

The 411
KEEPING THE DREAM ALIVE

MAY 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

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

SUNDAY MAY 5, 2019

"ePIFanyNow Event" Members of the Community are invited to pass kindness forward with MSUFCU from 1:00-3:00PM at the main headquarters MSU Federal Credit Union at 3777 West Road East Lansing. For more information go to: ePI-FanyNow.org

MAY 9, 2019

Alpha Kappa Alpha Sorority, Incorporated® Chi Epsilon Omega Chapter in partnership with The Greater Lansing African American Chamber of Commerce presents: PLAN, BUILD, LAUNCH & MANAGE YOUR BUSINESS Featuring the U.S. Small Business Administration Thursday, May 9th, 2019 6:00pm – 8:00pm Sparrow Michigan Athletic Club 2900 Hannah Blvd., East Lansing, MI 48823 Wimbledon Room

MAY 14, 2019

The Poetry Room-Open Mic is a series of Open Mic poetry events hosted by Masaki "wanna go get food" Takahashi, and Grace "Bomb Dot Com" Carras. (7:30) To sign up for any and all Poetry Room events at the Robin Theater, email Masaki or Grace at thepoetryroomfolks@gmail.com! This month: <https://www.facebook.com/events/462195367526045/>

MAY 14 TO JUNE 2, 2019

"Hamilton" An American Musical, Wharton Great Cobb Hall for Times Ticket information Call 1-800-WHARTON

Annual Michigan Alumni Reception in Lansing a Success!



On Wednesday, April 17, 2019 at the Radisson Hotel over 200 Alumni and Stakeholders attended the Annual Michigan Alumni Reception. Lt 1st picture Michigan Bulletin's GM Marcus Jefferson, 2nd Picture Dr. Veronica Johnson, event organizer and right in both pictures Lt. Governor Garlin Gilchrist.



KIMBERLY
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
Daily Inspiration, Beauty & Strength

50 Day Challenge Dates:
March 19 to May 7th
\$25.00 (.50 per day)

Kimberly Whitfield
P.O. Box 90102 • Lansing, MI 48908
Email: kimberly@kwinspires.com
Phone: 517-488-5471

For more details go to: www.kwinspires.com

THE CASE FOR EMOTIONAL REPRATIONS



A serious conversation about reparations must begin with a deep and broad appreciation of the dynamics of enslavement, Jim Crow, and colonization. It's one thing to condemn the past as a "crime against humanity," it's something else to try to appreciate and then calculate the full extent of the damage. The issue is much bigger than the trillions of dollars owed for the multi-generational financial damage inflicted upon people of African ancestry. It's true that much of the wealth of Europe, the United States, Canada, and Latin America was built with the uncompensated labor of Black people. But even if that enormous debt were to be paid in full, there would still be a long way to go. Our moral and legal claim for reparations for financial harm pales in comparison to our moral and legal claim for emotional reparations.

The term "emotional reparations" refers to what will be needed to repair completely the generation upon generation of emotional and psychological harm inflicted on our ancestors, on us, and on our children. The emotional harm is the greatest harm of all.

To fully assess the emotional and psychological damage, we need to look beyond enslavement and colonization, and even racism. We need to focus on the source of the many manifestations of anti-Blackness. Full reparations must include repair of the damage done by the poisonous lie of White superiority and Black inferiority: the root cause of the devaluing of Black lives and the underdevelopment of Black communities. It must include the work of extinguishing the lie.

Every person of African ancestry born over the course of the last 600 years has come into a world that profoundly devalues our lives. Starting in the 1400s, in order to justify the enslavement of Africans and the economic exploitation of Africa, Europeans devised a hierarchy of humanity with "White" people at the top and "Black" people at the bottom – often even outside of the circle of humanity. They created a poisonous ideology of White superiority and Black inferiority, a lie that dehumanized people of African ancestry and has come to permeate nearly every institution of global society and the global mind. The advantages conferred by "Whiteness" and the disadvantages imposed by "Blackness" have been multiplying over the course of nearly six centuries.

For all of that time, people of African ancestry have been living our lives according to a narrative written for us by Europeans to serve their interests. The result has been racial trauma, a multi-generational, historical and continuing wound, that has profoundly undermined our physical, psychological, and spiritual well-being. In order to step out the narrative created for us by Europeans and into a narrative of our own making, we must go through a process of emotional repair. The greatest damage done by the lie of Black inferiority can be seen in the way that it has undermined our ability, as a people, to fully love ourselves and each other. It undermines our ability to love what we see in the mirror, to walk with confidence in the world, and to think clearly. That is at the heart of the crime against our humanity. We as people of African ancestry, notwith-

standing the weight of the lie on our shoulders, have accomplished truly remarkable things. But these attainments have come at a heavy price: relentless racial stress and trauma and their physical and psychological effects.

