

The 411

KEEPING THE DREAM ALIVE

OCTOBER 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

OCTOBER 2, 9, 16 & 23, 2019

"AARP DIABETES WORKSHOPS" 1:00PM Delta Township Library 5130 Davenport Drive Lansing, Michigan 48917 for more information call 1-877-926-8300

OCTOBER 16, 2019

"BLACK VIOLIN" Great Cobb Hall For Times and Ticket Information call 1-800-WHARTON

OCTOBER 17, 2019

"UPLIFT OUR YOUTH FOUNDATION-ONE STEP FORWARD" 6:00 PM Crowne Plaza 925 Creyts Road Lansing, Michigan 48917 for more information call go to: upliftouryouthfoundation.org

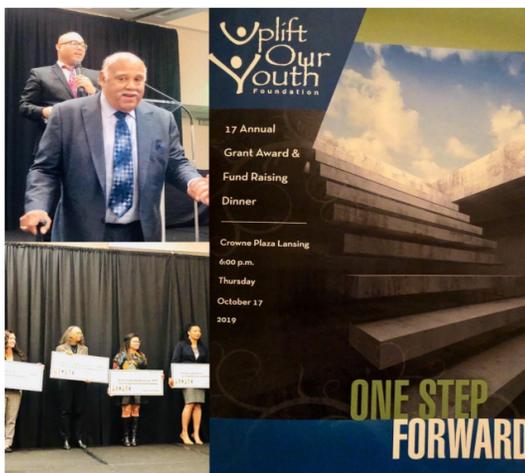
OCTOBER 25, 2019

"KEIKO MATSUI" Pianist, Composer and Humanitarian. Great Cobb Hall For Times and Ticket Information call 1-800-WHARTON

OCTOBER 30, 2019

PILOLOBOLUS: Come to Your Senses 7:30PM Pasant Theater for additional information call 1-800-WHARTON

UPLIFT OUR YOUTH PROGRAM OCTOBER 17, 2019



R.I.P. ROBERT BROWN 1936-2019



R.I.P. CARLA HALL-MILTON 1962-2019



Free Stuff You Can Really Use

Dozens of freebies worth paying for, but you don't have to spend a dollar

by Shelley Emling, Tamara Lytle and David Schiff, AARP, For shoppers who love finding great deals, free is the best price of all. Our curated list of coast-to-coast freebies has products and services for home, health, family, food and fun.

Food
Fresh fruits and vegetables. Folks 60 and older who have an income under about \$23,000 (\$31,000 for a two-person household) can get coupons to use at authorized farm stands and farmers markets. At fns.usda.gov, click on Programs at the top of the page; then select Senior Farmers Market Nutrition Program from the drop-down menu.

Birthdays presents. Score a free beverage at Starbucks if it's your special day and you're a rewards member. Baskin-Robbins does out a free scoop if you have an account with the ice cream chain.

Meals for the grandkids. Taking your grandchildren, the next time you dine out won't cost you extra at restaurants where kids eat for free. Go to WalletHacks.com/kids-eat-free for a list of eateries. Call ahead to confirm that this deal is still available.

Healthy recipes. To make food that's both good and good for you, get free recipes at websites including EatYourselfSkinny.com, which includes options that are gluten free, vegetarian, vegan and dairy free; AllRecipes.com and Delish.com (search for "healthy" on either site); and DeliciousMeetsHealthy.com.

Travel

National parks. You don't have to pay an entry fee on certain dates each year; the last in 2019 is Veterans Day, Nov. 11. For 2020 dates, go to nps.gov/PlanYourVisit/fee-free-parks.htm.

Travel guides, maps and planners. Yes, your navigation app is great for getting you there, but paper guidebooks and planners are rugged, and they never run out of juice. You'll find guides, maps and planners for many states at FreeTravelGuides.com. Or just search a state name plus "travel guides."

Hotel amenities. From luxury to budget-friendly lodging, most hotels and motels offer an array of free amenities to attract guests. Marriott's Residence Inn delivers groceries to your room, Kimpton Hotels lends you a bike, and Hard Rock Hotel lets you borrow a Fender guitar. For a list, see GoBankingRates.com/saving-money/hotels/things-hotel-give-free.

Wi-Fi when you fly. Many airports and airlines now offer free Wi-Fi. To find the airports where it's offered, go to WifiFreeSpot.com. For a current lineup of gratis in-flight Wi-Fi, visit pointmetotheplane.boardingarea.com/airlines-free-Wi-Fi.

