrates her birthday her Mother, sisters, brother, children and grandchildren... We love you so much!!!  
Ms. Gina Mojica celebrates her birthday on March 26<sup>th</sup>, with family and friends. "The Puerto Rican Lady"  
Ms. Shelly Ryan celebrates her birthday on March 28<sup>th</sup>, with family and friends. .  
Ms. Nikki Holman celebrates her birthday on March 13<sup>th</sup>.  
Ms. Esther Rodea celebrates her birthday on March 15<sup>th</sup>, parted with my family.  
Ms. Mary A. Clark celebrates her birthday on March 25<sup>th</sup>.  
Mr. Brandon Henderson celebrates his birthday on March 25<sup>th</sup>.  
Mr. Ralph Riddle Sr. celebrates his birthday on March 25<sup>th</sup>.  
Ms. Allison Chenault celebrates his birthday on March 25<sup>th</sup>.  
Mr. Michael Bower celebrates his birthday on March 25<sup>th</sup>.  
Ms. Rita Pizana celebrates her birthday on March 26<sup>th</sup> with family and friends.  
Mr. Bishop Cousin celebrates his birthday on March 26<sup>th</sup>.  
Ms. Taurean A. Jackson celebrates her birthday on March 26<sup>th</sup>.  
Mr. Don Rodriguez celebrates his 60<sup>th</sup> birthday on March 26<sup>th</sup>, with his beautiful wife Julia, family.  
Mrs. Gwendolyn Bodiford celebrates her birthday on March 27<sup>th</sup>, with her husband and family.  
Ms. Brittany Eaton celebrates her birthday on March 27<sup>th</sup>.  
Mr. Marcus Turner celebrates his birthday on March 27<sup>th</sup>.  
Ms. Sheila Fuller celebrates her birthday on March 27<sup>th</sup>.  
Ms. Angela Eaton celebrates her birthday on March 28<sup>th</sup>.  
Mr. James Edward Garvie Sunrise March 30<sup>th</sup>, 1954 - Sunset February 18<sup>th</sup>, 2002. "WE will always LOVE and KEEP you forever in our HEARTS and YOUR memory ALIVE for as long as we live!" .... Rest in Paradise Daddy!!!  
Ms. Eunice F. Foster celebrates her birthday on March 31<sup>st</sup>.  
Ms. Jessie J. Storey-Fry celebrated her birthday on March 31<sup>st</sup>.  
**\*Anniversaries**  
Mr. Cullen Dubose Sr. and Mrs. Helena J. Dubose celebrate their anniversary on March 31st.  
Mr. & Mrs. David and Linda Cole celebrated their 20<sup>th</sup> wedding anniversary on February 14<sup>th</sup>.  
Mr. & Mrs. Myron & Dee Freeman celebrated their 32<sup>nd</sup> wedding anniversary on February 14<sup>th</sup>.  
Mr. & Mrs. Al and Irma Cooper celebrated their 70<sup>th</sup> wedding anniversary on February 23<sup>rd</sup>.  
**\*Announcements**  
**Mr. Party Website:** [www.mrpartycelebrationservice.com](http://www.mrpartycelebrationservice.com)  
**Face book Page:** [www.facebook.com/mrparty1985](http://www.facebook.com/mrparty1985)  
**Celebration Gram: Your special message delivered by;**  
**Mr. Party, The Ambassador of Celebration!!!**  
**Sportron International:** [www.mrparty.sportron.com](http://www.mrparty.sportron.com)  
Please send us the information about you, your family or friends celebrating the Events of Life by email: [mrpartyserv@aol.com](mailto:mrpartyserv@aol.com), or call our office at 1-517-391-4849.

Sports

3-PEAT IN THREE WEEKS! MSU'S LAST VICTORY 65-60 OVER U OF M MAKES THEM BIG-10 TOURNEY CHAMPS

By Ernie Boone

EAST LANSING - For the third time in three weeks, Cassius Winston led Michigan State to a come-from-behind victory over Michigan. The 65-60 victory in Chicago earned the Spartans the Big Ten Conference Men's Basketball Tournament championship and a Number 2 seed in the East Region of the NCAA Tournament.



2019 MSU Men's Big-10 Basketball Tournament Champions picture courtesy www.msuspartans.com

The Spartans (28-6) are set for a Thursday, March 21 first round contest versus 15-seeded, Bradley (20-14) in Des Moines, Iowa at Wells Fargo Arena. The Braves toppled Northern Iowa, 57-54 to win the Missouri Valley Conference Tournament on March 10 and return to the big dance for the first time since 2006.

Michigan State extended its tournament appearance streak to a Big 10 record 22 straight. The mark is the fourth longest in tournament history behind Kansas, 30, North Carolina, 28 Duke, 24. It's the third longest active streak behind Duke and Kansas.

The Spartans trailed by as many as 13 points and were down by five with less than three minutes to play before Winston was able to flip the script and lead a 10-0 run to close the game out.

Paced by 7-1 center, Jon Teske, the Wolverine defense was stifling throughout the early going, leading to an 8-point Michigan lead, 31-23, at halftime. Winston was held to just three points before the intermission.

The Spartan leader, named the Conference's Player of the Year earlier in the week, showed how he earned that honor after the break, finishing with 14 points and 11 assists. Most of those assists came from finding a red-hot Matt McQuaid for 7 three-point baskets.