So, by all means let's keep pressing for full reparations because they are due and owing. Let's support H.R. 40 to create a commission to study the issue. But let's not forget that the greatest harm that has been done to people of African ancestry is the harm to our psyche and our emotions. Our strongest moral and legal claim for reparations is our claim for all the resources, including financial, that it will take to make us whole emotionally— to restore our dignity and humanity as people of African ancestry and restore us to our rightful place in the human family. That is the greatest debt that is owed to us.

But whatever others may or may not do to meet their moral and legal obligations to repair the emotional damage inflicted upon our ancestors, us, and our children, the basic work of emotional reparations—the repairing of that emotional harm— depends upon us. That is the fundamental premise of the movement for emotional emancipation—the movement for freedom from the lie. So even if those outside of our community fail to meet their obligations, even if they do nothing, we can—and will—follow our amazing ancestors and make a way out of no way. Our children — and our ancestors — are waiting. Picture by Radande Tyskar, article by Enola G. Aird CHN Founder and President

May is National Physical Fitness and Sports Month

By Angela Stepter



Angela Stepter Physical Fitness Trainer

May is a great time to get started on living your best life. You can do this by becoming a healthier you. Start by knowing your numbers. Our lives are impacted by numbers such as our blood pressure, blood sugar, cholesterol, Body Mass Index also known as BMI and our weight, just to name a few. Your numbers control how you feel and can have an impact on your susceptibility to chronic illness.

Spring into a healthier relationship with yourself by making conscious decisions about eating better and moving more. Don't entertain exercise phobias predicated on the following things:

- Exercise is painful.
- No time.
- I can't afford a gym membership.
- I'm not in shape.
- I don't have any equipment.



Reprogram your mindset by combating negativity with positivity!

Find the thing that you enjoy and do you! Exercise should be fun so that you stick with it. Take 5. Start with a 5-minute walk-5 days a week. Then increase it by 5 minutes per day each week. In 3 months, you'll be walking 5 hours a week. Exercise during commercial breaks. Alternate marching in place, knee lifts while sitting or standing, bicep curls, pushups/planks, dancing or see how many times you can walk back and forth to the bathroom. Walking can be done indoors or out. Community Parks and Recreation Departments have indoor facilities and walking trails which are free and available to the public. The Capitol Area District Library has free exercise videos and books available. All you need is a library card to check them out. Every shape is the right shape. Focus on your heart health and love yourself! Bottles of water and canned goods make great weights. Before you begin-check in! See your doctor before you start any exercise program then set realistic goals, get moving and stay hydrated. Make May your best month!

BOUNCE
MID-MICHIGAN
Connecting Our Community.

News, Views & Commentary

POEM "STAY WOKE" by © Dee Freeman



Hey EVERYBODY! It's past time to wake up! Wake up, then Stay woke! Because the bigotry coming from the new administration, just ain't no joke! Theodore Parker said, "The arc of the moral universe is long, but bends towards justice. I say...to heck with a bending arc, we need to break it down, cause this arc just ain't bringing the right justice for us. We struggle and grapple with a systemic, unjust criminal justice system, Things are clearly getting worse, so we must stay woke! Times are now troubling. Being true to oneself is at times trying. Loving our fellowman is taxing. Life itself is sometimes tumultuous. But we won't stop...we can't give in. We gotta push on to the end. Race matters, black lives matter, people matter, Hell, LIFE matters! Race matters, so we provide hope to all disadvantaged Black lives matters, so we speak out against biased police brutality People matter, so we refuse to accept acts of hatred and bigotry Life matters, so we give aide to the many victims of prejudice and injustice As we speak out loudly against injustices We speak truth to power and must move actively forward We can't waste any opportunity to Speak up and out We are eager to roll with the punches, through the good and bad times, through the ups and downs, through our successes and setbacks, with the ebbs and flows of the tide. And through all this we need to be vigilant...ergo, We Must Stay WOKE! This is a serious cause for which we must stand up and be counted! So, we symbolically take a knee with Kaepernick, to voice our dissatisfaction...for the continued violent actions Of those who would see us prideless, Bowed, humiliated and submissive...again! We are the proud vocal agents of transformation. We will NOT go quietly into the night We will NOT keep silent about these horrendous Acts perpetrated against us! So, if you see something amiss, Speak, don't dismiss it. Racism and hypocrisy need a wakeup call. We must demand change...demand equal justice for all. Our current dilemma ain't even close to being a joke, So, We better wake up y'all....and WE better Stay Woke!