Hotel room. If you search online for "third night free," you'll see dozens of hotels, such as Four Seasons and Fairmont, that give you the last night at no charge for stays of at least three nights.

Vacation home. You might get free accommodations on your next trip by swapping houses with someone who lives at the destination. Some swapping sites include HomeExchange.com and Intervac-HomeExchange.com.

Health

Cancer screening. The National Breast and Cervical Cancer Early Detection Program helps low-income and underinsured women get lifesaving early screening and diagnostic services for breast and cervical cancers. To learn if you qualify and to locate a provider near you, go to cdc.gov/cancer and click on National Programs.

Peace of mind. Search online for "UCLA Mindful Awareness Research Center" to get free guided meditations (in English or Spanish) that you can practice on your own.

Some other no-cost meditation phone apps include InsightTimer and Stop, Breathe & Think.

Fitness tips. Run by the American Council on

Exercise, the ACE Exercise Library offers a free trove of exercises that target specific areas of the body. Each comes with photos to ensure proper form. At AceFitness.org, click on Education; then, under For All, click on Exercise Library.

Dental care. If you or a loved one don't have dental coverage, look into Donated Dental Services, a network of dentists and labs across the country that provide free dental work for the elderly, the medically fragile, the disabled and those who can't afford dental care. Eligibility varies by state, and there may be a waiting list. Go to DentalLifeline.org.

Medicare advice. Trained counselors in the State Health Insurance Assistance Program (SHIP) can help you choose the best Medicare plan for your situation from among the numerous options. Go to shiptacenter.org for contact information for your state.

Brisk walks. Many apps focus specifically on walking. Some track your route, speed and distance. Others are geared more toward tracking your daily steps and activity. And some do all of the above. Free apps include Map My Walk, Endomondo and the Fitbit app's MobileTrack (which doesn't require a Fitbit).

Time off for caregivers. If you are looking after a veteran, you may be able to get free respite care. Go to va.gov and click on Family Member Benefits near the middle of the page. Caring for a civilian? At n4a.org you can find your local Area Agency on Aging, which can tell you if free respite care is available.

Dietary encouragement. An online weight-loss support group can supply you with a free and helpful cheering section. Shape magazine's Goal Crushers Facebook group, for one, has attracted more than 9,500 members. If you prefer face-to-face motivation, go on Meetup.com to locate a weight-loss support group near you.

Fitness. One of the most popular gratis exercise apps is Runkeeper, which will track your running, your cycling or even your skating routine. Avid cyclists can try Strava, which maps your trips and also compares your abilities with those of others who have traveled the same route.

Gym test-drive. Membership can be expensive, so it's a good idea to try before you buy. It's easy to find fitness centers that offer free introductory guest passes ranging from one to seven days. Contact gyms near you to check out what they have to offer. Eyeglasses. Many chapters of Lions Clubs International provide free eye exams and recycled glasses to children and adults in need. To find chapters near you, go to directory.lionsclubs.org.

Health screenings. Sam's Club, Costco and CVS offer free health screenings that, depending on the retailer and location, may include blood glucose, cholesterol, blood pressure, body mass index and osteoporosis checks. Visit your local store or the retailers' websites to discover what's available near you.

Checkup (for Fido!) Set up a free pet health exam at your local VCA Animal Hospital, which has 800 locations in the U.S. and Canada. Visit vcahospitals.com/free-pet-exam.

Cars
Electric-car money. The Qualified Plug-in Electric Drive Motor Vehicle tax credit, worth up to \$7,500, is available for most electric cars sold in the U.S. For a list of eligible vehicles, go to fuelconomy.gov, click on Advanced Cars & Fuels, then, on the drop-down menu, select All-Electric Vehicles/Tax Incentives.

Local rides. Many counties and towns offer seniors free or discount transportation through their local Area Agency on Aging. Go to n4a.org to find the agency near you. Autos for disabled veterans. Vets and military members who have suffered certain service-related disabilities can receive up to \$19,817 toward the purchase of a vehicle, plus free adaptive equipment required because of their disability. Go to benefits.gov/benefit/278.

