



Vol XXVIII 20

NOVEMBER 16-30, 2022

NATIONAL DIABETES AWARENESS MONTH

THE 411

NOVEMBER 19, 2022

“Orquesta Ritmo Project at the Urban Beat” 8:00pm 1213 Turner Street

For more information call 517-517-331-8440

NOVEMBER 30, 2022

“Harry Connick Jr. A Holiday Celebration” 7:30pm Cobb Great Hall for more information call 1-800-WHARTON

DECEMBER 10, 2022

“Home for the Holidays with Taylor Taylor at Urban Beat” 7:00pm

1213 Turner Street for more information call 517-517-331-8440

DECEMBER 11, 2022 Lansing Symphony Orchestra Pops-Season’s Greetings 3:00pm Cobb Great Hall For ticket information call 517-487-5001

DECEMBER 11, 2022

“A Beautiful December Night with Rodney Page and Artaska at Urban Beat” 5:30pm. 1213 Turner Street for more information call 517-517-331-8440

DECEMBER 13-15, 2022

“Pretty Woman the Musical” Cobb Great Hall for ticket information call 1-800-WHARTON



Diabetes Definition and Causes

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel. If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the causes may differ. Too much glucose can lead to serious health problems. Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes — when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes — and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered. The exact cause of type 1 diabetes is unknown. In most people with type 1 diabetes, the body's own

immune system — which normally fights harmful bacteria and viruses — mistakenly destroys the insulin-producing (islet) cells in the pancreas. Genetics may play a role in this process, and exposure to certain environmental factors, such as viruses, may trigger the disease. The role of insulin Once a significant number of islet cells are destroyed, you'll produce little or no insulin. Insulin is a hormone that comes from the pancreas, a gland situated behind and below the stomach. The pancreas secretes insulin into the bloodstream. Insulin circulates, enabling sugar to enter your cells. Insulin lowers the amount of sugar in your bloodstream. As your blood sugar level drops, so does the secretion of insulin from your pancreas. The role of glucose Glucose — a sugar — is a main source of energy for the cells that make up muscles and other tissues.

Glucose comes from two major sources: food and your liver. Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin. Your liver stores glucose as glycogen. When your glucose levels are low, such as when you haven't eaten in a while, the liver converts stored glycogen into glucose to keep your glucose level within a normal range. In type 1 diabetes, there's no insulin to let glucose into the cells, so sugar builds up in your blood-

stream, where it can cause life-threatening complications. The cause of type 1 diabetes is different from the cause of the more familiar type 2 diabetes. In type 2 diabetes, the islet cells are still functioning, but the body becomes resistant to insulin or the pancreas doesn't produce enough insulin or both. Type 1 diabetes signs and symptoms can come on quickly and may include: Increased thirst Frequent urination Bedwetting in children who previously didn't wet the

bed during the night Extreme hunger Unintended weight loss Irritability and other mood changes Fatigue and weakness Blurred vision In females, a vaginal yeast infection When to see a doctor Consult your doctor if you notice any of the above signs and symptoms in you or your child. Article and picture courtesy of Mayo clinic staff.

WHAT'S INSIDE

DIABETES AWARENESS

Kentucky Vs State

ODE to FRONTLINE - Dee Freemam

Rest in Peace



John Walker 1964-2022



Cullen Debose 1935 -2022

CHILDRENS GRIEF AWARENESS

November is Children's Grief Awareness Month and November 19th is Children's Grief Awareness Day. Grieving children are at such a disadvantage as they do not understand the influx of emotions they are feeling or how to acknowledge those feelings. They are often afraid to talk with their adult or guardian, family, or friends as they do not want to make them cry or make them feel uncomfortable. When a child is grieving, they often feel isolated. They have an incredible desire to fit in, but don't see where they

have a place among their non-grieving friends. Ele's Place offers a safe place for children to connect with other children to understand and process their intense emotions. How can you express compassion for a grieving friend? Here are some Do's and Don'ts:

- Do validate the person's feelings. They have a right to be sad or angry.
- Do reach out to the person. They may not always answer a text or phone call as grief is exhausting. However, they



will appreciate the gesture even if they don't say anything.

- Do remember that all feelings are OK.
- Do say the person's name. Share a story or memory.
- Don't say "I know how you feel." Grief is unique to each person.
- Don't say statements suggesting the person must be strong for their children/parents/siblings.

