

MICHIGAN BULLETIN

Celebrating **25** Years

Vol. XXVII No. 3

March 1-15, 2021

R.I.P. SONYA YOUNG-LEMON 1959-2021



WOMEN'S HISTORY SPECIAL EDITION



Ida B. Wells — photograph courtesy of the Chicago Tribune

R.I.P. MARY WILSON 1944-2021



R.I.P. CULLEN DUBOSE II 1964-2021



R.I.P. LEON SPINKS 1953-2021



R.I.P. PRINCE MARKIE DEE 1968 -2021



Long Live Ida! Trailblazing Life of Journalist and Activist, Ida B. Wells

She was born in slavery, but she would not be chained.

Long after the Civil War ended, Ida B. Wells continued to fight for freedom. She battled segregation, wrote groundbreaking exposés, and marched for women's suffrage.

Wells set out to change the law and ended up inspiring a nation.

Her descendants have long cherished her memory. Now her great-granddaughter, Michelle Duster, pays tribute in "Ida B. the Queen: The Extraordinary Life and Legacy of Ida B. Wells."

The woman who grew up to be someone federal agents called "one of the most dangerous Negro agitators" was born in Holly Springs, Mississippi, on July 16, 1862. She grew up in a family of 10. After the war, her father opened his own carpentry business. The family thrived. Then, in 1878, an epidemic of yellow fever swept through the region. It took both of Wells' parents and her youngest brother. She was now not only orphaned, but the sole support of seven. She was 16.

Wells put on a long dress and pulled her hair up into a bun to make herself look older. Then she went out and secured a job as a teacher. After all, she now had a family to take care of. A few years later, Wells took on an extra job, too: fighting for equal rights.

By 1883, she and two sisters had moved to Memphis, Tennessee, where Wells taught grade school in neighboring Woodstock. She regularly took the train to work, and she regularly refused to sit in the car set aside for Blacks.

The first time the conductor told her to move, she refused. When he grabbed her, she bit his hand. It took three men to finally throw her off.

The second time it happened, Wells sued. The railroad bought off her first lawyer. But Wells found another who took her case — and won. The circuit court judge awarded her an astonishing \$500 in damages. But before she collected a penny, the state Supreme Court reversed the decision.

"Oh God, is there no redress, no peace, no justice in this land for us?" she wrote in her diary after. "Come to my aid at this moment & teach me what to do, for I am sorely disappointed. Show us the way, even as Thou led the children of Israel out of bondage."

The more Wells mulled over the inequities and how to battle them, the more she felt that way might be through journalism.

She began writing articles for her local literary club. Soon, her column in the Living Way ran weekly under the pen name "Iola." Wells' pieces about race relations, politics, and feminism were eventually picked up by other newspapers, including the influential, Black-owned New York Freeman.

"If Iola were a man," its editor declared, "she would be a humming independent in politics. She has plenty of nerve and is as sharp as a steel trap."

Wells' determination to speak her mind cost her one career. Furious that her articles exposed racism in the school system, the Memphis Board of Education dismissed her in 1891. That gave her more time to dedicate herself to her true calling — crusading journalist. Her first great cause came in 1892, with the People's Grocery killings. The small, Black-owned business just outside Memphis had become a success, even attracting business away from a nearby white merchant. Tensions rose steadily.

Finally, the white man called in a false report that the competing store was a criminals' hideout. The sheriff sent armed, hastily deputized citizens to investigate. When they stormed the store that night, without identifying themselves, the three terrified Black store owners fired, wounding several in the confusion.

Unsurprisingly, the Black men were held responsible. They were seized, tortured, and lynched. Their bodies were dumped in a field. "This is what opened my eyes to what lynching really was," Wells said later. "An excuse to get rid of Negroes who were acquiring wealth and property, and thus keep the race terrorized." She began the great work of her life: Exposing the white terrorism that much of the country still tried to pass off as justice. Her first pamphlet, published in 1892, was "Southern Horrors: Lynch Law in all Its Phases." Although she was already receiving death threats, the cover bore a big, bold portrait of the author, along with her name.

A book, "A Red Record," followed in 1895, detailing years of lynching. To head off any claims of misrepresentation, Wells pointed out every horrific fact in it had already been published in white newspapers. Hoping to bring international pressure to bear, she gave speeches across Great Britain for two months. She had already won respect in America. "Let me give you thanks for your faithful paper on the lynch abomination," Frederick Douglass wrote her after "Southern Horrors." "Brave

woman! You have done your people and mine a service which can neither be weighed nor measured."