Money
Pension recovery. Having trouble tracking down a pension you're owed — maybe because your employer merged or changed owners? Get help from the Pension Rights

Center, at PensionRights.org. Legal services. Federally funded programs, aimed at older people with a social or financial need, provide advice on a wide range of legal issues, including access to Social Security and Medicare. Go to ElderCare.acl.gov to find legal aid in your area.

Credit monitoring. WalletHub.com, CreditSesame.com and CreditKarma.com will monitor your credit score for free and let you know if something changes. Many other companies require payment after a trial period.

Tax preparation. The AARP Foundation Tax-Aide program's volunteers prepare returns at no charge for people of low to moderate income. There is no age requirement. For a location near you, visit aarp.org/taxaide during tax season.

Free Time School. Whether you want to hone your job skills or just love to learn, you'll find that many colleges and universities waive tuition for older people. Type in "free tuition for seniors" at ThePennyHoarder.com to discover how to find schools in every state.

Museums. If you hold a Bank of America, Merrill Lynch or U.S. Trust credit or debit card, stop by BankofAmerica.com and do a search for "museums on us." The companies offer cardholders one free admission to participating museums around the country on the first full weekend of each month.

Animal adventures for grandkids. Many zoos allow kids in gratis on select days of the month. Just search for the zoo of your choice to find out if and when.

Theater. Many local theaters will let you watch the show for free if you volunteer as an usher. Wear comfy shoes — you'll probably be standing during the performance.

Home Weatherization. The Department of Energy's Weatherization Assistance Program covers costs to make homes more energy efficient, helping consumers save an average of \$283 or more each year. Any recipient of Supplemental Security Income qualifies; otherwise, eligibility varies by state. For more info, go to benefits.gov/benefit/580. Phone and internet. People with low incomes can get help paying for cellphone or landline service as well as broadband under the Federal Communications Commission's Lifeline program. The benefit is \$9.25 per month toward your monthly bill. Go to LifelineSupport.org to discover if you qualify.

Odds and ends. The Freecycle Network is a grassroots nonprofit movement providing a forum for giving and receiving free stuff in cities and neighborhoods across the country. Go to Freecycle.org to find a group near you. You can also get items for your home and garden on Craigslist; simply search for "free stuff."

Repairs. At Repair Café events — held nationwide, usually about once a month — volunteer coaches help you fix small appliances, furniture, lamps or whatever else you can carry in. Find the nearest one at RepairCafe.org/en/visit. Can't wait? Go online to Fixya.com to get no-cost expert advice for fixing just about anything.

Money for heat. The Low Income Home Energy Assistance program helps consumers cover the cost of heating and cooling their homes. Learn more at benefits.gov/benefit/623.

DIY school. Home Depot offers do-it-yourself classes for free, such as one on how to install a ceiling fan. Go to homedepot.com and search for "workshops." Michaels craft stores also offer classes, some of which are gratis. Go to michaels.com/classes.

Assistive electronics. People who have both significant hearing loss and vision loss can get free smartphones, computers, screen readers and other technology, along with help setting up the devices. The federally funded program is for individuals earning up to \$49,960 or two-person households making no more than \$67,640. Go to ICanConnect.org.



News, Views & Commentary

MoneyWalk 414:

Debt and Bondage vs Debt Freedom and Wealth

This program will help you undo financial bondage.

The vast majority of investors earn far less than what the markets return over time due to (1) poor spending and investment habits largely due to the desire to have every iota of material things they can spend and borrow to get and (2) fear displayed in down markets which cause them to never invest or to pull their investments out of the market. The few people who tend to do much better are long-term investors with diversified portfolios that do not follow the above example and who generally avoid investment expenses higher than one-half percent annually.

The long-term average for the stock market has been about 11% since 1926 and has no twenty or more consecutive year period that experienced a loss. However most people earn less than 4% on average some experience huge losses because of the above noted desire and fear and thus fail to work a plan to get out of debt and use a good stewardship platform to help build wealth that serves them, their family, and others. Debt-freedom is the believer's heritage from the LORD that He empowers you to live in and prosper from so you can be all He made you to be.

Most financial pundits lead people down a path that keeps them broke and subject to foreclosure, bankruptcy, and repossession because the behavioral nature of failing to see the wisdom in debt-freedom leads people to take on more and more debt over time because they really do not see it as a problem. In fact, we come into contact with many who are broke and busted who talk about eliminating stress, pressure, depression, and trouble caused by debt by trying to borrow more to pay off their pain causing debt. Somehow, they think new debt (credit cards, personal loans, and such) and salesmen who peddle it are going to treat them better than they have in the past.