POEM "DIS' DESPICABLE HOUSE!" By © Dee Freeman

How do I start a dialogue about this house or this administration? Let's see...why not start at the Despicable top! This Disappointing house I'm referring to, is Definitely way outside the norm In many ways one could say, it's literally and Disturbingly deformed If the name is indicative of what's happening inside the current White House The name should rightfully be changed to the Despicable, Disgruntled 'Out House' These days there's a bunch of Dysfunctional things going on that's wrong Such that I could pen a few of the Disparaging facts and it becomes a hit song You see for me, it's no longer the place to be visited, admired or respected And the now trickle down Disruptive policies are to be totally rejected Prompt Dismantling is certainly where policies should be reeled and yank'd-in Cause all the bull crap happening in this Distressed House is Distastefully stankin' There's a boatload of Disrespect, much Displayed Disliked hypocrisy Simply a lot of rich Disjointed Caucasian men Disconnected from reality A lack of in-depth Discussion is causing outrageous fussing The amount of Disturbing Disloyalty from top to bottom Keeps Dis' ole house shook up, reeling and rocking Let's see what else there is: So many insiders are so vehemently Distrusted That most outsiders looking in are totally Displeased and Disgusted The Disingenuous attitudes of this Displaced administration Are thoroughly Disappointing and Distasteful to our sane population The Dismantling of the Obama Care was a Disastrous and Despicable plan Destroying a current humane health system for America should be Disallowed, even damned The early morning tweets are ideally meant to be a Distraction from A chaotic, Disruptive administration, thus covering up our deep Dissatisfaction It is also thought to be Destructive to a credibility fought for by such Previous brave POTUS's...as we are now sidelined in sadness and much Disgust This seemingly Dishonest administration is wedging Distance between the races The growing Disapproval rating has the low approval rating Disturbingly outpaced I for one, have been Disheartened by the continuing Disappointing actions And unprecedented behavior of this leadership's reactions and retractions Somehow, I don't feel I'm the only sane person to have been totally Dismayed Nor am I the only one who this Dastardly administration has totally betrayed So many upheavals, and there is little moral Discretion anywhere to be found Folk, it's a Disservice to wait out this Disarray...our charge, make sure more of these Disastrous scoundrels are outbound from this now coined Crazytown. So, with more Dishevels, Disparaging and Disorderly Dissensions insinuated, hinted, permitted to exist. My simple solution to this Despicable, Disastrous circus is to immediately Dismantle all this!!! So, to the resident of Dis' Despicable House... Trump you're DISMISSED!!



Special Election

Tuesday, May 7, 2019

Plan Your Vote!



Visit www.lansingmi.gov/elections before going to polls to:

- Find Your Polling Location
- View Your Sample Ballot
- Find Links to information about the proposal

You can still Register to Vote for this Election!
Same-day Registration and Absentee Voting Available at City Hall & Clerk's Election Unit
Up to & Including Election Day

- City Clerk's Office
City Hall — 9th Floor
124 W. Michigan Ave.
- City Clerk's Election Unit
South Washington Office Complex
2500 S. Washington Ave

VOTING...Make it a Habit!

www.lansingmi.gov/clerk — Office (517) 483-4133 — city.clerk@lansingmi.gov



MoneyWalk 419:

Expect Blessing and Rewards



This program will help you undo financial bondage.

If you're like me, your mind must be continually renewed to expect by faith the hope that is in your heart for the present and future. The LORD has blessed me enormously, spiritually, mentally, emotionally, physically, and economically, even though I have not always perfectly walked out my faith. But hold off on your judgment because God is not through with me yet. And, I'm sure He's not through with you either.

God is in the blessing & rewards business for those who love Him and are called according to His purpose. Even for many people who are currently unbelievers, He abundantly gives what they need to turn to Him as well as abundant resources to help them care for themselves and their families in this life. He has prepared much better for those who turn to Him by accepting Christ as Savior. Salvation and the inheritance of eternal life are received by grace through faith and not of works so no one can earn them. However, earthly and some spiritual blessings and rewards have conditions attached to them that require obedience to His commands. He desires that you obtain and appropriate them on earth in a way that is wholesome and that helps you be a great blessing to others around you.

and other people and put on the mind of Christ to be renewed in my thinking.