Wells married Black attorney Ferdinand L. Barnett in 1895. They eventually settled in Chicago, joined their careers as authors and activists, and had four children.

And she broadened her work. An early proponent of women's suffrage, Wells refused to let the movement's white feminists push her aside. When she represented her all-Black group, the Alpha Suffrage Club, at a national protest in Washington in 1913, she was told to march at the very back of the parade so as not to offend any Southern ladies. Wells nodded. And then, when the march began, she proved again why she was a leader and took her place with the rest of the Illinois delegation.

Her stubbornness was an inspiration to many but worrisome to a few. Although Wells had several pioneering successes — setting up kindergartens for Black children, doing social work among parolees — she also angered the powerful. The New York Times called her "slandorous and nasty-nasty-minded." White politicians shunned her.

In 1917, she took up the cause of Black soldiers executed for rioting in Houston's streets. Federal agents visited and warned she could be charged with treason. If this were treason, Wells answered, quoting the patriot Patrick Henry, then her enemies should "make the most of it."

"I'd rather go down in history as one lone Negro who dared to tell the government that it had done a dastardly thing than to save my skin by taking back what I have said," she declared. "I would consider it an honor to spend whatever years are necessary in prison as the one member of the race who protested, rather than be with all the 11,999,999 Negroes who didn't."

Federal agents opened a file on her. And she kept speaking out until her death in 1931, at age 68.

There were low points; times she lost faith, times she doubted herself — if never the causes she fought so fiercely for. At one point, toward the end of her life, she confessed, "All at once the realization came to me that I had nothing to show for all those years of toil and labor."

But still, she pressed on. Looking back over her struggles, she declared, "If it had to be done over again ... I would do and say the very same."

By Jacqueline Cutler of the New York Daily News

Women's History Month



News, Views & Commentary

COVID-19 and the Minority Disparities in Health Care

There is growing evidence that Black, Hispanic, American Indian, and Alaska Native people are among those hardest hit by COVID-19. These groups are more likely to get sick or die from the virus.

Experts cannot pinpoint a single reason. But they think longstanding discrimination, social determinants of health, and other factors play a role. Here is a look at some of the root causes behind these disparities.

Barriers to Health Care

Your chances of getting sick from COVID-19 go up if you have other health conditions. They include:

- Diabetes**
- Cardiovascular disease**
- Asthma**
- Obesity**

These medical conditions show up more often in minority groups for lots of complex reasons. But they are not the only reason for COVID-19 disparities. Minorities face other challenges to health care. They include:

Lack of health insurance. Some racial and ethnic groups are less likely to have coverage. That can make health care so expensive that they will not go to the doctor. Or they may wait until they are sick.

Limited access to testing. Some experts think there was not as much COVID-19 testing in minority or underserved communities at the beginning of the pandemic. And most states required a doctor's note to get tested. But some people may not have a regular doctor. Drive-thru testing can also be a problem. That is because you have to have a car. Both mean you're less likely to get tested.

"Initially people tried to show that COVID-19 death and infection rates in different populations had ... to do with underlying conditions. But it's not that simple. ... It's social determinants for health that are at play."

Joshua Denny, MD, CEO, All of Us Research Program, National Institutes of Health.

Lower quality of care. Systemic racism can raise stress levels, which can worsen overall health. But research shows that Black people and other minorities tend to get lower quality care. That includes fewer medical interventions, like surgery or medication.

Unconscious discrimination. Medical professionals may not know when they judge someone based on their race. That is called implicit bias. And it may affect the kind of care someone gets. Some experts think this kind of discrimination may be worse during times of stress, like the COVID-19 pandemic.

Less use of telehealth. Many health care services went online when the pandemic started.

Studies show racial and ethnic minorities did not use these as much.

Poor communication. Sometimes language or cultural barriers make it hard to talk with doctors or get the right information.

Lack of trust. Certain racial and ethnic minorities may not seek treatment because they don't think they'll be treated fairly. Examples include the U.S. government and health care systems that in the past performed studies and surgeries on Black people without permission, which has left a legacy of mistrust.