Let's not even mention the fact that people who have no aversion to debt do not control their impulses, which usually moves them to get more house than they can truly pay for without problems down the road including pain from the debt-based purchases they will to get all the things for the house as quickly and as often as they can.

It has not been uncommon for me to see people



jumping around from house to house every five to seven years building no home equity and no wealth and buying many new furnishings for those houses even more often than that - all on debt. All the while they are putting very little, if anything, into investment accounts (Roth IRA, 401k, 403b, brokerage accounts, etc.) that would help them greatly in future years when they really need the assistance. This behavior often carries over into the use of debt to pay for over-the-top vacations and excessive activities for their kids (sports leagues, dancing, you name it).

Most of them get so used to having debt that they don't even look for better or lower cost alternatives because their use of debt has become a habit they dare not eliminate because it means they will not get things they want when they want them. Much of the getting is not good for them long-term because it is focused on getting things with depreciating value, low liquidity, and/or when their financial situation, if measured, shows they should not be trying to pay for right now.

Believe and employ God's instruction in the bible rather than man's instruction based on worldly habits. Follow His dream for your spiritual and financial fruitfulness versus the American Dream, pay off your debts including mortgages as quickly as possible, seek to stay that way, allow your financial plan (budgeting and debt-freedom) to be one that allows your disposable income to be the engine that will build wealth for the future through the God-given eighth wonder of the world - long-term compound interest and exponential growth.

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

Deuteronomy 28:12, 44, Proverbs 6:1-2, Proverbs 22:6-7, Romans 13:8

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

You can find many other MoneyWalk articles on Facebook by looking at the NOTES created by Randy Parlor at <https://www.facebook.com/#!/profile.php?id=100000444069041&sk=notes>.

You can connect with Randy Parlor on Twitter and LinkedIn

Lansing Voters have a Choice

Vote at Home or In-Person

City General Election

Tuesday, November 5, 2019

<p>Vote at Home</p> <p>Submit an Application Call (517) 483-4131 Email CityClerk@Lansingmi.gov Visit www.lansingmi.gov/derk</p> <p>Ballot is Mailed to You After We Get Signed Application</p> <p>Vote when you are Ready</p> <p>Return Your Ballot Drop it off at the Clerk's Office Drop it in one of our Secure Boxes Mail it Back (Allow 5-7 Days)</p> <p>Ballot Must be Received By 8 p.m. on Election Day</p>	<p>In-Person Voting Choices</p> <p>Vote Early at the City Clerk's Office Downtown - 9th Floor City Hall 124 W Michigan Ave 8 am - 5 pm Monday* - Friday</p> <p>Election Unit - Rear Entrance 2500 S Washington Ave 8 am - 5 pm M*, T, TH, F 8 am - 7 pm on Wednesdays <small>*Only until 4 pm, only on election day</small></p> <p>Weekend Hours SWOC Election Unit 10 am - 2 pm Saturday, November 2 12 pm - 4 pm Sunday, November 3</p> <p>Vote at your precinct on Election Day Polls are open 7:00 am - 8:00 pm</p>
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Voting... Make it a Habit!

Questions? Contact Chris Guage, Lansing City Clerk at (517) 483-4131 or city.clerk@lansingmi.gov

DOMESTIC VIOLENCE MONTH

#1 Thing

AWARENESS + Action = social change

Homeless youth don't deserve your pity. They deserve your help.

Join us for a night of learning, sharing and helping.
Saturday, November 16, 2019 @ 6-9 PM

Lost In America ~ a one time film screening & more
KM Center, 3000 Miller Road, Lansing, MI 48911
RSVP/more info to CFCevents@childandfamily.org

Great Meetings in the Palm of Your Hand!



Please consider Greater Lansing for your next family reunion, business meeting, fraternal or social group event!

From affordable accommodations to superior service from the GLCVB, you'll see in Michigan's Capital City, everything you want is right in the palm of your hand.

Contact me today!