I will walk in the Spirit to destroy the unfruitful works of the flesh. I have the power in me to expect the specific things He wants for me, so I will pray, call forth, and wait when necessary until they come. Then, I will move forward in prayer to find out new blessings & rewards He desires for me. I will let the Holy Spirit constantly inventory my heart to ensure my motives are right, yet I understand the motive behind my prayer requests is not dishonorable even though some things he wants for me and my family are higher cost than I have ever had. The LORD simply knows how to give good gifts and sometimes desires that you and I have things beyond our current financial ability to obtain. When blessings and rewards are properly obtained, appreciated, and managed they allow you to initiate greater acts of faith, be more useful in Kingdom service, meet family needs, and offer a testimony of His goodness to others, etc.

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

Matthew 7:7-11, Luke 11:9-13, Psalm 2:8, James 4:1-2

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



Some blessings & rewards that God wants you to have are above and beyond what you currently have and may only be obtained when you ask His will for particular situations and by faith believe and initiate action to bring these currently unseen things into the realm of the seen. Sometimes this requires constant and persistent petition and action until they are received. Satan and his demonic cohorts stand in opposition to your blessings & rewards and try to block them because of the damaging effect these weapons have on his dark kingdom. Through the funding, preaching, and serving of the gospel many people are saved and the dark kingdom is driven out of their life and heart. Because I want the LORD's will to be done on earth as it is in Heaven, I will forever remind myself to have a heart that loves the LORD




Alpha Kappa Alpha Sorority, Incorporated® Chi Epsilon Omega Chapter in partnership with The Greater Lansing African American Chamber of Commerce presents:

PLAN, BUILD, LAUNCH & MANAGE YOUR BUSINESS

Featuring the U.S. Small Business Administration

Thursday, May 9th, 2019 6:00pm – 8:00pm

Sparrow Michigan Athletic Club
2900 Hannah Blvd., East Lansing, MI 48823
Wimbledon Room

Presentations, Q & A Session, and Light Refreshments

Get an overview of the Small Business Administration products and services including:

- Access to counseling,
- Training,
- Capital, and;
- Government contracts

Please RSVP by Monday, May 6, 2019 @ <http://evite.me/Kh4xUR7b9t>

2019 ACPA-MI Social Justice and Inclusive Excellence Drive-In



Friday, May 17, 2019
8 a.m. – 4 p.m.

Office of Diversity and Inclusion
Gannon Building
Lansing Community College
Lansing, Michigan

The ACPA-MI Social Justice and Inclusive Excellence Drive-In is one of the signature equity and inclusion learning opportunities in Michigan. Please join us in having crucial conversations about advancing diversity, equity and inclusion with subject matter experts and peer educators across the state. Learn about best practices in facilitating inclusive programs, hosting diversity and equity workshops, getting a better understanding of current climates and trends of social justice work in higher education, utilizing inclusive language and more!

With Guest Keynote Speakers:
Dr. Jesse Bernal
Alex C. Lange
Dr. Tonya Bailey

Registration: \$30 per person. Breakfast and Lunch included.

Register NOW at: mi.myacpa.org/ei19/registration/

If you have questions, thoughts or comments, please contact:
Eduardo Olivo, 2019 ACPA-MI Drive-In Co-Chair.
olivoedu@msu.edu




RE-CONNECTING SOUL II SOUL – IS FORGIVENESS A DISTRACTION TO REPENTING?

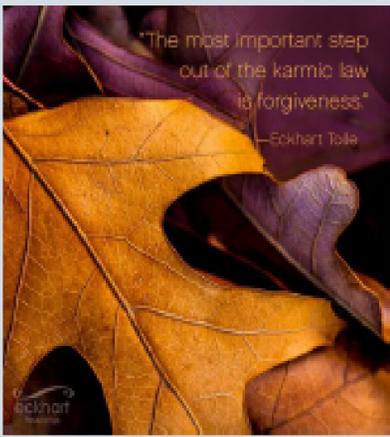


Ministry of Presence With
Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.
Lt. Commander (RET) USN Chaplain Corps
Certified Peer Support Specialist



BE STILL AND KNOW

Jesus prayed, "Father, forgive them; they don't know what they're doing."
Luke 23:34-37 The Message (MSG)



"AND GOD, I love seeking knowledge in lieu of regurgitating another's receipted on Holy Writ. I was honored to bring the Seventh Word on Good Friday and my subject was "How can anything good come from a place like Nazareth?" The question gave us an opportunity to examine Jesus as a 'nobody' from the perspective of many religious leaders. In spite of Jesus' miracles, Jesus was alleged to be the Chap from the other side of the tracks.