One program that can help meet the challenges of health care in minority communities is the *All of Us Research Program*. It is a large, diverse organization that helps researchers find answers to pressing health issues. The program's scientists have helped identify activities that contribute to COVID-19 research. **Article by Hansa D. Bhargava, MD**



CARING FOR THE DEVELOPMENTALLY DISABLED

We are Hiring!

DIRECT CARE WORKERS

CNA'S

NURSING ASSISTANTS

Please send Resume to: lbaruti@wellnessmi.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!

By 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 ones 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!

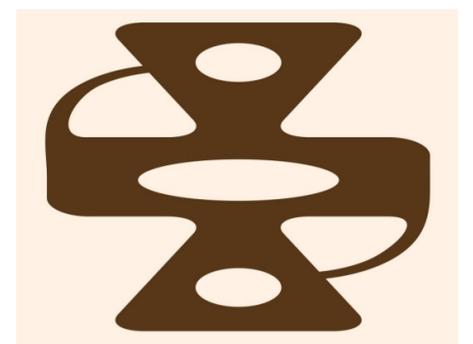
Women, ladies, We see we have much work to do
Or a challenge or two...Getting us back on track
As only... God's humanitarians can do
Though, beautiful, proud, intelligent, and gifted
We've known heartaches, pain, and some strife
Yet, our truth reveals...As this gift to humanity
We create our own well-being 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!!!
For we are ALL...God's GIFT TO HUMANITY!

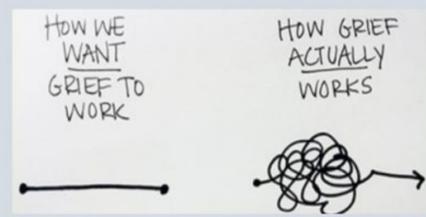


CONNECTED SOUL II SOUL: STAGES OF GRIEF – Finding Meaning 02212021
 Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.
 Lt. Commander (RET) US Navy Chaplain Corps
 Certified Peer Support Specialist



TO BE SELF-AWARE, BE STILL AND KNOW WHO AND WHOSE YOU ARE

“Put God in charge of your work, then what you’ve planned will take place.” Proverbs 16:3



“Dear God, we use to sing a little song in my hometown church, popularized by the late Mahalia Jackson and one of Dr. Martin Luther King, Jr’s favorite songs. The first verse reads: “If I can help somebody as I pass along, If I can cheer somebody with a word or a song, If I can show somebody [they are] traveling wrong, Then my living shall not be in vain!” And the point of the song is to live life on purpose. I the signature block on my email, it is written, “I am living the life I love and loving the life I live.” All these views notwithstanding, David Kessler, a protégé of Elizabeth Kübler-Ross, adds to her Five Stages of Grief, a sixth stage that he names FINDING MEANING. Therein, David Kessler talks about learning to remember those who have died with more love than pain and learning to move forward in a way that honors our loved ones. He suggests that this is a good time for self-care and for reevaluating your values and priorities as well.”

These expressions regarding FINDING MEANING apply to the dying and the living. What’s worst than getting to the end of life and having regrets and dying unfulfilled from living an unhappy, joyless life? A good death, however, is the result of living a soul-satisfied, contented life. A life wherein you found meaning through reflection on purpose.

Jane Taylor writes about The Four Pillars of a Meaningful Life: 1. Belonging – in relationships with others where you are valued as you are. 2. Purpose – finding your gift and using it in service of others. 3. Transcendence – your sense of self fades as you connect with your higher power. And 4. Storytelling – **consciously** and intentionally create, edit, interpret, tell, and re-tell your story as you expand in knowledge, wisdom, and understanding (clarity).

The Stages of Grief are Shock (Denial), Anger, Bargaining, Depression, Acceptance, and Finding Meaning. Though these are not linear, their intersections are for your healing. Please join us as we continue the dialogue on grief. The links are below.