Don't try to distract them from their current feelings.

As Alan Wolfelt notes, "We can't think through loss—we have to feel it to heal it." Compassion is the ability to empathize with someone who is suffering. In our culture, grief often makes people feel uncomfortable. Our society is about fixing issues; acting to take pain or sadness away. The reality is words or distractions do not take the sadness away. However, sitting with someone and acknowledging their grief can be an incredible

act of compassion. At Ele's Place, we witness compassion every day. Compassion is contagious; the gifts we receive as a result of extending a helping hand are innumerable. Don't underestimate the power of a simple gesture. Sitting with a friend, listening, and not offering advice allows the person to process their unique grief and start to heal. For more information visit ElesPlace.org.





VOTED THE BEST CHRISTMAS SHOW IN THE AREA

Holly Dazzle

on the grounds of the Michigan Renaissance Festival

Rain • Snow • Shine

Nov. 25
thru **Dec. 31**

5:30PM • 10:30PM

Nov. 25, 26 & 27
Dec. 1, 2, 3, 4, 8, 9, 10, 11
Dec. 15, 16, 17, 18, 19, 20, 21,
22, 23, 24, 30 & 31

Photo-Ops with Santa • Festive Scenes
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10TH ANNIVERSARY PHIL DENNY & FRIENDS
CHRISTMAS
Collective

SATURDAY
12.3.22

THE STUDIO AT 41-414 E. MICHIGAN AVE.
LANSING, MI

DOORS: 6:30PM
SHOWTIME 7:30PM

FEATURING:
SANSVERINO
MEAGAN MCNEAL
KYLE SCHROEDER

8 GUEST APPEARANCES BY: OBRICK EWING & TWYLA HIRSHING
OPENING ACT: TAYLOR TAYLOR

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Alpha Kappa Alpha Sorority, Incorporated*
Chi Epsilon Omega Chapter
Presents

A SophistAKAte Jazz Affair

**Celebrating 20 Years of
Service & Sisterhood**

Saturday, December 3, 2022
10 a.m. - 1 p.m.

Kellogg Hotel & Conference Center, Big Ten A
219 Harrison Road
East Lansing, MI 48824

Tickets: \$75*

<https://akaceojazzbrunch2022.eventbrite.com>

*Proceeds support future community service projects & scholarships.

Annual Christmas Party

The Annual 496 WEST Christmas Party
is happening at the Venue in the
Lansing Mall on Dec 18th 6-10pm

LIVE Music • DJ • Dancing • Door Prizes
Food Vendors • A Lot of Fun
A Whole Lot Soul.

ALSO Stroll our Holiday Pop-Up Shop
featuring LOCAL Businesses & Cultural Merchandise!

TICKETS: WWW.BMRWPROMOTIONS.COM



Michigan State outlasts Kentucky in double overtime, 86-77, in Champions Classic



By Ernie Boone

INDIANAPOLIS — Another top-five opponent taken to the wire.

This time, Michigan State basketball took No. 4 Kentucky to overtime. And then another. Punching back every time Oscar Tshiebwe and the Wildcats looked ready to finish it off. The type of high drama that, three games into the season, the Spartans are getting used to. Tyson Walker and Mady Sissoko made sure Friday's history didn't repeat itself. The duo connected on a pair of alley-oop dunks in the second overtime as MSU used an 11-0 takeover run to give Tom Izzo's team an 86-77 victory over Kentucky in the Champions Classic on Tuesday night at Gainbridge Fieldhouse.

"It was a big program win, not an individual win," said Izzo, who improved to 5-7 in the Champions Classic and 3-1 against the Wildcats in the event.

Tshiebwe, the reigning national player of the year, made his season debut for Kentucky, came off the bench and finished with 22 points and 18

rebounds before fouling out in the first overtime.

But Joey Hauser shook off a brutal game against Gonzaga and an ugly missed shot on his first attempt against Kentucky to finish with 23 points and eight rebounds. He hit a pair of critical midrange jumpers in the final 2:37 of regulation, including one on a set play with 1:04 to play, then grabbed a defensive rebound after a miss by Tshiebwe.

Malik Hall's dunk with 3.7 seconds left off a pass from A.J. Hoggard sent the game to overtime. And Hall did it again to send it to a second OT, flushing one with 1.4 seconds left in the first extra period. Hall finished with 20 points and five rebounds.