Asking questions about Holy Writ yields many occasions to BE still to listen to the voices of the ancient culture, the story behind

the written words, and its applicability in contemporary life. Otherwise, the words in the Bible remains framed in antiquity.

The Living Word shouted from the cross "Father forgive them; they don't know what they're doing." In other words, they don't know the consequences of their behavior. They were content to have the blood of Jesus on their hands as long as they could silence Truth. It would be the 1800's when the quote by William Cullen Bryant: "Truth crushed to earth shall rise again" is printed. It has a promise of Resurrection about it. That is to say "you cannot permanently bury Truth."

"Every year we teach, preach and plan to recite the Seven Last Words accredited to Jesus 2,017 years ago, making Jesus bigger than life, year after year.

I contend, however, that there is an indivisible connection between forgiving and repenting, to feel remorse so as to turn away from offending the Divine Almighty and BE mindful to live a life pleasing in God's sight which ultimately brings peace to one's soul. Otherwise, it begs the question "is FORGIVING A DISTRACTION TO REPENTING?"

Pray for the courage to repent from wrongdoing so as to live knowing you are forgiven.

The Michigan Bulletin Staff

Writers

Ron Daniels
Mc. Dee
Diane Gardin
Bettye Thomas-Gilkey
Dianne M. Hicks

Bernice Powell Jackson
Dr. Earl Ofari Hutchinson
Dr. Manning Marable
Randy E Parlor
Dr. George T. Rowan

General Manager

Marous A. Jefferson

Church Editor

Mary Stokas

Sports Editor

Ernie L. K. Boone

Layout

Ali Jamal Kaley

Sports Photographer

Acia Boone

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 13062 Lansing, Michigan 48901

LS Jewelry Designs is Open for Business

For Immediate Release

LS Jewelry Designs has a new renovated look at the Lansing City Market. We are excited about our new location and New designs, said Linda Sims-Wright, Owner.

Customers can enter the market seeing fresh flowers plants and the all-time popular wooden roses. We also have beautiful custom made aprons, jewelry, and the barefoot sandals just to name a few of our items. We are always looking at fresh new ways to incorporate things into the shop, and at the request of customers we added a section for men that includes ties, wallets cuff links and other accessories.

Our designers are very creative and the new look speaks for itself in elegance.

Exclusively at the shop is Luxe Creations by designers Toni Ansley of Good Year Arizona.

Remember this is Jewelry Designs especially for you in Lansing Michigan.

LS Jewelry Designs

Open: Tuesday 10 to 6 and Saturday 9 till 5

Email: lsjewelrydesign1@gmail.com



Owner-Linda Sims-Wright



Mr. Party
The Ambassador of Celebration

Celebration

Announcements

Mr. Party, The Ambassador of Celebration

Birthdays in May 2019 I

Mrs. Woodie Browne celebrates her birthday on May 1st, with her loving husband Claude.

Ms. Angela Zamora celebrates her birthday on May 1st with family and friends. Ms. Tabitha Brown celebrates her 40th birthday on May 1st, partied with her Sisters, Old and new friends. "I thank GOD for continuing to bless me and my family!"

Mr. Don and Mr. Ron Vermillion celebrate their birthday on May 1st, as they've done since day one, "Together-Donnie and Ronnie V." with friends and family! Ms. Arie Carroll had a "Happy Birthday" on May 1st, with friends and family. She says, "Enjoy the Arie experience... at Rhonda's Reflexions... helping people to reach their full potential!"

Ms. Leigh Anne Coins celebrates her 37th birthday on May 1st, with friends saying, "Happy Birthday to Me!"

Ms. Rashonda Ali celebrates her 29th birthday on May 2nd, with her family and friends. "We love you!!!"

Ms. Breanna DeMyers celebrates her 27th birthday on May 2nd. "Happy Birthday; we all love you!" Dad.

Ms. Andrea Dameron celebrates her 37th birthday on May 2nd, with friends. Ms. Danielle Castillo celebrates her 29th birthday on May 3rd with her husband Tori and her son Brendin.

Ms. Kathryn Spencer Dungy celebrates her birthday on May 3rd.

