

MICHIGAN BULLETIN

Celebrating **25** Years

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Kamala Harris "Message"



NATIONAL BREAST CANCER AWARENESS MONTH



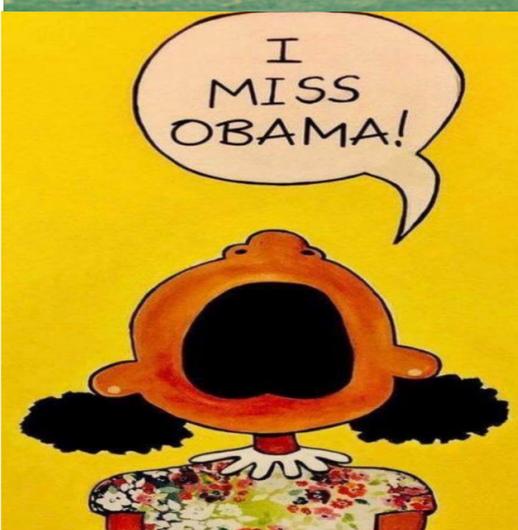
R.I.P. THOMAS MERCHANT 1935-2020



R.I.P. DOLLY SINGLETON 1938-2020



R.I.P. BOB GIBSON 1935-2020



Breast Cancer Facts

Breast cancer happens when cells in your breast grow and divide in an uncontrolled way, creating a mass of tissue called a tumor. The risk of developing breast cancer increases you age and with weight gain. Signs of breast cancer can include feeling a lump in a breast, experiencing a change in the size of your breast and seeing changes to the skin on your breasts. Early detection is aided by mammograms.

What is breast cancer?

Cells in the body normally divide (reproduce) only when new cells are needed. Sometimes, cells in a part of the body grow and divide out of control, which creates a mass of tissue called a tumor. If the cells that are growing out of control are normal cells, the tumor is called *benign* (not cancerous). If, however, the cells that are growing out of control are abnormal and doesn't function like the body's normal cells, the tumor is called *malignant* (cancerous).

Cancers are named after the part of the body from which they originate. Breast cancer originates in the breast tissue. Like other cancers, breast cancer can invade and grow into the tissue surrounding the breast. It can also travel to other parts of the body and form new tumors, a process called metastasis.

Who gets breast cancer?

Breast cancer is the most common cancer among women other than skin cancer. Increasing age is the most common risk factor for developing breast cancer, with 66% of breast cancer patients being diagnosed after the age of 55.

In the US, breast cancer is the second-leading cause of cancer death in women after lung cancer, and it's the leading cause of cancer death among women ages 35 to 54. Only 5 to 10% of breast cancers occur in women with a clearly defined genetic predisposition for the disease. The majority of breast cancer cases are "sporadic", meaning there is no definitive gene mutation.

Does a benign breast condition mean that I have a higher risk of getting breast cancer?

Benign breast conditions rarely increase your risk of breast cancer. Some women have biopsies that show a condition called hyperplasia (excessive cell growth). This condition increases your risk only slightly. When the biopsy shows hyperplasia and abnormal cells, which is a condition called atypical hyperplasia, your risk of breast cancer increases somewhat more. Atypical hyperplasia occurs in about 5% of benign breast biopsies.

What are the types of breast cancer?

The most common types of breast cancer are:
Infiltrating (invasive) ductal carcinoma. This cancer starts in the milk ducts of the breast. It then breaks through the wall of the duct and invades the surrounding tissue in the breast. This is the most common form of breast cancer, accounting for 80% of cases. Ductal carcinoma in situ is ductal carcinoma in its earliest stage, or precancerous (stage 0). In situ refers to the fact that the cancer hasn't spread beyond its point of origin. In this case,

the disease is confined to the milk ducts and has not invaded nearby breast tissue. If untreated, ductal carcinoma in situ may become invasive cancer. It is almost always curable.

Infiltrating (invasive) lobular carcinoma. This cancer begins in the lobules of the breast where breast milk is produced, but has spread to surrounding tissues in the breast. It accounts for 10 to 15% of breast cancers. This cancer can be more difficult to diagnose with mammograms.

