

MICHIGAN BULLETIN

Celebrating **25** Years

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R.I.P. SHOCK G. (HUMPTY) 1963-2021



HIGH BLOOD PRESSURE SPECIAL EDITION



R.I.P. RUBY M. TYES 1945-2021



R.I.P. ROBERT "BLACK ROB" ROSS 1976-2021



R.I.P. ELGIN BAYLOR 1934-2021



R.I.P. CHICK COREA 1941 -2021



In the United States, nearly 68 million people have high blood pressure, which is also called hypertension. Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death in the United States.

Blood pressure that is slightly higher than normal is called *prehypertension*—28% of American adults have prehypertension (Internal analysis from NHANES 2005–2008). People with prehypertension are more likely to develop high blood pressure than are people with normal blood pressure levels.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The following is a classification system for blood pressure

Who Has High Blood Pressure
Women are about as likely as men to develop high blood pressure during their lifetimes. However, for people younger than 45 years, the condition affects more men than women. For people aged 65 years and older, it affects more women than men.
About 28% of American adults aged 18

Driving while Black: How police racism endangered three generations of my family



At 16 years old — before I took my driver's license test in Detroit — my father, Howard, asked me to sit down at the kitchen table in our home in a middle-class neighborhood on the city's East Side for "The Talk," which many Black fathers were having (and still have) with their sons and daughters across America. My father had raised me to respect the police. He had Black friends who were police officers in Detroit, but he also knew there were some white law enforcers who were disrupters in our community. He told me that, because I was Black and male, I could be shot or killed just for climbing behind the wheel. It was sobering.

If I was pulled over, my father told me, I shouldn't make any sudden moves and I should keep my hands on the steering wheel; he said that I should have my driver's license and insurance card easily available and that I should answer questions respectfully. As time passed, my worst fears as a teenager were realized: I saw the flashing lights of a police squad car in the rearview mirror, and I was pulled over. Two white police officers stood on either side of my mother's car with their hands on their hips, inches from their guns. Neighbors looked on; I felt like a criminal.

Luckily for me, they realized quickly that I wasn't the Black male they were looking for, and they drove off as fast as they had arrived — no explanation and no apologies, but also no ticket. I was a rattled victim of racial profiling, but I was lucky: I drove away unharmed. It wasn't the first time, and it wouldn't be the last.

My first experience with being pulled over by

years or older have prehypertension. In the United States, high blood pressure is more common among blacks than whites. About 44% of black women have high blood pressure.

Mexican Americans have the lowest level of hypertension compared to non-Hispanic whites and blacks.

Health Impact of High Blood Pressure High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.

High blood pressure was a primary or contributing cause of death for 336,353 Americans in 2007.

There were more than 46 million visits to doctor's offices for hypertension in 2007. High Blood Pressure and Salt A diet high in sodium (salt) increases the risk for higher blood pressure.

Most people eat more than double the amount of salt than they should. Current dietary guidelines for Americans recommend that adults in general should consume no more than 2,300 mg of sodium per day. At the same time, consume potassium-rich foods, such as fruits and vegetables. However, if you are in the following population groups, you should consume no more than 1,500 mg of sodium per day and meet the potassium recommendation (4,700 mg/day) with food.

police was in the early 1960s, when I was just a kid; I had been sleeping in the back seat of our family car when we were stopped somewhere in North Carolina. I woke up to a white police officer with a Southern accent rudely accusing my father of a minor traffic violation. He threatened to arrest my dad and jail him for the weekend but ultimately let him go with a stern warning. Still, the cop likely accomplished what he had intended to do: He intimidated the Black strangers who had driven through his Southern town and reminded us that, as Black people, we were neither welcome nor seen as equal anywhere below the Mason-Dixon Line.

Today, I call the area of that infamous line my home; people here now call it the "DMV," for the District (of Columbia), Maryland and Virginia. The District of Columbia is plurality Black; the metropolitan area is plurality Black, Indigenous and people of color. But venture too far from the confluence of the Potomac and Anacostia rivers and it isn't hard to feel the weight of that history again.

Just last month, for instance, to take a weekend break in a more serene mountainous setting, I decided to take a drive through the Virginia countryside with my girlfriend, Alison. At some point, though, our relaxing road trip turned stressful. "Michael, slow down," Alison said with a tightness in her voice — even though I wasn't going fast. By way of explanation, she pointed out the window to a large rural road sign marking the town we were about to enter: "WINDSOR: 10 MILES."