Heather Cooper Kim, CMP, CTA
Sales Manager
517-377-1401
hkim@lansing.org



2019 Black College Tour

October 21, Thru October 25, 2019

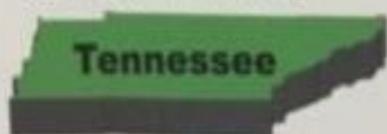
Space is limited to 40 students!
We will visit the following schools:



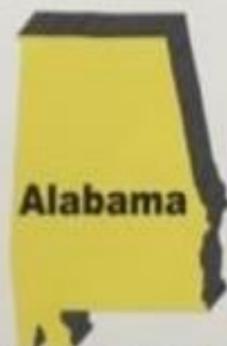
Wilberforce University
Central State University



Kentucky State University



Tennessee State University
Fisk University
Meharry Medical College



Alabama A&M University
Oakwood University

The cost for this years tour is \$500.00



The contact persons are as follows:

Amel Eiland: 351-3956
(Tour Director)

Fred Porter: 394-0699
(Tour Coordinator)

RE-CONNECTING SOUL II SOUL: The Superior Way to Wellness & Wholeness



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



NOW, TODAY, IS THE DAY OF HOLY SPIRIT GRACE, PRESENCE, AND AWARENESS. BE STILL AND LISTEN TO HEAR HER VOICE

"All who approached the sheep before Me came as thieves and robbers, and the sheep did not listen to their voices. I am the gate; whoever enters through Me will be liberated, will go in and go out, and will find pastures. The thief approaches with malicious intent, looking to steal, slaughter, and destroy; I came to give life with joy and abundance. John 10:8-10 The Voice (VOICE)



"AND GOD, You called our beloved Cain Hope Felder, Ph.D., beyond our reach of mortal care and kin. He was my New Testament instructor at the great Howard University School of Divinity. I gave Greek a shot under his tutelage. By day three, I was out. He was too hot to handle, a brilliant genius who spoke seven languages and wrote several books including

"Troubling Biblical Waters." Therein he puts into practice the examining Biblical texts from more than one perspective. I am greatly effective in presenting the WORD made flesh, when I also examine Biblical texts from the spiritual, social, cultural, political, historical, and liberating principles in Holy Writ." - The Superior Way to Wellness & Wholeness Yes, there are many ways to Wellness & Wholeness. Most of them are in sync with THE Superior Way to Wellness & Wholeness. The exceptions are the ones who come to steal Shepherd's provisions of joy of heart, peace of mind, and transformation of "Soul."

When I served in places where shepherds led sheep to pasture, I was often unnerved as traffic stopped to give way to sheep crossings. It is a crime to hit, maim, damage, or kill sheep, punishable by imprisonment. Sailors are thoroughly briefed on the cultural, historical, and social realities of foreign prisons - no food and no covering for cots - unless provided by visitors (in our case, active duty personnel). And that's a whole different process.

The Jewish Jesus says of Himself "I Am the Gate," to liberation, fresh green nourishment (pastures), and life with joy and abundance. Yeshua's sheep (devotees) hear and follow THE Voice of the great I AM - the superior way to wellness and wholeness.

The Michigan Bulletin Staff

Writers	General Manager	Layout
Ron Daniels Mc. Dee Diane Gardin Bettye Thomas-Gilkey Dianne M. Hicks	Bernice Powell Jackson Dr. Earl Ofari Hutchinson Dr. Manning Marable Randy E. Prior Dr. George T. Rowan	Al Jama Kaley Sports Photographer Ada Boone
Church Editor	Sports Editor	
Mary Stovick	Ernie L. K. 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

A GUN CAN PUT YOU AWAY

A gun, any gun, or even one bullet, could land a felon in federal prison. And anyone found carrying a stolen gun, or one without a serial number, or any prohibited gun is also looking at serious federal prison time. Federal law says a person CANNOT possess a gun or ammunition if that person is:	<ul style="list-style-type: none"> . An ILLEGAL DRUG USER . A person subject to a NO CONTACT ORDER . A person convicted of DOMESTIC VIOLENCE . A person convicted of a FELONY . A FUGITIVE from justice . An ILLEGAL ALIEN . A NON-IMMIGRATION ALIEN without a valid hunting license
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Gun Crime Packs Hard Time.