Lobular carcinoma in situ is a marker for cancer that is only in the lobules of the breast. It isn't a true cancer, but serves as a marker for the increased risk of developing breast cancer later, possibly in both or either breasts. Thus, it is important for women with lobular carcinoma in situ to have regular clinical breast exams and mammograms.

What is invasive breast cancer?

Invasive breast cancer occurs when cells spread beyond the ducts or lobules. These cells first invade the surrounding breast tissue, and can possibly travel to the lymph nodes.

What is non-invasive breast cancer?

With non-invasive breast cancer, the cancer cells are confined to the ducts or lobules. This is also known as carcinoma in-situ. Ductal carcinoma in-situ (DCIS) is when the ductal cells divide abnormally, but stay within the ducts.

Can cancer form in other parts of the breast?

Cancers can also form in other parts of the breast, but these types of cancer are less common. These can include:

Angiosarcomas. This type of cancer begins in the cells that make up the lining of blood or lymph vessels. These cancers can start in breast tissue or breast skin. They are rare.

Inflammatory breast cancer. This type of cancer is rare and different from other types of breast cancer. It is caused by obstructive cancer cells in the skin's lymph vessels.

Paget disease of the breast, also known as Paget disease of the nipple. This cancer affects the skin of the nipple and areola (the skin around the nipple).

Phyllodes tumors. These are rare, and most of these masses are not cancer. However, some are cancerous. These tumors begin in the breast's connective tissue, which is called the stroma.

What are the stages of breast cancer?

There are two different staging systems for breast cancer. One is called "anatomic staging" while the other is "prognostic staging". The anatomic staging is defined by the areas of the body where the breast cancer is found and helps to define appropriate treatment. The prognostic staging helps medical professionals communicate how likely a patient is to be cured of the cancer assuming that all appropriate treatment is given.

The anatomic staging system is as follows:

Stage 0 breast disease is when the disease is localized to the milk ducts (ductal carcinoma in situ).

Stage I breast cancer is smaller than 2 cm across and hasn't spread anywhere — including no involvement in the lymph nodes.

Stage II breast cancer is one of the following: The tumor is less than 2 cm across but has

spread to the underarm lymph nodes (IIA). The tumor is between 2 and 5 cm (with or without spread to the lymph nodes).

The tumor is larger than 5 cm and has not spread to the lymph nodes under the arm (both IIB).

Stage III breast cancer is also called "locally advanced breast cancer." The tumor is any size with cancerous lymph nodes that adhere to one another or to surrounding tissue (IIIA). **Stage IIIB breast cancer** is a tumor of any size that has spread to the skin, chest wall, or internal mammary lymph nodes (located beneath the breast and inside the chest).

Stage IV breast cancer is defined as a tumor, regardless of size, that has spread to areas away from the breast, such as bones, lungs, liver or brain.

What causes breast cancer?

We do not know what causes breast cancer, although we do know that certain risk factors may put you at higher risk of developing it. A woman's age, genetic factors, family history, personal health history, and diet all contribute to breast cancer risk.

What are the risk factors for breast cancer? Like many conditions, risk factors for breast cancer fall into the categories of things you can control and things that you cannot control. Risk factors affect your chances of getting a disease, but having a risk factor does not mean that you are guaranteed to get a certain disease.

Controllable risk factors for breast cancer

Alcohol consumption. The risk of breast cancer increases with the amount of alcohol consumed. For instance, women who consume two or three alcoholic beverages daily have an approximately 20% higher risk of getting breast cancer than women who do not drink at all.

Body weight. Being obese is a risk factor for breast cancer. It is important to eat a healthy diet and exercise regularly.

Breast implants. Having silicone breast implants and resulting scar tissue make it harder to distinguish problems on regular mammograms. It is best to have a few more images (called implant displacement views) to improve the examination. **There is also a rare cancer called anaplastic large cell lymphoma (ALCL)** that is associated with the implants.

Choosing not to breastfeed. Not breastfeeding can raise the risk.

Using hormone-based prescriptions. This includes using hormone replacement therapy during menopause for more than five years and taking certain types of birth control pills. Non-controllable risk factors for breast cancer **Being a woman.** Although men do get breast cancer, it is far more common in women.