Without thinking, and unbeknownst to us, we had followed the Shenandoah Trail to just 10 miles from Windsor, Virginia, where Army 2nd Lt. Caron Nazario — who is Black and Latino — had recently been unnecessarily, unceremoniously stopped and pepper-sprayed by a police officer during a routine traffic stop. Nazario — though this should go without saying — was polite, unarmed and wearing his military uniform.

"I'm serving this country, and this is how I'm treated?" Nazario said at one point. (The

You are 51 years of age or older.
You are African American.
You have high blood pressure.
You have diabetes.
You have chronic kidney disease.

About 77% of the sodium Americans consume comes from processed and restaurant foods.
Watch this engaging video: *Salt Matters: Preserving Choice, Protecting Health*, available at http://www.cdc.gov/CDCTV/Salt_Matters to learn more about how salt affects your health

Preventing and Controlling High Blood Pressure
You can maintain healthy blood pressure by changing your lifestyle or combining lifestyle changes with prescribed medications.

Key lifestyle changes include the following—
Have your blood pressure checked regularly.

Maintain a normal body weight (body mass index (BMI) of 18.5–24.9; BMI is kilograms divided by height in meters squared).

Take at least 1 brisk 10-minute walk, 3 times a day, 5 days a week. Follow a healthy eating plan of a diet rich in fruits, vegetables, and low in sodium.
Quit smoking.

officer who used excessive force has been fired.)
"Make sure you're driving the speed limit," Alison said as I pumped the brakes. "Let's not take any chances."

As Black men, we can't escape our perilous reality — we could all easily be the next Caron Nazario, the next George Floyd, the next Daunte Wright, the next Philando Castile, the next Rayshard Brooks, the next Walter Scott, the next Andrew Brown Jr. (killed in North Carolina, where my father had been stopped) — the next, the next, the next.

The names I don't remember from when I was a boy are the reason my father had "The Talk" with me; the ones I remember too well are why I had "The Talk" with my daughter, Ariane.

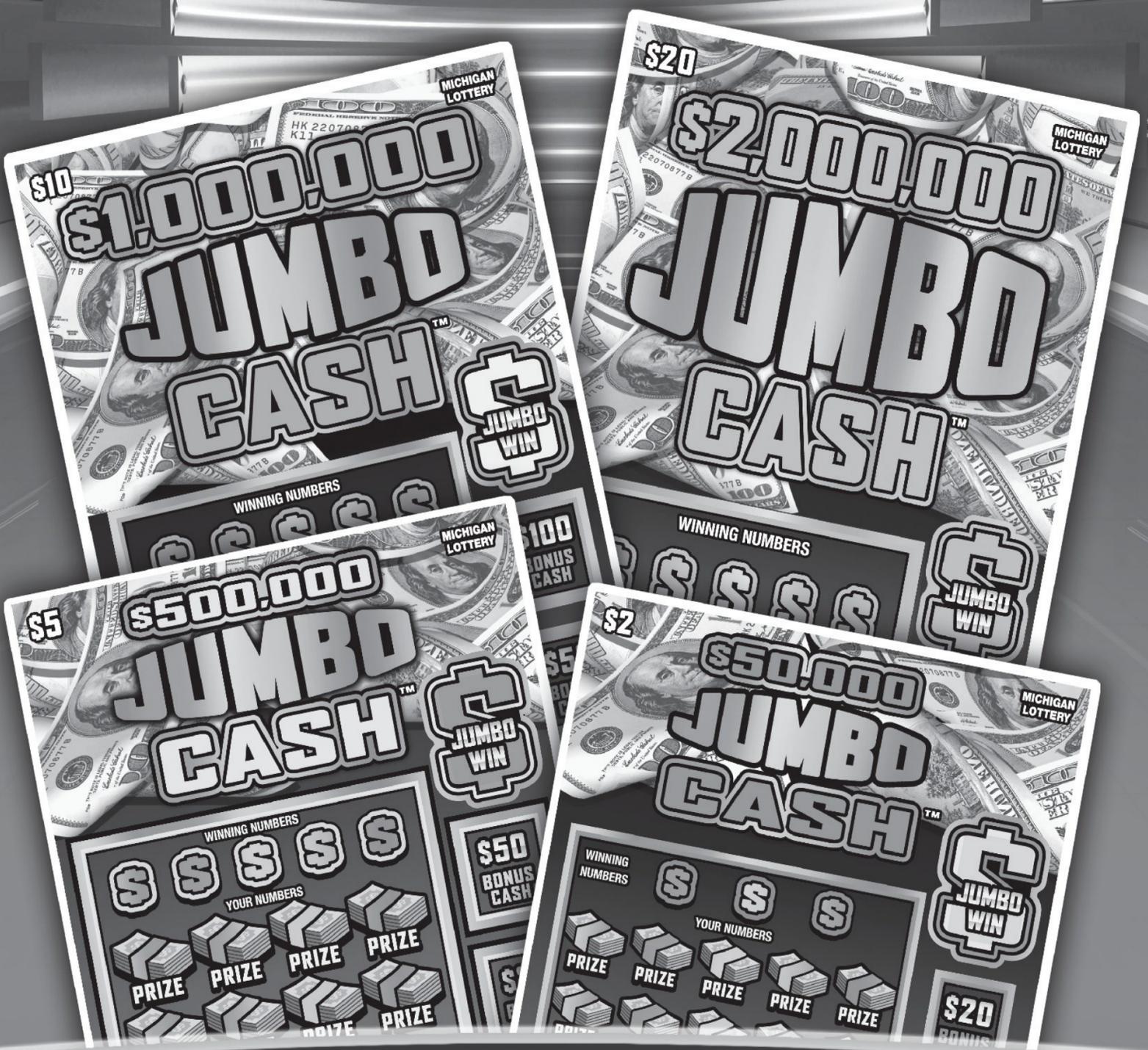
Often, we focus on our Black men — as we should — but we shouldn't forget about our Black women and our Black girls who are also trying to find their ways in the world and can also be subjected to brutality by racially insensitive cops.