The link to join us on Tuesdays, 7:00-8:30 EST is <https://www.facebook.com/groups/tfamveterans>
 The link to join us on Thursdays, 8:00-9:00 pm EST is: <https://www.facebook.com/sfgwithoutwalls>

CREEKSIDE RESIDENTIAL CARE
 LATOSHIA BARUTI, FNP-BC
 Administrator
 517.574.2401

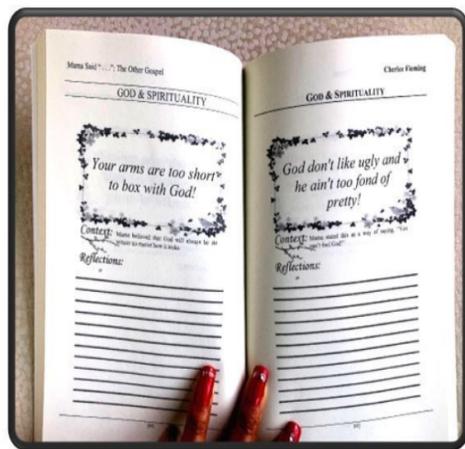
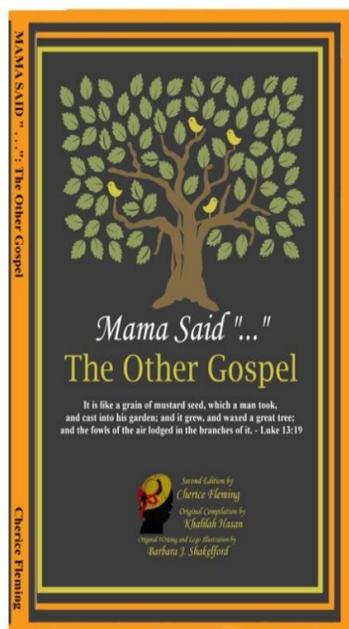
2055 Perrine Road
 Rives Junction, MI 49277

517.574.2401
 888.348.4240 (Fax)

lbaruti@wellnessmi.com
www.creeksideresidentialcare.com

SPECIALIZING IN DEVELOPMENTAL DISABILITIES
 PRADER - WILLI SYNDROME
 GENETIC CONDITIONS & HIGH MEDICAL AND BEHAVIORAL NEEDS

AT TIMES LIKE THESE,
 WE NEED WISDOM OF THE AGES!
 PURCHASE YOUR COPY TODAY
WWW.MAMASGOSPEL.COM



150 Pages of Mama's Gospel

INDOOR GARAGE SALE
 AT LOGAN SQUARE
 ON MLK
 ENTRANCE BEHIND AUTO
 SERVICE AT U-HAUL TRAILERS

Mr. Party
 The Ambassador of Celebration.