Breast density. You are at higher risk of breast cancer if you have dense breasts. It can also make it harder to see tumors during mammograms.

Getting older. Aging is a factor. A majority of new breast cancer diagnoses come after the age of 55.

Reproductive factors. These include **getting your period before age 12, entering menopause after age 55, having no children, or having your first child after 30.**



News, Views & Commentary

Wake Up Lansing

By Angela Waters Austin

I just spent precious time I will never reclaim explaining to someone that no I am not lying and that yes, there is publicly available data on racial inequities in law enforcement. And yes, it happened under Chief Mike Yankowski's watch just like it happened under his predecessor's watches over the past twelve years that One Love Global has organized for action on racial equity in Lansing.



Angela Waters Austin

Lansing does not have a high rate of police homicides and brutality. However, it has an egregious and unacceptable rate of arrests of Black youth. Based on data provided by Lansing Police Department, between the years 2012-2015 Black youth were approximately 20% of the youth population but over 70% of youth arrests. In the first budget of his administration Andy Schor cut the only funding that specifically, albeit inadequately, was targeted to reducing interactions with law enforcement and the criminalization of Black youth.

For those who find it impossible to image a world without policing as we know it – guns, tasers, riot gear, military vehicles and the murders of unarmed Black people – all one has to do is visit the suburbs and rural communities surrounding over-policed urban communities. We know what peaceful and thriving communities look like and yet Lansing does not invest in Black and Brown communities so that everyone is thriving.

Wake up Lansing! It is time to divest from systems of harm and invest in systems that heal. What does racial healing look like to you?

“ON THE VIRG!”

We the PEOPLE

As a child I was taught by my Italian immigrant parents to salute the American flag and be grateful to be born in America. As a student I was trained to stand and recite the pledge of allegiance. As an adult I have come to understand that America is an idea as much as a place, a journey as much as a destination. I am proud to live in a nation that puts its flaws on front street, ever striving to become a more perfect union. My love for our country is grounded not in symbols, but in the PEOPLE of our nation ... The genius, the strength, the power of America belongs with and emanates from the PEOPLE. My faith that America will overcome our many challenges is grounded in the perseverance, courage and dedication of my brothers and sisters of every race, religion, color and creed who never cease to inspire me. I am in awe of the quiet but courageous commitment I see today here in Lansing and across the nation. From the brave first responders and medical professionals who put their lives on the line daily to keep us safe in the face of a global pandemic to the citizens who are

willing to wait in line for hours just to cast their ballot in this election, Americans will not be deterred. In America, we don't pass the buck. We don't just whine and complain. We don't shirk our duty. We don't point the finger at our neighbor. The American way is ACTION. In America, the only constant is change. Our Constitution - the law of the land - had to be amended as soon as it was written, just so it could be adopted by the states. And it's been amended plenty since then - all on the road to "Justice for ALL." Since We the People make up the government here, we have no one else to blame. If it is to be, it's up to us. Here in Lansing, and across the nation, the PEOPLE are rising up, standing up, showing up, being counted. Now, more than ever, your VOTE is your voice. Be sure to be heard on or before Nov. 3rd.



Virg Benero

(Virg Bernero was the 51st Mayor of Lansing)

MAKE A PLAN TO VOTE

- ✓ Vote at Home
- ✓ Vote Early or
- ✓ Vote Nov 3rd

CHRIS SWOPE LANSING CITY CLERK
LansingVotes.com (517) 483-4131

Returning Citizens

YOU CAN VOTE!

- If you are at least 18 years old, a U.S. citizen and a resident of Michigan, **you can vote.**
- If you have a past conviction, **you can vote.**
- If you are on parole, **you can vote.**
- If you are on probation, **you can vote.**
- If you are in or out of jail waiting to be sentenced, **you can vote.**
- If you recently received or renewed a Michigan ID or driver's license, **you are registered to vote.**

If the next election is less than two weeks from the date you received or renewed your license, you must go to your local clerk's office with additional documentation in order to vote in that election. Learn more at Michigan.gov/Vote.

Check your voter information today!
 Find more information about where and how to vote at Michigan.gov/Vote or call (888) 505-MICH



My name is Paul Junge.