Ariane is in college and driving around the DMV; we talk about Black Lives Matter, about interacting with police and about her passion for sharing stories and writing poetry about her generation's civil rights movement. She reminds me of my mother, Roberta, who is herself a vocal community activist and helped shape my own views about race and policing. But, every day, I worry about Ariane driving the streets alone. The names run through my mind: Sandra Bland and Breonna Taylor and Atatiana Jefferson and Ma'Khia Bryant and Aiyana Stanley-Jones (who was only 7-years old when she shot in my hometown of Detroit during a six-man SWAT team raid that entered the wrong apartment). The list goes on.

I remember seven years ago when, for the first time, Ariane adjusted my car's mirrors, gripped the steering wheel, looked both ways, pressed the gas pedal and slowly turned onto a busy street. Ariane was looking for oncoming traffic; I was looking for the police. I still am. By Michael Cottman, NBC News

ON SALE
MAY 4!

BIG CASH BIG FUN.



Introducing new **Jumbo Cash Instant Games** from the Michigan Lottery. There are top prizes up to **\$2,000,000** and over \$185 million in total prizes.



Overall odds of winning \$50,000 Jumbo Cash: 1 in 4.63. Overall odds of winning \$500,000 Jumbo Cash: 1 in 4.17. Overall odds of winning \$1,000,000 Jumbo Cash: 1 in 3.77. Overall odds of winning \$2,000,000 Jumbo Cash: 1 in 3.51. Knowing your limits is always the best bet. Call the Michigan Problem Gambling Helpline for confidential help at 1-800-270-7117.



CONNECTED SOUL II SOUL: WHAT ANCHORS YOUR SOUL? 04172021



Pastor/Chaplain Pamelajune (Pj) Anderson, DMin.
Lt. Commander (RET) US Navy Chaplain Corps
Certified Peer Support Specialist



BE STILL AND YOUR SOUL WILL SPEAK

¹⁰Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water." John 4:10



"Dear God, on our TRIUMPHANT THURSDAYS with Dr. Pj Anderson, we are looking at women in the Bible from the Savior's point of view. As we study the patriarchal flavor imposed on Old Testament women, we are asking the question, "Did God say that or did somebody else say that? For example, we have concluded that Job's wife did not say to her husband, "why don't you curse God and die?" More importantly,

we are looking at the question she poses in Job 2:9. Throughout the Book of Job, the writer mentions her marginally and in a non-supportive way. You may view our discussion on the subject THERE IS MORE TO MRS. JOB'S STORY, by visiting our YouTube channel at <https://tinyurl.com/drpjandersonYT>. And, please subscribe.