SAFE logo and contact info for United States Attorney's Office - Western District of Michigan



Celebration
 Announcements

By Mr. Party, The Ambassador of Celebration Tribute to Mr. Terry E Tyler
 October 3, 1941-July 20, 2017
 Creator of Mr. Party marketing concept August 1985
 C.A. column September 2006

Birthdays in OCTOBER 2019

- Ms. Diana Gomez celebrates her birth on October 1st.
- Ms. Souci Chappell celebrates her 36th birthday on October 1st, saying "Happy birthday to me! Glad to make to my 36th birthday, because someone else did not."
- Mr. Robert Lopez enjoys his 17th birthday on October 2nd, with family and friends. "Much Love" Dad
- Ms. Marcella Rosarro had celebrates her birth on October 2nd, with family and friends.
- Ms. Tracy Skinner celebrates her birthday on October 2nd, with family and friends. She says "I'm loving life, one day at a time"
- Ms. Jennifer Johnson celebrates her birthday on October 4th, with family and friends.
- Ms. Keanna Adams enjoys her 29th birthday on October 5th, with family and friends.
- Ms. Darrilyn Moore celebrates her 37th birthday on October 5th, with family and friends.
- Ms. Latrea Milton celebrated her 29th birthday on October 5, dancing with her girls.
- Rev. Dr. Kay "Little Kay" Porter celebrates her 62nd birthday on October 6th with Family and friends, enjoys sharing "new and old friendships".
- Ms. Donna Haynie celebrates her birthday on October 6th.
- Mr. Preston White celebrated his birth with a barbecue party.
- Ms. Rhonda Christian celebrates her 39th birthday on October 6th, with family and friends.
- Ms. Katie Phraxayavong celebrates her birthday on October 8th, with Abby.
- Ms. Gloria Bermudez celebrated her "Fabulous 48th" birthday on October 8th, just chilling, loving life.
- Master Lavell Goins enjoys his 10th birthday on October 8th, with family and friends. "Happy Birthday to mommy's little handsome man. So glad to watch you grow and become independent!" Love mommy
- Ms. Phyllis Bartlett celebrates her birthday on October 9th, with family and friends.
- Ms. Jessica Malcolm celebrates her 48th birthday on October 9th.
- Ms. Enisa Nevaeh (Brown) Thomas enjoyed her 18th birthday on October 10th, celebrating with her mother Donacia, her uncle LaMonti and friends. "We love each other forever!!!"
- Ms. Amy White celebrates her 49th birthday on October 10th, with family and friends.
- Mr. Lawrence Hodge celebrates his 56th birthday on October 11th, at Gregory's Ice & Smoke.
- Mr. Kion Bates celebrates his 43rd birthday on October 11th, with family and friends. "Thank you Mr. B"
- Mr. Jacob McKenney celebrates his birth on October 11th, with family and friends. "Much love" Mom
- Ms. Cheyanne Nichole Garvie enjoys her 17th birthday on October 12th, with family and friends. Aunt T.T. loves you, my beautiful big girl!!!
- Ms. Amanda Smith celebrates her 35th birthday on October 12th, with family and friends. "I am blessed to see another year with my family and friends!"
- Mr. Quincy Johnson celebrates his 63rd birthday on October 12th, with family and friends.
- Ms. Michelle Johnson Beard celebrates her birthday on October 14th.
- Ms. Marilyn Plummer celebrates her birthday October 17th, with family and friends.
- Ms. Sarae Coddington celebrates her 36th birthday on October 17th, with family and friends.
- Ms. Kathy Fair celebrates her birthday on October 17th with family and friends.
- Ms. Geraldine Rush enjoys her 71st birthday on October 17th, with family and friends.
- Ms. Tanisha Jefferson celebrates her 36th birthday on October 18th, with family and friends.
- Ms. Meredith Mertz enjoys her 33rd birthday on October 18th, celebrating with family. She says, "I love Life, for it's so amazing!"
- Mr. "Big" John Crosley celebrates his birthday on October 18th, with family and friends.
- Ms. Kim Walker celebrates her 47th birthday on October 18th.
- Ms. Liza Leal celebrates her 50th birthday on October 18th.
- Mr. Eugene Allen celebrates his 73rd birthday on October 19th, with family and friends.
- Ms. Mya Douse enjoys her 23rd birthday on October 19th, with family and friends.
- Ms. Corrin O. celebrates her birthday on October 20th with family and friends.
- Ms. Brooke Hening celebrates her birthday on October 21st.
- Mr. Eric Buckner celebrates his birthday on October 23rd.
- Mr. Steven Smith enjoys his birthday October 24th. "Thank you to all my family and friends!"
- Mr. Zechariah Turner celebrates his 11th birthday on October 24th.
- Mr. Eric McClinton celebrates his 20th birthday on October 24th with family and friends.
- Ms. Tamese Vinsom celebrates her 42nd birthday on October 25th, with family and friends.
- Ms. Alena Rush-Bowers will celebrate her birth on October 25th, with her grandparents, family and friends.
- Ms. Kelly Hampton celebrates her birthday on October 26th.
- Ms. Mollie Demond had the pleasure of celebrating her 63rd birthday on October 26th.
- Ms. Melissa Robinson celebrates her 39th birthday on October 26th.
- Ms. Jonna David enjoys her 43rd birthday on October 27th, with family and friends.
- Mr. Karlton Gilmore enjoys his 49th birthday on October 27th.
- Ms. Renita McAbee celebrates her birthday on October 28th.
- Ms. Kelly Glynn celebrates her 52nd birthday on October 28th, with family and friends.
- Ms. Doris Redmond celebrates her 35th birthday on October 28th, she says; "Thank You, Jesus for one more year!"
- Ms. Angela Pruitt celebrates her birthday on October 28th - Happy 32nd!
- Ms. Lori Wright celebrates her 52nd birthday on October 29th.
- Mr. Sovran Brown, Army Soldier, celebrates his 27th birthday on October 29th, with family and friends and new Baby Girl.
- Sir Paris Leek enjoys his 16th birthday on October 30th, with family and friends.
- Mr. Robert Walter, who was born on October 30th, 1981, will be celebrating that event by hanging out with his family and friends.
- Ms. Sheka Green celebrates her birthday on October 31st.
- Ms. Whitney Stowell celebrates her 26th birthday on October 31st. "Happy Birthday Baby Girl!" Love Mom
- Ms. Maryann Smrek celebrated her birthday on October 31st. She said "I am truly grateful to God for giving me the best parents in the world: thank you, Mom for your unconditional love! Maryann.
- Happy 59th to my mom Simona Barber, I love you; wish you a happy birthday and many more to come. Love always, Souci Chappell