But it was Walker and Sissoko who shined late, combining for 16 points between the two overtimes. Walker scored 14 while Sissoko put another strong performance against an All-American with 16 points and eight rebounds — and didn't foul out.

Sahvir Wheeler scored 16 points with eight assists for Kentucky. Cason Wallace added 14 and Jacob Toppin scored 10.

The Spartans had 18 turnovers but none in the two overtime periods. The Wildcats' reserves outscored MSU's 45-9, but the Spartans had a 45-38 rebounding advantage.

MSU (2-1) hosts Villanova on Friday (8 p.m./FS1) as part of the Gavitt Tipoff Games between the Big Ten and Big East conferences.

Slow start

After a sluggish start by both teams, which combined to miss their first 12 3-point attempts, Kentucky went up by seven after a pair of blow-by layups by Wheeler and a tip-in by forward Lance Ware.

But after a pair of Jaden Akins free throws, the Spartans found their deep stroke, with Walker and Hauser hitting back-to-back 3-pointers to force Wildcats coach John Calipari to call a timeout to stem MSU's 8-0 run that gave it a 21-20 lead with 7:12 left in the opening half.

Hauser, who went 0-for-5 and fouled out Friday in the Spartans' 64-63 loss to No. 2 Gonzaga, hit another 3-pointer with 5 minutes left before half and another with 2:24 to go after Kentucky extended its lead back to four on a Tshiebwe dunk.

That triggered a frenetic 30-second sequence with a little over a minute to play before half, with Hoggard pushing the pace and hitting Hall for a dunk in transition, followed by another Wheeler speed-drive layup and Hoggard again getting out quick and finding Sissoko for a layup. Hall sent the Spartans into the break with a 36-34 lead with a 3-pointer from the right wing with 27.5 ticks left, and they made 5 of 7 from deep to close the half after missing their first six attempts.

Hall had 10 points and Hauser nine at half, MSU held Kentucky to 2 for 10 from deep and 42.4 from the field, and the Spartans outrebounded the taller, longer, deeper Wildcats 18-16 in the first 20 minutes. Tshiebwe, making his season debut after missing the first two games with a knee injury, had 11 points and seven rebounds at halftime and was a big reason Kentucky outscored MSU's reserves 23-6 in the opening half.

Big-man battle

Back and forth it went in the second half, with the Spartans extending their lead to five points with a Hall jumper and a Sissoko free throw. But the MSU center picked up his second foul in the first minute and got his third with 17:58 left, his second on an illegal screen, and took a seat for the next 9:39.

That left freshmen Jaxon Kohler and Carson Cooper to try and handle the 6-foot-9, 260-pound Tshiebwe in the paint. They managed to mostly contain him, though Cooper picked up a foul and Tshiebwe converted a three-point play after what appeared to start with an elbow to Cooper's face by the Kentucky star. Refs reviewed and said there was no contact to the head.

Then 36 seconds later, Tshiebwe got the ball in the post again and elbowed Hall in the face. That drew a whistle and his third foul. Tshiebwe went to the bench.

That allowed Izzo to get Sissoko back in, and he followed a Walker miss with a dunk immediately and hit a pair of 1-and-1 free throws to give MSU a 51-50 lead with 7:35 to play.

Tshiebwe returned and threw down a dunk to put Kentucky back in front, then stuffed Hall on a baseline drive. That triggered a break for the Wildcats, and CJ Fredrick drained a 3-pointer that forced Izzo to call timeout, MSU down 56-52 with 5:21 to play.

Hauser drained a deep jumper to cut the deficit 56-54. But with 3:53 left, Tshiebwe drew Sissoko's fourth foul on a post-up on the right block. And with 2:16 left, Tshiebwe rebounded a missed free throw — appearing to knock Sissoko to the floor — and put Kentucky back up three.

But Hauser buried an elbow jumper with 1:04 left and grabbed a critical rebound on a Tshiebwe miss with a little more than 40 seconds left. Walker missed a jumper and Kentucky's Wallace hit 1 of 2 free throws with 15.4 left to make it a two-point game. After Hoggard got blocked by Tshiebwe, the Kentucky center lost Hall on the in-bound play, who cut to the basket and took Hoggard's pass for an uncontested dunk to force the first overtime.

Working overtime

MSU looked spent early in overtime, as the Wildcats scored the first five points. But Hauser hit a pair of free throws, and Walker drained a 3-pointer with 2:28 left in the extra period and then drained another elbow jumper with 59 seconds left after Wheeler gave Kentucky a three-point lead with a free throw and layup.