Today, we review the conversation between Jesus and the Woman at the Well. Please read John 4: 1-42 to capture the unfolding of the woman's self-awareness at the well-experienced. From an extended conversation with Jesus, she discovered her gift of preaching and evangelism. She learned that Divinity is from everlasting to everlasting and that Spirit and Truth are models for worshipping God anywhere and everywhere.

I intentionally selected an anchor in the desert to illustrate a typical depiction of a waterless, lonely, abandoned, and life-threatening dark side of my soul when my well – the Living Water, Connectedness with Spirit, Writer's flow, encouragement, creativity – runs dry. Notice that I didn't put the word *abne* in the mix. Why? BEcause I am, you are; we are never on our own. God promised I AM with you always and in every situation.

Our anchor is a Reliable Source of support, Someone who holds us steady during the storms that threaten our soul. To what is your soul – the spiritual, immaterial, and eternal essence of God; a part of a human being that is never born and never dies – Anchored? Pray and reflect about that until next time when we discuss further WHAT ANCHORS YOUR SOUL? Part II.

Psalms 139:1 puts it this way, "Search me, O God, and KNOW my thoughts...."

Michigan Lottery Contributes Record \$1.179 Billion to Michigan Schools in 2020

The Michigan Lottery raised more than \$1.179 billion for Michigan schools in fiscal year 2020. This marks the sixth record-setting year in a row for Lottery contributions to the School Aid Fund and the second consecutive year that the Lottery has generated more than \$1 billion for public education in a single fiscal year. "We continue to find ways to make historic investments in our classrooms in conjunction with the bipartisan budget that I signed last year to make the largest investment in K-12 education in the history of our state without raising taxes," said Governor Gretchen Whitmer. "The Michigan Lottery's \$1.179 billion contribution in education will add to this record investment to help our students, our teachers, and our communities thrive. For six years in a row, the Michigan Lottery has set records, and I am grateful to the players, retailers, vendors, and state agencies who make this investment in our kids and their future possible." Lottery contributions to the School Aid Fund over the prior five years were:

FY19: \$1.070 billion
FY18: \$941.28 million
FY17: \$924.11 million
FY16: \$888.91 million
FY15: \$795.50 million
Since 1972, the Lottery has raised more than \$24.5 billion for public education in Michigan. Approximately \$5.8 billion or 23.6% of that amount was raised over the last six record breaking years. The Lottery set several other significant records in FY20, including more than \$4.2 billion in sales, more than \$2.5 billion in prizes to players, and more than \$307 million in commissions to Lottery retail locations across Michigan ranging in size from small independently owned stores to large chains. Record sales in FY20 were driven in part by the Lottery's internet platform and instant games. Internet-based sales increased by almost 88% and instant-game sales increased by about 23% compared to FY19. The Lottery's internet platform saw an increase in player registrations which led to greater awareness of games both online and at retail. Players participating in promotions online frequently receive offers redeemed at retail locations, further connecting Lottery's internet platform to retail businesses. "Each Lottery purchase in Michigan helps raise critical funding for our schools," said Lottery Commissioner Brian O. Neill. "The last six record-setting years would not be possible without the support

of our players and the dedicated work of our retailers, vendors, and teams at both Lottery and supporting state agencies." The Lottery is also committed to promoting responsible gaming. Michigan was the first state lottery to receive certification of its online program through the National Council on Problem Gambling and also has attained Responsible Gaming Verification through the North American Association of State and Provincial Lotteries. Responsible gaming information and resources are available on the Lottery's website at: www.michiganlottery.com/r esponsible-gaming. For each dollar spent on a Michigan Lottery ticket in FY20, approximately: 61 cents went to players as prizes 28 cents went to the School Aid Fund to support public education 9 cents went to commissions for retailers and vendors 2 cents funded the Lottery's operations and administrative costs Under state law, all profits from the Lottery go to the School Aid Fund.