Ms. Maribel "Mari" Odilia Tyler celebrates her birthday on May 3rd, with her loving family.

Mr. Gerry Shakar celebrates his 37th birthday on May 3rd, thanking GOD for another birthday!

Ms. Kenya Hattaway celebrates her 36th birthday on May 4th.

Mr. Bruce Sturgis-Ramsay celebrates his 54th birthday on May 4th.

Miss Cortana celebrates her 11th birthday on May 4th, with family and friends. "Happy Birthday Baby!" Love always, Mom

Mr. Caden Jones celebrates his 13th birthday on May 5th, with family and friends.

Ms. Janice smith celebrates her birthday on May 5th.

Ms. Tammy Gonzales celebrates her birthday on May 5th.

Ms. Janice Hill celebrates her birthday on May 6th.

Mr. Floyd D. Eaton, former "Mr. Lansing" body building champion, celebrates his birthday on May 6th, with his loving family.

Ms. Shavontai Henry celebrates her birthday on May 6th.

Mrs. Ida DeMyers, wife of the late Clarence DeMyers, celebrates her birthday on May 7th, with her loving family.

Mrs. Kimberly Whitfield celebrates her 50th birthday on May 7th, with her loving husband and daughter.

Mr. Michael Thomas Jr. celebrates his birthday on May 7th.

Ms. Lillian Michelle Boles celebrates her 41st birthday on May 7th. She enjoys a celebration of her life with family and friends.

Ms. Karen Saddler celebrates her birthday May 7th, she said "thank you LORD for this day!"

Mr. Charles Andrews celebrates his 59th birthday on May 8th with family and friends.

Mr. Rickey Jackson celebrates his 35th birthday on May 8th with family and friends.

Mrs. Jill Foorman turns 55 years young on May 8th, celebrating with her family and friends.

Mr. Ivan Civils celebrates his birthday on May 8th, with friends and family.

Master Daytin Allen Scott Wilson celebrates his 7th birthday on May 9th. With family.

Mrs. Deana Newman celebrates her birthday May 9th, with her loving husband, David.

Ms. Keisha Giles celebrates her 42nd birthday on May 9th. "Happy Birthday" from all her family

Ms. Ann (D. J. Ann) celebrates her birthday on May 9th, with family and friends.

Ms. Jessica Lynn Patterson celebrates her 26th birthday on May 9th. "Mommy loves and is very proud of you, my special young lady. Happy Birthday!"

Ms. Jennifer Taylor celebrates her birthday on May 9th, exclaiming, Let's Party! Mr. David (Rabbit) Garcia celebrates his birthday on May 10th, with family and friends.

Mr. Carlton McConnell celebrates his birthday on May 10th.

Ms. Jazmine Patterson celebrates her 35th birthday on May 10th.

Ms. Barb Garcia celebrates her birthday on May 11th.

Mr. Blaine Buckingham celebrates his birthday on May 11th.

A'Tien Colbert enjoyed a birthday on May 11th.

Ms. Amber Zimm celebrates her birthday on May 11th. "Best day ever!"

Ms. Kristie Zimmerman celebrated her birth on May 11th.

Ms. Mary Alvarado celebrates her 35th birthday on May 12th with family.

Ms. Moét Rodriguez celebrates her birthday on May 14th, with friends.

Ms. Dawn Correa celebrates her 34th birthday on May 14th, with her husband, Robert and their son, preparing for their anniversary on May 17th.

Master Carter Lamb is celebrating his 8th birthday on May 15th. "Happy 4th birthday little man, Mommy loves you!" Ashley Lamb

Mrs. Zelma Davis celebrates her birthday on May 15th. Happy Birthday with Love!

Ms. Madison Jones celebrates her birthday on May 15th.

Mr. Ricky Vasquez celebrates his 36th birthday on May 15th, with his loving wife by his side.

Mr. Mike "Dog" Ranshaw celebrates his 43rd birthday on May 15th, with family and friends.

*Anniversaries

Mr. Johnathon Short and Mrs. Megan Adrienne Short were married on May 2nd, 2011. "We celebrated 7 beautiful years together!"

*Announcements

Mr. Party Website: www.mrpartycelebrationservice.com

Face book Page: www.facebook.com/mrpartycesrv

Celebration Gram: Your special message delivered by;

Mr. Party, The Ambassador of Celebration!!!