Then Walker ran into a Tshiebwe screen to draw the big man's fifth foul and send him to the bench for good. MSU called timeout with 7.6 seconds left after Wallace's one free throw made it 71-69. Izzo had Walker take the ball out, sending it to Hoggard behind the end line then taking off running. He caught the pass in stride and set up Hall, who juked on the left wing and drove for another dunk to force a second OT the Spartans would pull away with a 15-6 burst in the second extra period. Article and picture courtesy of the Detroit Free Press and Getty Images.



P O E T R E E I N M O T I O N



ODE: TO THE FRONT LINE

© Dee Freeman

Front line... You're our defense against this silent, invisible enemy
Front line... Your unselfish gifts are the current spine of this country

True Honorable leaders!
You step out...
Willingly Leaping out of your own comfort zone
True selfless warriors!
You step out...
Jumping into this horrific challenge, yet know... you're not alone

You BRAVE souls, your bravery influence us all to do what we can
To do generously...our small and meager parts
You brave souls, encourage us to extend,
EXTEND, though not tangible
But enduring love from the depths of our hearts

I SALUTE you... Your Bravery, your courageousness
Your selflessness, your tirelessness!
I SALUTE you as you GIVE...
For your caring and comfort are only surpassed by your kindness
You are the heroes of the hour!
You are the sheroes with boundless power!

The gifts you give

speaks volumes about you
The charity you exemplify today is even admirable, too!
I send my heartfelt thanks to each of you!
THANK YOU!
I send my heart felt thanks to each and everyone of you!
THANK YOU!

So, first responders: Doctors, Nurses, medical staff, clerks, attendants!
First responders: Policemen, Firemen, workers of all kinds! Thank you!
Front line... You know who you are and what you're doing...
During these unusual and scary times...
THANK YOU!

My hope and prayer is that together each of us will look back
Someday soon... WE will look back... Yes me and you!
Smiling and giving thanks to our creator
Knowing we were thoroughly BLESSED!
For we ALL made it through!

Thanks to YOU, we will get through this TOGETHER!

CONNECTED SOUL II SOUL: GOD AS SHEPHARD – HUMANITY AS SHEEP 11/01/21

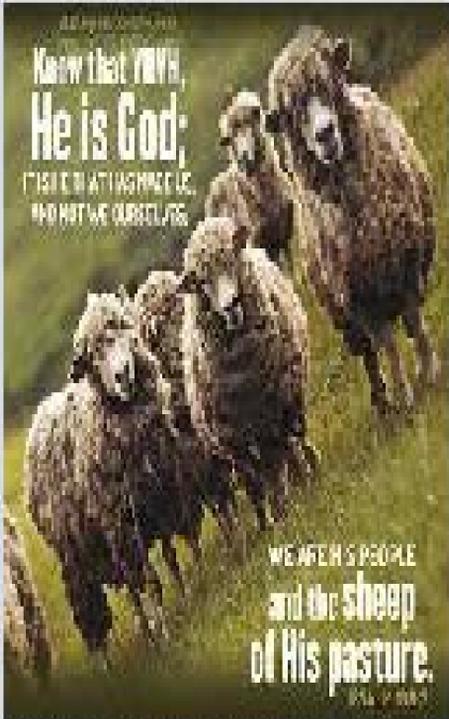


Pastor/Chaplain Pamela June (Pj) Anderson, DMin.
Lt. Commander (RET) US Navy Chaplain Corps
Certified Peer Support Specialist



BE STILL AND YOUR SOUL WILL SPEAK

30 He made us; we didn't make him. We're his people, his well-tended sheep. Psalm 100:3b Message



Dearest of All, the Creator of Heaven and Earth, looking back to my childhood, Psalm 100 is my first recitation in the hometown church. I was about twelve years old. In my imagination, I can see this minor, beautiful, well-dressed candidate for baptism standing before a congregation of three hundred plus, speaking from memory, "it is he that made us and not we ourselves. We are his sheep." It is the one saving grace that God makes all things good.