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 May 2021 I

- Ms. Angela Zamora celebrates her birthday on May 1st with family and friends.
- Ms. Tabitha Brown celebrated her 42nd birthday on May 1st, with her Sisters, new and old Friends. "I thank GOD for continuing to bless me and my family.
- Mr. Ron Vermillion celebrate his birthday on May 1st, missing his twin brother, the late Donnie V.; enjoying each other, 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... helping people to reach their full potential!"
- Ms. Leigh Anne Coins celebrated, birthday 39, on May 1st, with friends saying, "Happy Birthday to Me!"
- Ms. Rashonda Ali, on May 2nd, celebrated her 30th birthday, with her family and friends. "We love you!!!"
- Ms. Breanna DeMyers celebrated her 29th birthday on May 2nd. "Happy Birthday; we all love you!" Dad.
- Ms. Andrea Dameron celebrates her 39th birthday on May 2nd, with friends.
- Ms. Danielle Castillo celebrates her 31st 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 celebrated his 39th birthday on May 3rd, thanking GOD for another birthday!
- Ms. Kenya Hattaway celebrates her 38th birthday on May 4th.
- Mr. Bruce Sturgis-Ramsay celebrates his 56th birthday on May 4th.
- Miss Cortana celebrates her 13th birthday on May 4th, with family and friends. "Happy Birthday Baby!" Love always, Mom
- Mr. Caden Jones celebrates his 16th birthday on May 5th, with family and friends. His Mom says, "We love you very much!"
- Ms. Janice Smith, in her remembrance, celebrated her birthday on May 5th.
- Ms. Tammy Gonzales celebrates her birthday on May 5th.
- Ms. Janice Hill celebrates her birthday on May 6th.
- Ms. Shavontai Henry celebrates her birthday on May 6th.
- Mrs. Kimberly Whitfield celebrates her 52nd birthday on May 7th, with her loving husband and daughter.
- Mr. Michael Thomas Jr. celebrates his birthday on May 7th.
- Ms. Lillian Michelle Boles: to her remembrance on May 7th, we celebrate her 42 years of Life with us. She enjoyed the 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, who passed away last month: we celebrate his 61 years on May 8th. GOD bless family and friends.
- Mr. Rickey Jackson celebrates his 37th birthday on May 8th with family and friends.
- Mrs. Jill Foorman turns 57 years young on May 8th, celebrating with her family and friends.
- Mr. Ivan Civils, in his memory, we celebrate his birth on May 8th, with friends and family.
- Master Daytin Allen Scott Wilson celebrates his 9th birthday on May 9th. Love Mom, Dad, and your Grannies... Angie Cooper and Jennifer Wilson
- Mrs. Deana Newman celebrates her birthday May 9th, with her loving husband, David, who says, "She is my rock and my life!"
- Ms. Keisha Giles celebrates her 44th birthday on May 9th. "Happy Birthday" from all her family and friends.
- Ms. Ann (D. J. Ann) celebrates her birthday on May 9th, with family and friends.
- Ms. Jessica Lynn Patterson celebrates her 28th birthday on May 9th. "Mommy loves and is immensely 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 37th birthday on May 10th.
- Ms. Clarissa McClain celebrates her 29th birthday on May 11th, Happy Birthday! I will greet this day with love in my heart, God Bless; Mother, love you!!!
- 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 Shinn celebrates her birthday on May 11th. "Best day ever!"
- Ms. Kristie Zimmerman celebrated her birth on May 11th.
- Ms. Mary Alvarado celebrates her 37th birthday on May 12th, with friends and family.
- Ms. Moët Rodriguez celebrates her birthday on May 14th, with friends.
- Ms. Dawn Correa celebrates her 36th birthday on May 14th, with her husband, Robert, and their son, preparing for their anniversary on May 17th.
- Master Carter Lamb celebrates his 12th birthday on May 15th. "Happy birthday little man, Mommy loves you!" Ashley Lamb
- Ms. Madison Jones celebrates her birthday on May 15th.
- Mr. Ricky Vasquez celebrates his 38th birthday on May 15th, with his loving wife by his side.
- Mr. Mike "Dog" Ranshaw celebrates his 45th birthday on May 15th, with family and friends.
- Mrs. Yvonne Young McConnell celebrates her birthday on May 26th.
- Mr. Blake Buckingham celebrates his birthday on May 26th.
- Mr. Claude Browne celebrates his 99th birthday on May 27th, with his Trinity A.M.E. Church family.
- Master Rolando R. Ruiz III celebrates his 12th birthday on May 28th, with family and friends. "Mom- CeCe, Dad- Rolando Jr. and Nana love you very much!"
- Greer Dodd celebrates a birthday on May 28th.
- Mr. André Collins-Riddle celebrates his birthday on May 29th.
- Mr. John Wallick II celebrates his birthday on May 31st.
- Master Jacob Thomas Brown celebrates his 11th birthday in May with family and friends. "Happy birthday Little Man!!!" Love, Mommy and Daddy!!!