517-391-4849



Celebration
Announcements

By 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 2021

- Mr. LaMonti Dion Brown celebrates his 50th birthday on March 2nd, enjoying new start in new state. Much Love and success from All your Family.
- Mr. Mike Ryan Jr. celebrates his birthday with family and friends on March 4th.
- Mr. Zachary Murry celebrates his birthday on March 7th.
- Rev. Anna Mae Alexander, born on March 8th, celebrates 90 plus years of living, "Carry on in the name of The LORD!"
- Mr. Daryl Holman celebrates his birthday on March 8th.
- Ms. JeMonica Thomas celebrates her birth on March 9th.
- Ms. Tammy Michelle Tyson celebrates her 53rd birthday on March 9.
- Mr. Dwayne Thompson celebrates his 50th birthday on March 9th.
- Mr. Dylan Pofoli celebrates his 30th birthday on March 9th.
- Mr. Paloma Sanchez enjoys his birthday on March 11th. "Happy Birthday!"
- Ms. Nikki Holman celebrates her birthday on March 13th.
- Mr. Travis Hough celebrates his 41st birthday on March 14th.
- Ms. Esther Rodea celebrates her birthday on March 15th.
- Mr. William Banks celebrates his birthday on March 15th.
- Mr. Jordan D. Majors celebrates his birthday on March 15th.
- Ms. Jennifer Black celebrates her birthday on March 15th.
- Mr. Desmond Hall celebrates his birthday on March 15th.
- Mr. William Eugene Rouse II celebrates his birthday on March 15th.
- Mr. James Morrow celebrates his birthday on March 15th.
- Ms. Justice Foster celebrates her birthday on March 16th with her Mother, brothers and sisters.
- Ms. Emogene Leek celebrates her birthday on March 17th with her husband and family, all of them expressing their Love!
- Ms. Ciara Wireman celebrates her 20th birthday on March 17th.
- Ms. Briana Gonzales Jefferson celebrates her birthday on March 19th. Dad says, Happy Birthday little Princess!!!
- Ms. Virginia Lewis celebrates her birthday, "34 years young", on March 19th. She says, "Much Love!"
- Mr. Mark A. Brown celebrates his birthday on March 20th with family and friends.
- Ms. Annette Johnson, born on March 20, 1959, celebrates her 61st birthday.
- Ms. Pamela Renzi celebrates her 47th birthday on March 21st, celebrating with friends and family.
- Ms. Theresa Daniels celebrates her birthday on March 22nd.
- Ms. Keesha Home celebrates her 41st birthday on March 22nd, enjoying time spent with her beautiful children.
- Mrs. Nya {Chopper's Wife} celebrates her 38th birthday on March 22nd, along with Mr. Chopper {Nya's Husband} celebrating his 45th birthday on March 25th and their 1st year anniversary on March 23rd.
- Mr. Robert Brown Jr. celebrates his birthday on March 23rd, enjoying the company of his lovely wife, Joy.
- Master Brayden Konen enjoys his 11th birthday on March 23rd. "Happy Birthday! Mommy loves you!"
- Ms. Valerie Floyd celebrates her 44th birthday on March 23rd with family and friends.
- Ms. Quintine Medley celebrates her 34th birthday on March 23rd.
- Mr. John K. Elliott celebrates his birthday on March 23rd. "A friend in need is a friend indeed."
- Ms. Monica Burrell celebrates her birthday on March 23rd. She says, "A special day spent with family and friends; thanks so much!"
- Ms. Nellie M. Garvie born March 24th, celebrates her 70th 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 25th.
- Ms. Melinda M. Ball born March 25th celebrates her birthday her Mother, sisters, brother, children and grandchildren... We love you so much!!!
- Ms. Gina Mojica celebrates her birthday on March 26th, with family and friends. "The Puerto Rican Lady"
- Ms. Shelly Ryan celebrates her birthday on March 28th, with family and friends.
- Mr. Bill Ryan celebrates his 97th birthday on March 28th, with family and friends.
- Ms. Nikki Holman celebrates her birthday on March 13th.
- Ms. Esther Rodea celebrates her birthday on March 15th; partied with my family.
- Ms. Mary A. Clark celebrates her birthday on March 25th.
- Mr. Brandon Henderson celebrates his birthday on March 25th.
- Mr. Ralph Riddle Sr.; we honor his memory, celebrated his birth on March 25th.
- Ms. Allison Chenault celebrates his birthday on March 25th.
- Mr. Michael Bower celebrates his birthday on March 25th.
- Ms. Rita Pizana celebrates her birthday on March 26th with family and friends.
- Mr. Bishop Cousin celebrates his birthday on March 26th.
- Ms. Taurean A. Jackson celebrates her birthday on March 26th.
- Mr. Don Rodriguez celebrates his 62nd birthday on March 26th, with his beautiful wife Julia and family.
- Mrs. Gwendolyn Bodiford celebrates her birthday on March 27th, with her husband and family.
- Ms. Brittany Eaton celebrates her birthday on March 27th.
- Mr. Marcus Turner celebrates his birthday on March 27th.
- Ms. Sheila Fuller celebrates her birthday on March 27th.
- Ms. Angela Eaton celebrates her birthday on March 28th.
- Mr. James Edward Garvie Sunrise March 30th, 1954 - Sunset February 18th, 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 31st.
- Ms. Jessie J. Storey-Fry celebrated her birthday on March 31st.

*Anniversaries
 Mr. Cullen Dubose Sr. and Mrs. Helena J. Dubose celebrate their anniversary on March 31st.
 Mr. & Mrs. Myron & Dee Freeman celebrated their 31st wedding anniversary on February 14th
 Mr. & Mrs. Al and Irma Cooper celebrated their 73rd wedding anniversary on February 23rd.

*Announcements
 Mr. Party Website: www.mrpartycelebrationservice.com
 Face book Page: www.facebook.com/mrparty1985
 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: mrpartycserv@aol.com, or call our office at 1-517-391-4849.



READ THE
 MICHIGAN
 BULLETIN !

HELP US MAKE LCC BETTER!

Have an idea? Have a concern?
We want to hear from you!

Join us at our 2021 Student and Community Listening Sessions,
and help make LCC better! • lcc.edu/strategic-directions

1 – 3 p.m. • Wednesday, March 3
10 a.m. – noon • Friday, March 5



LANSING COMMUNITY COLLEGE IS AN EQUAL OPPORTUNITY
EDUCATIONAL INSTITUTION/EMPLOYER.

THIS DAY IN WOMEN'S HISTORY

2021



365 Extraordinary Women and
Events That Shaped History