Sportron International: www.mrparty.sportron.com

Please send us the information about you, your family or friends celebrating the Events of Life, by email: mrpartycesrv@aol.com, or call our office at

Mayor Schor Helps Local Kappas Induct 2019 Women of Achievement Class



Pictured Lt. to Rt. Standing Tyrone Sanders Esq., Julian Darden, Mayor Andy Schor and Bill Tansil. Sitting: Lori Adams Simon, Teresa Bingman Esq., Dr. Joan Jackson Johnson PHD and Dr. Alane Laws

LANSING, MI – The Lansing Kappa Alpha Psi Foundation and Lansing Alumni Chapter of Kappa Alpha Psi Fraternity Inc., hosted the 2019 Women of Achievement Awards on April 28, 2019 at the Country Club of Lansing. This event brought together approximately 125 members of the greater Lansing community, including Lansing Mayor Andy Schor, to celebrate four outstanding honorees for their demonstrated record of public service to the community and exceptional achievement in their chosen profession. The 2019 Women of Achievement inductees were: Dr. Alane Laws Barker, M.D., Teresa Bingman, Esq., Dr. Joan Jackson Johnson, Ph.D., and Lori Adams Simon, MPA, CDM. Ford Motor Company's Senior Purchasing Manager and Head of Supplier Diversity Development, Angela Henderson, gave a stirring keynote address on the "The Opportunity Costs of Being a Woman Achiever in the 21st Century." The chapter concluded its formal program with a Special Presentation, honoring Mayor Schor for his demonstrated commitment to community service and honorable service as an elected official on both the local and state level.

Lansing Alumni Chapter's Polemarch Bill Tansil said, "Our fraternity's motto is, "Achievement in every field of human endeavor." These four honorees exemplify achievement, and we are pleased to be able to show them our gratitude for their invaluable contributions to our community." "Mayor Schor is a strong supporter of the Chapter's youth programming and tireless advocate for Lansing area youth. We were pleased to provide him with the Chapter's highest award, as a small token of our appreciation for all he does to make our city a better place to work and live."

"What a fitting tribute to these accomplished women leaders," remarked Lansing Mayor Andy Schor. "It is a privilege to help celebrate these well-deserving honorees, and acknowledge the Kappa Foundation and Lansing Alumni Chapter for their longstanding work helping mentor and motivate students in our community." "I was humbled to accept the, "Polemarch's Award for Community and Public Service."

The 2019 Women of Achievement Awards concluded a week-long series of social justice, community service, philanthropic, and fellowship events, deemed "Kappa Week 2019." Kappa Week included ten events over seven days, comprised of the following activities: A Community Health Fair, issue advocacy at the State Capitol, a Leadership Forum on climate change, and a "Sunday of Hope" event in collaboration with Mt. Zion All Nation's Bible Church and benefiting St. Jude's Children Research Hospital.

2019 Women of Achievement sponsors included: CASE Credit Union, Dean Transportation, MSU Federal Credit Union, Sparrow Health System, Gregory's Ice & Smoke, The New Michigan Bulletin

For more information about the Women of Achievement Awards or Kappa Week 2019, visit www.lansingkapsi.org or call (248) 790-5620.

About The Lansing Kappa Alpha Psi Foundation

The Lansing Kappa Alpha Psi Foundation is a 501c3 non-profit organization. The Foundation's Guide Right Program is an important catalyst for guiding young boys and girls of the Greater Lansing community in the right direction by providing scholarships, leadership, and other tools necessary for students to become productive members of society.

In addition, through our Guide Right Program we seek to achieve the following:

- To help youth, especially those of high school age, in the selection of courses leading to vocations compatible with their aptitudes, interests, and personalities.
- To assist students, while they are in training, to become started in employment, and to progress successfully in their chosen fields.
- To assist parents in the handling of their children by giving them opportunities to talk over their problems with those who know and are successful in their chosen vocations.
- To afford less fortunate youth a respite from the drudgery of the streets, through sponsored sports teams, entertainment & cultural enrichment opportunities.
- To inform youth of the values of higher education, of assistance available for continued educational pursuits, scholarships, loans, professional counseling, fellowships, etc.; of various occupational and professional opportunities; and of current lab or demands and the trends on the labor market, supply rewards, etc.