***Anniversaries**
Mr. Johnathon Short and Mrs. Megan Adrienne Short were married on May 2nd, 2011, celebrating 10 beautiful years together!
Mr. David and Mrs. Deana Newman will celebrate their 12th wedding anniversary on May 27th.

Announcements
Face book Page: Party, The Ambassador of Celebration
Celebration Gram – A Class Act: Have your special message delivered by Mr. Party for that special someone or special occasion (Mother's Day)! Call 517-391-4849 or email:

mrparty1985@gmail.com

MARK YOUR CALENDAR!

The 2021 Lansing JUNETEENTH Celebration

JUNE 17-19, 2021 – Lansing, Michigan

Visit our website to learn more about virtual and other experiences:
Sponsorship * Advertisement * Vendors * Annual Essay Contest * Parade Participation * Entertainment * Health Fair * Volunteering * Special Events and More!

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Info@LansingJuneteenthCelebration.Org



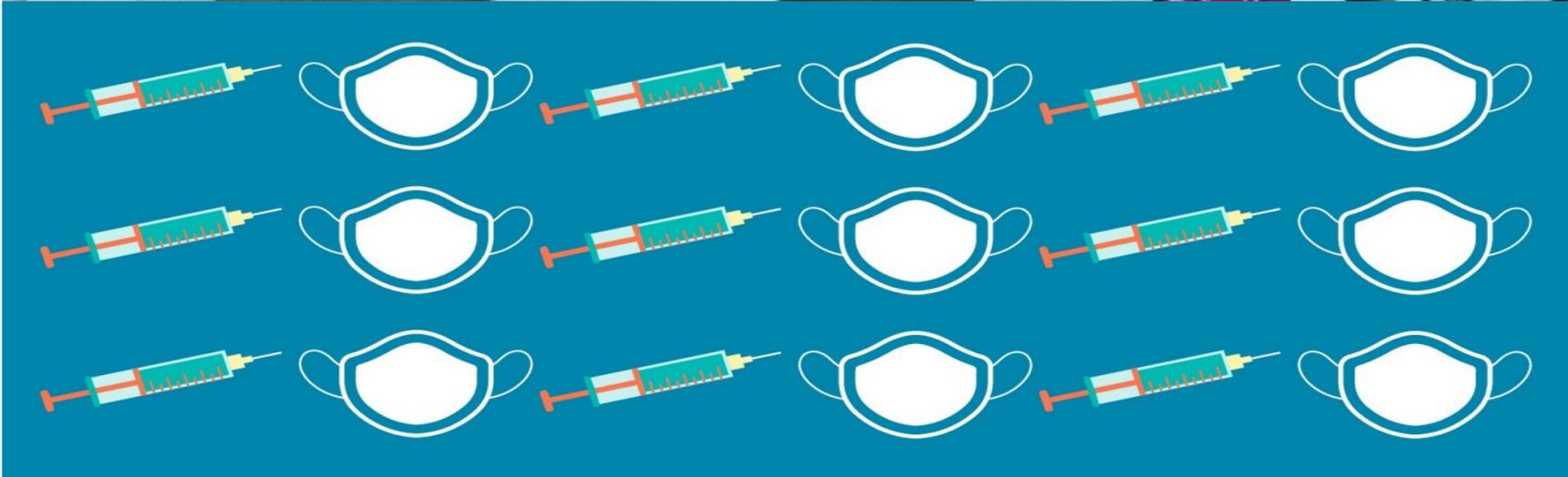
Spread *Hope*
NOT COVID

OUR BEST HOPE IS THE COVID-19 VACCINE.

See how to get yours.

The COVID-19 vaccine is safe and effective. It will save lives and help Michigan move forward. Protect us all, by getting your dose of hope.

Learn more at Michigan.gov/COVIDvaccine or call the COVID-19 Hotline at (888) 535-6136 and press 1.



Once you get your dose of hope, mask up while others get theirs.

One day in the future, we won't need to wear masks. But for right now, we all need to keep wearing masks. Even after you get vaccinated. The virus is still out there. Help protect your friends, family and neighbors.

Learn more at Michigan.gov/COVIDvaccine

Spread *Hope*
NOT COVID