Please let us know if you have any names to be removed...
 Mr. Party Website: www.mrpartycelebrationservice.com
 Facebook Page: facebook.com/mrparty1985
 Sportron: www.sportron.com/mrparty
 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: mrpartycelebrationservice@aol.com



#1 Spartans Open Season with tough Tests

By Ernie Boone

EAST LANSING with the Spartan basketball team perched atop the Associated Press' season opening poll and facing as tough an early season schedule as MSU has ever seen, coach Tom Izzo and crew are adhering to a familiar mantra: "Survive, work and get better."

After an exhibition opener against Albion, MSU opens its regular season against second ranked Kentucky at New York's Madison Square Garden, November 5, with third ranked Duke scheduled for an East Lansing visit December third.

With a trip to the Maui Invitational sandwiched in between, that means the Spartans will face the nation's second and third ranked teams and perhaps two others in the top 25 before Christmas. That's great for the fans, but for a team which must replace three starters who contributed 30.6 points, 18 rebounds and 4.7 assists per game it's a headache.

Izzo calls it a challenge, a challenge that can only be met with positive answers to the three biggest questions looming over the Spartans as they prepare for a season with great expectations.

Those questions are: Can Josh Langford come all the way back from the foot injury that sidelined him most of last season and regain the form he exhibited before the injury; can anyone provide the low post scoring and rebounding once provided by Nick Ward; and can Foster Loyer or Rod Watts play well enough at the point to give Cassius Winston the rest needed to keep him at his best?

To a man, the Spartans agree that the way to provide positive answers to those questions is hard work, consistent effort and steady improvement.

For sophomore forward, Gabe Brown, it means extra work in the gym putting up 2,000 to 3,000 shots per session in addition to work in the weight room. For sophomore forward, Marcus Bingham Jr. it's that extra smoothie at snack time and added reps in the weight room as he seeks to add more bulk and muscle to his 6-11 frame.

Both are vying for time at the power forward spot. Bingham, who shows real promise as a three-point shooter who can stretch defenses and a shot blocker who can protect the rim, must demonstrate that he's ready to bang the boards with the big guys in the Big Ten.

"He's been doing a good job in practice," said Spartan associate head coach, Dwayne Stephens. "He's not afraid of contact, he holds his own on the boards and he can block shots. He's no Jaren Jackson, but he's a presence."

The likely starter at power forward is 6-8 230-pound sophomore, Thomas Kithier. Kithier provided solid minutes coming off the bench last season and is expected to be a steady influence in this year's line-up.