Of all the animals in Holy Writ, sheep [adult lambs] are gentle, and they rely on God as their Shephard for guidance, protection, nourishment, and undisturbed waters to satisfy parched throats. Moreover, the young sheep, when sheared, provide soft, fine wool that makes for clothing, warm blankets, and expensive coats. In other words, God as Shephard takes exceptional care of his flock. And God invites all of creation to BE gentle, acknowledging and seeking God first in all things. Therefore, we must stop killing for sport and start treating the earth and one another with loving-kindness. We have got to come together and on one accord if we, as God's flock, as God's people, are to close up the great divide and resist the massive deception.

According to Exodus, chapter 12, the Hebrews marked their doorposts with the lamb's blood, sparing them from destruction. Likewise, the blood of only the Lamb of God takes away the world's sin—sacrificed at the first Passover in Exodus and the Cross at Calvary.

It is a mystery how red blood can cleanse and cover the Soul of humanity, making us bright as the Son. Yet, we may not hear of such a mystery in the modern-day church. Even so, just as in the days of Moses, so it is today – the blood still works, repelling the destructive plagues of life and bringing humanity out of bondage. It is the mystery and miracle of God's compassion that makes standing on the promises of God possible.

I shan't speak for you when I write, "I want to BE known and kept by God as Shephard."

Please subscribe on YOUTUBE: <https://www.youtube.com/watch?v=NxWj1vnFIQ0>

We are also on FACEBOOK at: <https://www.facebook.com/famveterans>



Celebration

Announcements

Mr. Party, The Ambassador of Celebration

Birthdays in NOVEMBER

- Ms. Erica Moore celebrates her birthday on November 1st. "Thank GOD for another day, another year! Keeps it pushing!"
- Ms. Paige Turner celebrates her birthday on November 2nd with her Mom Jennifer Dunham, and friends.
- Ms. Lani Coulter celebrated her birthday on November 3rd. Love to family and friends!!!
- Ms. Tara Q. Morgan, born November 3rd, celebrates her birthday, with family and friends while working at the Fleetwood Diner in Lansing, Michigan.
- Ms. Beth Ann Sheets celebrates her birthday on November 3rd, with friends and family!
- Ms. Malinda Milten celebrates her birthday on November 5th.
- Ms. April Weiden celebrates her birth on November 6th, with family and friends.
- Ms. Laney Kelly celebrates her birthday on November 6th. Mommy and Daddy love you!
- Ms. Patricia Jones celebrates her birthday on November 6th.
- Ms. Katie Bengal celebrates her birthday November 7th, with family and friends.
- Ms. Carmen Keener born on November 8th, celebrates with family and friends.
- Ms. Dawn Elliott celebrates her birthday on November 10th.
- Mr. Eric Pastrana celebrates his birthday on November 11th.
- Ms. Andrea James celebrates her birthday on November 12th.
- M.C. Skrap celebrates his 41st birthday on November 13th. "Check out my music... I am Skrap on Facebook and Twitter"
- Ms. Elizabeth Ludivinia Heyboer "Happy Birthday" November 16th. I Love You, Mom! Shandra Starr.
- Ms. Angela Jimenez celebrates her birthday on November 16th with family and friends.
- Mr. J. T. Wheeler III AKA J-Tizzle celebrates his birthday on November 16th.
- Ms. Keesha Davis enjoys her birthday on November 17th.
- Mr. Darryl Horton celebrates his birthday on November 17th.
- Ms. Michele Carr celebrates her birthday on November 17th, with family and friends.
- Mr. Rod Allen, born November 17th, has a good time celebrating with family and friends.
- Ms. Hope Davenport celebrates her birthday on November 17th. She says, "I love and appreciate my family and friends. They make me feel like a spoiled brat."
- Ms. Gladys Woodard celebrates her birthday on November 18th, with family.
- Mr. Alexander Grant Nicholson celebrates his birthday on November 18th, with family and friends. "Your family loves you very much, always do your best!!!" Proud of You, Nephew.
- Ms. Sandra Yvette Brown celebrates her birthday on November 19th, with her loving son Alexander Grant, family and friends doing what they do best: enjoying fun, valued friendships and pleasant memories everlasting!!!
- Ms. Carolyn Grace celebrates her birthday on November 19th.
- Mr. J.C. Hemingway celebrates his birthday on November 19th.
- Ms. Melissa Flores enjoys her birthday on November 20th.
- Ms. Ashlee Wilson celebrates her birthday on November 20th, with family and friends.
- Ms. Heather Fick celebrates her year of living on November 20th.
- Mrs. Sharita Murphy celebrates her birthday on November 21st, with family and friends. Uncle Billy loves you!
- Ms. LaQuita Rhymes celebrates her birthday on November 21st.
- Mr. Andre Brewer enjoys his birthday on November 21st.
- Ms. Annie Brandon, born on November 21st, celebrates with family and friends! We love you mother, sister, and friend.
- Ms. Shonte Anthony celebrates her birthday on November 22nd. "On my way to the top, thanking the man upstairs... His name is GOD!!!"
- Ms. Autumn King celebrates her birthday on November 22nd.
- Ms. Zerraka Benson-Martin celebrates her birthday on November 22nd, with a party, attended by family and friends.
- Ms. Kris Jackson celebrates her birthday on November 24th, with her best friend, Tawana.
- Ms. Keisha Nogueiro enjoys her birthday, saying, "Blessed to see another year!"
- Ms. Chenish Barragan celebrates her birthday on November 24th.
- Ms. Tesharra Smith celebrates her birthday on November 25th. She said, "I made it - Thanks."
- Master Jerahmi Bell celebrates his birthday on November 25th. "Happy birthday, Mommy loves you, big number 11!"
- Ms. Rachelle Mackley enjoys her birthday on November 26th, with family and friends. "Happy Birthday to my Beautiful daughter... you are such a Joy!" Love Mom...
- Ms. Angela Vaala celebrates her birthday on November 26th, with family and friends and glad to be alive!
- Mr. Michael Miller celebrates his birthday on November 26th.
- Mr. J.R. Beauboeuf, Lansing Community College Director of Risk Management and Legal Services, celebrates his birthday on November 27th, with family and friends.
- Mr. Frank Medellin celebrates his birthday on November 27th, with his wife, Cathy. They celebrated their anniversary on August 13th.
- Mr. Nick Jones celebrates his birthday on November 29th, "Doing the thing!"
- Mr. D.J. Sanchez celebrates his birthday on November 29th.
- Mr. Duane Michael Brown, Jr. celebrates birthday on November 25th, with family and friends who love you very much.
- Ms. Sylvia Calvo celebrates her birthday on November 29th.
- Ms. Nattalie Seymore will celebrate her birthday on November 29th, with her girls.
- Ms. Candace Cares enjoys her birthday on November 30th.
- Ms. Lucy Springs celebrates her birthday on November 30th, with family and friends.
- Ms. Brandy Johnson's birthday is on November 30th.
- Mr. Eddie Jackson celebrates his birthday on November 30th, with family and friends.