The senior guard poured in a career high 27 points, many of them down the stretch as MSU made its winning surge. Sophomore center, Xavier Tillman, flirted with a double double, grabbing 11 rebounds and scoring 9 points.

MSU scored the game's final 10 points, beginning with McQuaid's seventh triple cutting the Michigan lead to, 60-58 with 2:01 remaining, followed by a Tillman lay up to tie 60-60 at 1:10. A driving Winston layup put MSU ahead, 62-60 with :25.7 left, and Aaron Henry forced a Brazdeikis jumper short then hit the front end of a one and one to make it, 63-60 at :12.8 and Kenny Goins finished things with a pair of free throws to end it.

The Spartans played some stingy defense themselves, limiting the potent Wolverine offense to one shot often and taking a 38-29 rebounding edge.

Michigan was led in scoring by Ignas Brazdeikis with 19 points, followed by Jordan Poole with 13 and Teske with 10. Teske grabbed 10 rebounds.

It was the sixth Big Ten Tournament championship for the Spartans and stopped the Wolverines from claiming a record third straight tournament title. Despite the loss, Michigan (28-6) earned a Number 2 seed in the West and will open in Des Moines against Montana Thursday night.

THE REALS OF JUSTICE

BLACK WOMEN AND HEALTH CARE IN AMERICA

By Ayanna D. Neal



Ayanna Neal

A pause from the judicial world for a cause - a salute to all the awesome women in the world and right here in our community who, daily, make awesome contributions to make the lives of others better.

Health is a very important topic when looking at any group of people.

With March 8 being International Women's Day, it is important to not only recognize the huge contributions and accomplishments by women like Harriet Tubman, Rosa Parks, Coretta Scott King, Michelle Obama, Condoleezza Rice, Oprah Winfrey, Dorothy Height, Zora Neale Hurston, and Dr. Mae Jemison, just to name a few, to the American culture, but to also look at areas that need improvement. The American health care system is an area that greatly needs improvement.

Only 5.7% of American physicians are black, while the American population is approximately 13% black. Unfortunately, when many black women go to the doctor, they feel unheard and are often misdiagnosed. Many of the hospitals, in areas where there is a high population of black women, are underfunded, don't have state-of-the-art up-to-date equipment and don't have access to modern screening tests. In 2016 the Journal of Clinical Oncology found in a study that black women are less likely than white women to undergo genetic testing, regardless of their risk level, because doctors are less likely to recommend them.

Black women are 40% more likely to die from breast cancer. Black women are 10% less likely to have received an HPV vaccine as white women. And black women are 60% more likely to be obese than white women.

It is imperative that women, especially black women, be proactive in their health and medical care. First, if something is consistently bothering you, go to the doctor. What is ignored cannot be addressed. You should at least see your doctor once a year for a yearly woman's examination. Second, ask the doctor questions, lots of questions. If there's something that you don't know or understand, ask. If there's a screening, medicine, procedure or anything else you've heard about and think it may be helpful to you, ask your doctor about it. Third, if you question what one doctor tells you don't be afraid to get a second or third opinion.

Last, but not least, encourage young women to go into the medical field. Encourage them to be doctors and help change the landscape for the better for all for health and medical care in America. Happy Women's Day!

\*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.



GET READY, THE OPPORTUNITY OF A LIFETIME IS COMING!

Looking for individual artist who have a love for singing Gospel, but are not yet signed to a label or have a contracted deal. Ten finalist will be selected to compete for the title.

Vocal video submissions are extended through February 2, 2019  
All submissions must be gospel music using YouTube or MP4 format.  
Submit vocal video via email to [mmgb@kminfo.org](mailto:mmgb@kminfo.org).

FIRST PLACE  
\$2,000

SECOND PLACE  
\$1,000

THIRD PLACE  
\$500

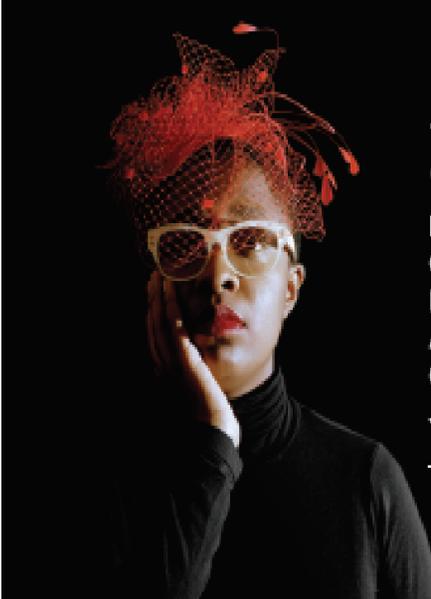
In addition, first place WINNER will win six hours of studio time, transportation and accommodations to either Chicago or Detroit for the next Sunday Best Auditions!

FINALE HELD ON SATURDAY MARCH 23, 2019 | 7PM

KM Center | 3000 West Miller Road, Lansing MI 48911

For more information visit our Facebook page @mmgbc or call 517 727-2992

W H  
A R T  
O N



MONTEREY  
JAZZ FESTIVAL  
ON TOUR  
FEATURING  
CÉCILE MCLORIN SALVANT,  
BRIA SKONBERG, MELISSA  
ALDANA, YASUSHI NAKAMURA,  
CHRISTIAN SANDS &  
JAMISON ROSS

MARCH 24  
6:30PM

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