A pair of incoming freshman big men, Julius Marble and Malik Hall, are also in the power forward picture. Hall is a 6-7 sharp shooting



Big Guns Winston and Tillman lead top ranked MSU-picture courtesy of www.msuspartans.com

small forward who play power forward when the Spartans go small, while Marble is a 6-8 225-pound board banger who averaged 9.7 rebounds and 1.4 blocks in his final high school season.

Winston, Xavier Tillman, Langford and Aaron Henry should fill out the starting line-up.

Winston returns as the reigning Big Ten Player of the Year with a chance to score 2,000 points and get 1,000 assists for his career. He was slowed by fatigue and injuries at the end of last season and Izzo has vowed to find a way to get him more rest. Winston averaged 33.5 minutes per game last season, Izzo would like to keep it under 28.

Tillman, who filled in admirably during Ward's injury last season, will handle the starting center duties. He appears to have improved his outside shooting over the summer, but still lacks the inside moves to equal the threat posed by Ward when the Spartans look to go inside.

With Kentucky and Duke scheduled before Christmas, MSU won't wait long to get an answer to its questions, but the Spartans know that even if they falter early, hard work and steady improvement can still result in meeting their high expectations.

MSU Football

EAST LANSING - Out of the frying pan, into the fire. That's the feeling for Spartan fans as the Michigan State football team prepares for a Saturday, November 26 visit from Penn State's Nittany Lions.

After a bye week of licking their wounds following a crushing 38-0 loss to Wisconsin, Michigan State braces for a Penn State invasion with everyone wondering whether the Spartans will continue their downhill slide or fight their way off the mat and handle the challenge.

Seventh ranked and undefeated, Penn State comes into Spartan Stadium fresh off a, 28-21, victory over Michigan and tied with Ohio State for first place in the Big Ten's East Division. The Lions need a victory to keep pace in the conference race. MSU can only play a spoiler role.

That's the challenge, the big question. Will the Spartans rise up, spoil things for a tough rival, and get back on track for a rescue season? Or will the team roll over, throw in the towel and wait 'til next year.

Standing at 4-3, 2-2 in the conference with five games left, MSU still has the opportunity to post a winning season, play in a decent bowl game, and lay claim to a return to top tier conference status. Saturday's game could be

THE REALS OF JUSTICE

Real ID

By: Ayanna D. Neal

The REAL ID Act was passed by Congress in 2005 and set "standards for the issuance of sources of identification, such as driver's licenses." The Act set minimum security standards for licenses and prohibits Federal agencies from accepting driver's licenses and identification cards for certain purposes such as accessing Federal facilities, boarding federally regulated commercial aircraft and entering nuclear power plants if they don't meet the minimum security standards.

The Act doesn't prohibit the use of other forms of identification, such as a U.S. passport. Michigan Secretary of State offices offer REAL ID compliant driver's licenses and identification cards, which are marked with a gold circle with a star inside. Beginning October 1, 2020, Michigan and every state and territory resident will have to present a REAL ID document to fly within the U.S. and certain federal facilities according to federal law. An enhanced driver's license is acceptable for federal purposes such as accessing a federal facility or boarding a commercial aircraft. Children under 18 aren't required by the TSA to provide identification when traveling with a companion within the U.S.

After October 1, 2020 a standard Michigan driver's license is valid for driving and a standard driver's license and state identification will continue to be legal identification. However, the words, "Not for Federal Identification" will be printed on the standard license or identification cards. Any driver's license or identification, Enhanced or Standard, or REAL ID, will be accepted when voting.

To apply for a Michigan REAL ID compliant identification card or driver's license you have to take your valid U.S. passport or certified birth certificate with a stamp or raised seal or other approved legal presence or citizenship document to any Secretary of State office. If your name is different than what is on your birth certificate you will need to take a certified name change document with you to the Secretary of State office.

Most U.S. state are already compliant with offering REAL ID compliant driver's licenses and identification cards. Here is a link to the Department of Homeland Security for more information on REAL ID. <https://www.dhs.gov/real-id> The Michigan Secretary of State also has information, https://www.michigan.gov/sos/0,4670,7-127-1627_81569---,00.html, on how to make your driver's license or identification REAL ID compliant.

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BWL 24th Annual Chili Cook-Off October 4, 2019 at Cooley Law School Stadium



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