The Lansing Kappa Alpha Psi Foundation's commitment to young people is well established, and our Guide Right efforts, both individual and collective, can continue to serve as a mechanism to "inspire service in the public interest"

About Lansing Alumni Chapter

Lansing Alumni Chapter (LAC) is an alumni chapter of Kappa Alpha Psi Fraternity, Inc., a collegiate Greek-letter fraternity with a predominantly African-American membership. Since the fraternity's founding on January 5, 1911 at Indiana University Bloomington, the fraternity has never limited membership based on color, creed or national origin. The fraternity has over 160,000 members with 721 undergraduate and alumni chapters in every state of the United States, and international chapters in the United Kingdom, Germany, South Korea, Japan, United States Virgin Islands, Nigeria, and South Africa. Lansing Alumni Chapter (LAC) was chartered on April 05, 1981, and its first Polemarch was Bro. Willard Walker. It held its first meeting on May 1, 1981.

LAC sponsors various programs providing community service, social welfare and academic scholarship through the Lansing Kappa Alpha Psi Foundation. Also, LAC sponsors a mentoring program for the undergraduate members of Kappa Alpha Psi at Michigan State University, as well as, Lansing-area youth thru its Kappa League Program. For over 30 years, LAC has sponsored 4 youth football and cheerleading teams that compete in the Lansing Football League. Contact: Tyrone D. Sanders Jr., Esq., Chairperson-Women of Achievement Awards 248-790-5620 LKFVWA@gmail.com

Against All Odds Foundation

Looking back over 20 years Did you know: Against All Odds is a 501c3 organization that has provided services and patient advocacy to over 100 cancer patients/survivors and honored over 63 Cancer Survivors during the last 11 years of Women of Vision Luncheons. They've had the honor of presenting some very distinguish speakers at the Luncheon from the Frist Black Miss USA to Women and Men that have survived against the odds, rather it is cancer, domestic violence, struggles with weight, depression or life curve balls. Survivorship comes in many different facets. Against All Odds embraces survivorship! Through their Passport to Better Health Symposiums, they provide access to health providers and education on health issues that affect minorities at a higher rate than others Their Bobbie Jackson Scholarship Fund provides cancer patients and survivors that are underserved sup-



port with their imminent needs, such as groceries, phone bill, rides to doctor (when funding permits). This program also provides training and support of their next chapter in their life, rather it is returning to school, starting a new career or business endeavor. The founder Shirley Carter-Powell has spoken to over 10,000 women and their families at forums, symposiums and special events throughout the United States. As a two-time survivor herself, she is aware of the journey that a survivor must take to reclaim their life after a cancer diagnosis. She embraces the fact that a cancer diagnosis is not a death sentence. She has cloned that statement and by her willingness to share with others the path she has taken in reclaiming her life and building a future for herself and her family. She's driven by her Faith that God's Plan is not Man's Plan! Join our cause-for more info- visit our website @ www.againstallodds foundation.com

THE REALS OF JUSTICE

How do you interact with the Police during a Traffic Stop?

By Ayanna D. Neal

As soon as you see the lights illuminated on the police car behind you, your heart begins to beat fast, the last five minutes of your driving flashes before your eyes as you slow down and try to figure out why you're being pulled over. You pull over and keep checking your rear-view mirror frantically waiting for the police officer to get out of his patrol vehicle and approach your vehicle. As soon as the officer begins to walk to your window you're thinking, "Should I reach for my registration?" "Should I put my hands on the steering wheel?" The police officer gets to your window and you begin to role the window down.

This interaction is most likely between two strangers. You probably don't know the police officer and the police officer probably doesn't know you. Two people in an often-high stress situation hoping that this encounter ends in the best way possible for each of them. The police officer wants to return home safely to their family and the driver and/or passengers of the vehicle want to return home safely and not get a ticket. If the officer asks for your driver's license, insurance and registration, provide the documentation to the officer. If you don't have all of the requested information let the officer know that. Police officers usually tell you the reason for the traffic stop. But if they haven't when they first approach the window, you can ask the officer what the reason for the traffic stop is.

If the police officer does not ask you to step out of the vehicle do not get out of your vehicle. If you think that the officer is being inappropriate, wrong about the reason for the traffic stop or pulled you over because of racial profiling, ask for their badge number and/or card. The side of the road on a traffic stop is not the proper time or place for addressing any of those issues.

If you think the reason for the traffic stop and ticket is not accurate, court is the proper venue to address the traffic ticket by a hearing. If you experience what you believe to be inappropriate behavior or discrimination by an officer, you can file a complaint with the police agency, or it may even be necessary to contact an attorney to discuss other actions if there have been civil rights violations.

*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 other agency, organization, employer, this newspaper or anyone else. This article is for informational purposes only and not for the purpose of providing legal advice.



Ayanna Neal