I served as a deputy prosecutor in a domestic violence unit and worked as a news anchor in Lansing.

Now, I'm running to represent YOU in Congress!

I will:

- Protect seniors' Social Security and Medicare!
- Preserve access to Healthcare and protections for preexisting conditions!
- Rebuild our economy and bring jobs back to the 8th District!

www.PaulJunge.com

Paid for by Paul Junge for Congress





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 October 2020 Call 517-391-4849 or email: mrpartycevs@aol.com

Ms. Diana Gomez celebrates her birth on October 1st.
 Ms. Souci Chappell celebrates her 37th birthday on October 1st, saying "Happy birthday to me! Glad to make to my 37th birthday, because someone else did not."
 Mr. Robert Lopez enjoys his 18th 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 30th birthday on October 5th, with family and friends.
 Ms. Darrilyn Moore celebrates her 38th birthday on October 5th, with family and friends.
 Ms. Latrea Milton celebrated her 30th birthday on October 5, dancing with her girls.
 Rev. Dr. Kay" Little Kay" Porter celebrates her 63rd 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 celebrates his birth with a barbecue party.
 Ms. Rhonda Christian celebrates her 40th 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 49th" birthday on October 8th, just chilling, loving life.
 Master Lavell Goins enjoys his 11th 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 49th birthday on October 9th.
 Ms. Enisa Nevaeh (Brown) Thomas enjoyed her 19th birthday on October 10th, celebrating with her mother Donecia, her uncle LaMonti and friends. "We love each other forever!!!"
 Ms. Amy White celebrates her 50th birthday on October 10th, with family and friends.
 Mr. Lawrence Hodge celebrates his 57th birthday on October 11th.
 Mr. Kion Bates celebrates his 44th 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 18th birthday on October 12th, with family and friends. Aunt T.T. loves you, my beautiful big girl!!!
 Ms. Amanda Smith celebrates her 36th 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 64th 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 37th 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 72nd birthday on October 17th, with family and friends.
 Ms. Tanisha Jefferson celebrates her 37th birthday on October 18th, with family and friends.
 Ms. Meredith Mertz enjoys her 34th 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 48th birthday on October 18th.
 Ms. Liza Leal celebrates her 51st birthday on October 18th.
 Mr. Eugene Allen celebrates his 74th birthday on October 19th, with family and friends.
 Ms. Mya Douse enjoys her 24th 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 12th birthday on October 24th.
 Mr. Eric McClinton celebrates his 21st birthday on October 24th with family and friends.
 Ms. Tamese Vinsom celebrates her 43rd 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 64th birthday on October 26th.
 Ms. Melissa Robinson celebrates her 40th birthday on October 26th.
 Ms. Jonna David enjoys her 44th birthday on October 27th, with family and friends.
 Mr. Karlton Gilmore enjoys his 50th birthday on October 27th.
 Ms. Renita McAbee celebrates her birthday on October 28th.
 Ms. Kelly Glynn celebrates her 53rd birthday on October 28th, with family and friends.
 Ms. Doris Redmond celebrates her 36th birthday on October 28th, she says; "Thank You, Jesus for one more year!"
 Ms. Angela Pruitt celebrates her birthday on October 28th - Happy 33rd!
 Ms. Lori Wright celebrates her 53rd birthday on October 29th.
 Mr. Sovran Brown, Army Soldier, celebrates his 28th birthday on October 29th, with family and friends and new Baby Girl.
 Sir Paris Leek enjoys his 17th 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 27th 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 60th to my mom Simona Barber, I love you; wish you a happy birthday and many more to come. Love always, Souci Chappell

***Anniversaries**

Mr. Ray and Mrs. Melody Kurtis, blissfully celebrated their wedding anniversary on September 30th, loving life!!!
 Mr. Shawn and Mrs. Donel Martin, lovingly celebrated their 16th wedding anniversary on October 2nd

***Announcements**

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: mrpartycevs@aol.com

Please send the information about you, your family or friends celebrating the Events of Life: Celebration Announcements



Hey... Lansing School District Parents!

Collaborate with administrators and teachers during our personal enrichment courses to help us create a positive culture and predictable climate for our students. We will give you strategies for promoting social, emotional and academic achievement and connect you to community resources.