*Anniversaries

- Mr. CJ and Mrs. Jamie Enness celebrated their 19th wedding anniversary on October 26th.
- Mr. & Mrs. Danny and Tina Gonzales celebrated their 23rd wedding anniversary on October 31st, with their two children.
- Mr. & Mrs. Ed and Mindy McLouth celebrate their 30th wedding anniversary on November 2nd.
- Mr. & Mrs. Nicholas and Miranda Stone celebrate their 17th wedding anniversary on November 8th. "I love you so much!! You're the best thing! I love you!" Love Miranda.
- Mr. & Mrs. John and Mary Stephenson celebrate their 61st wedding anniversary on November 9th. Their Love is forever!
- Mr. and Mrs. Carlos and Amber Cuellar celebrate their 33rd wedding anniversary on November 9th.
- Mr. & Mrs. Josh and Sarah Baldwin celebrate their wedding anniversary on November 6th, forever and for always!

*Announcements

- Ms. Brenda Robinson celebrated her 55th birthday on October 14th. She said, "Thank you JESUS... I made it another year" Thank You family and friends.
- Miss Kyrstyn Elizabeth Brown enjoyed her birthday on October 17th with family and friends.
- Miss. Shanca Renee Mary Mitchell celebrated her birthday on October 23rd with family and friends.
- Mr. Lamonte Charles Brown celebrated his birthday on October 28th with family and friends.

Please let us know if you have any names to be removed...

- **Mr. Party Website:** www.mrpartycelebrationservice.com
- **Facebook Page:** www.facebook.com/mrparty1985
- **Celebration Gram - A Class Act:** Have your special message delivered by Mr. Party for that special someone or special occasion!
- Call: 517-391-4849 or Email: mrparty1985@gmail.com Please send the information about you, your family or friends celebrating the Events of Life: Celebration Announcements
- Please let us know if you have anyone to celebrate!