Upcoming Parent University Courses

IEPs ad 504 Plans, What's the Difference?
 October 27, 2020 5:30 - 6:30 p.m.

"I Don't Understand My Child's Homework!"
 November 10, 2020 5:30 - 6:30 p.m.

Helping Your Student Work Through Conflict Restoratively
 November 11, 2020 5:30 - 7:00 p.m.

Culturally Responsive Positive Behavioral Supports and Discipline Protocols
 November 17, 2020 5:30 - 6:30 p.m.

"How Can I Get Involved at School?"
 December 1, 2020 5:30 - 6:30 p.m.

Supporting Children Through Grief and Loss
 December 15, 2020 5:30 - 6:30 p.m.

Sign up now! www.lansingschools.net/parentu



Questions? Call (517)755.2800!
www.lansingschools.net



Sheila Marie McGlown
 Breast Cancer Survivor Advocate Warrior
 Recently featured in 'O' Magazine
 United States Air Force Veteran
 Join us for an intimate conversation
 Free Registration: www.tiny.cc/CADZA
 Thursday, October 22, 2020 6PM

MSU's Home Season Opener versus Rutgers

By Ernie Boone
 EAST LANSING - All 70,000 plus fans who were expected to fill Spartan Stadium to start the 2020 football season will be able to share the best seats in the house at noon Saturday October 24 when the Spartans kick off against Rutgers. They'll be warm and dry regardless of the weather in front of televisions in living rooms, man caves, sports bars etc. throughout the nation.

There will be only a handful of player and coach family members in the stands. The rest of the viewers will be tuned to the Big Ten Network's broadcast.

Such scenes will be repeated throughout Big Ten Country as the conference follows through on its decision to prohibit fan attendance at all contests this season which features only conference competition.

The game will mark the debut of new Spartan coach, Mel Tucker, who takes over for the retired Mark Dantonio who relinquished the Spartan job after posting back-to-back 7-6 seasons. There will also be no tailgating allowed on the MSU campus this season.

It will be the first of four home games in the Spartans' 8-game season.

The Spartan schedule is as follows:

- Oct. 24 RUTGERS
- Oct. 31 at Michigan
- Nov. 7 at Iowa
- Nov. 14 INDIANA
- Nov. 21 at Maryland
- Nov. 28 NORTHWESTERN
- Dec. 5 OHIO STATE
- Dec. 12 at Penn State

***Dec. 19 Big Ten Championships**

Fans have an opportunity to make a virtual appearance in the stadium, however, by purchasing cutouts to be placed in the stands for television viewers. MSU will place cutout photos of fans in the stands for a price. Cutouts placed on the side-



Spartan Stadium picture courtesy of www.msuspartans.com

lines and may be purchased with prices ranging from \$50.00 for students and Jr. Spartans, \$55.00 for season ticket holders and \$75.00 for the general public. Having had only one full contact scrimmage with two weeks left before the opener, the team remains a big fat question mark with quarterback being the obvious major mystery. Tucker has declared the competition for the start at that key position to be wide open as MSU seeks a replacement for departed three-year leader, Brian Lewerke. At the moment, junior Rocky Lombardi, sophomore Payton Thorne and red shirt freshman, Theo Day, are locked in a tight battle with each getting equal reps in practice and no depth chart likely to be revealed until the opener.

GO GREEN!

GO WHITE!

VOTING IN MICHIGAN HAS NEVER BEEN EASIER



YOU CAN VOTE IN THE 2020 ELECTION
FOR PRESIDENT TODAY



To learn about your
voting options, go to
iWillVote.com/MI.



For help voting,
call our hotline:
1.833.MI.VOTES
(833.648.6837)

Paid for by the Michigan Democratic State Central Committee.
www.MichiganDems.com. Not Authorized by any Candidate or Candidate Committee.



IF THIS IS UNCOMFORTABLE... IMAGINE THIS.

Wearing a mask, washing your hands and social distancing helps protect everyone from COVID-19. By not wearing a mask, you could now be fined or denied entry to public places.

So mask up, Michigan. Together we can slow down COVID-19.

Learn more at Michigan.gov/MaskUp.

