

MICHIGAN BULLETIN

Celebrating **25** Years

Vol. XXVII No. 15

October 1-15, 2021

The 411 KEEPING THE DREAM ALIVE

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31ST ANNUAL KUNTA KINTE HERITAGE FESTIVAL



The Clones of Funks performs on Saturday, September 26, 2021 at the 31st Kunta Kinte Fest on the City Dock in Annapolis, MD. The Event also celebrated the 100 birthday of Author, Alex Hailey-stature Rt. Pictured with MJ, MB Publisher. Photos by Sean White and Marcus Jefferson.

BREAST CANCER AWARENESS MONTH SPECIAL EDITION



Breast Cancer Causes and Risk Factors

The precise causes of breast cancer are unclear, but we know the main risk factors. Still, most women considered at high risk for breast cancer do not get it, while many with no known risk factors do. The main risks are being older and having breast cancer in your family. The risk goes up for women with certain types of benign breast lumps and for women who have had ovarian cancer. And if you've had breast cancer, you can get it again.

What Are the Chances of Getting Breast Cancer?

In 1940, the lifetime risk of a woman developing breast cancer was 5%. Now the risk is about 12%. In about half of the cases, the woman has no known risk factors.

Risk Factors You Can't Change

Being a woman. Men can get breast cancer too, but it's 100 times more likely to affect women.

History of breast cancer. A woman who has had cancer in one breast, such as ductal carcinoma in situ (DCIS) or invasive breast cancer, is three to four times likelier to develop a new breast cancer, unrelated to the first one, in either the other breast or in another part of the same breast. This is different than a recurrence of the previous breast cancer.

Age. Your risk goes up as you age. About 77% of women diagnosed with breast cancer each year are over 50, and more than 40% are 65 and older.

In women ages 40 to 50, there is a 1 in 68 chance of developing breast cancer. From 50 to 60, that goes up to 1 in 42. From 60 to 70, it's one in 28. And in women 70 and older, it's 1 in 26.

Direct family history. Having a mother, sister, or daughter ("first-degree" relative) with breast cancer puts a woman at higher risk. It's even greater if this relative developed breast cancer before 50 and had cancer in both breasts.

Having one first-degree relative with breast cancer roughly doubles your risk, and having two first-degree relatives triples your risk. Having a male blood relative with breast cancer will also increase the risk.

Genetics. About 5% to 10% of breast cancer cases are inherited. Carriers of alterations in either of two genes, called BRCA1 or BRCA2, are at higher risk. Women with an inherited alteration in the BRCA1 gene have a 72% chance of developing breast cancer by the time they're 80. There's a 69% chance that a woman with an inherited alteration in the BRCA2 gene will get breast cancer by that age.

Dense breasts. Your breasts are a mix of fatty, fibrous, and glandular tissue. Dense breasts have more glandular and fibrous tissue and less fat. A woman with dense breasts is 1.5 to 2 times more likely to get breast cancer.

Breast lesions. Having atypical hyperplasia (lobular or ductal) or lobular carcinoma in situ increases a woman's breast cancer risk by four to five times.

Distant family history. This refers to breast cancer in second- or third-degree relatives such as aunts, grandmothers, and cousins.

Previous abnormal breast biopsy. Women with earlier biopsies showing any of the following have a slight increased risk: fibroadenomas with complex features, hyperplasia without atypia, sclerosing adenosis, and solitary papilloma.

Reproductive history. The more estrogen your body has made over time, the higher your risk. Getting your period before age 12, starting menopause after age 55, and never being pregnant raise your lifetime exposure to estrogen and breast cancer risks.

Radiation treatment. If you had radiation treatment to your chest before age 30, usually as treatment for cancers such as lymphoma.

Other cancer in the family. If a family member had ovarian cancer before age 50, your risk is increased.

Heritage. In the U.S., white and African-American women are more likely to get it than Hispanic, Asian/Pacific Islander, and Native American women.

Exposure to diethylstilbestrol (DES). Many women received this drug between 1940 and 1971 to prevent miscarriage. If you or your mother got it, your odds of breast cancer go up.

Risk Factors You Can Change

Weight. Being overweight after menopause increases your odds.

Drinking alcohol. Alcohol is linked to breast cancer. Compared with nondrinkers, women who drink one alcoholic drink a day have a very small increase in risk, and those who are moderate drinkers (2 to 3 drinks a day) have about a 20% higher risk.

Hormone replacement therapy (HRT). Long-term use of estrogen and progesterone increases the risk of breast cancer. This risk seems to go away if you've stopped using them for 5 years or longer. Article and picture courtesy of Web MD.



WE SAY YES TO MICHIGAN

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News, Views & Commentary

A new era begins

MSU College of Music celebrates ribbon cutting of new and finely-tuned facilities



Pictured above MSU's College of Music state of the art facility Billman Music Pavilion

EAST LANSING, Mich. – The MSU College of Music officially realized a dream come true by cutting the ribbon on the [Billman Music Pavilion](#)—a state-of-the-art facility, purpose-built for music study, practice, and performance. On Friday, Oct. 1, the College celebrated the expansion and improvement of College facilities and included a music-filled open house.

Crews completed much of the pavilion construction in the spring of 2020, but the pandemic caused delays in the celebration. The pavilion first opened to students and faculty in the fall of 2020 under COVID-19 safety protocols. This fall was the first opportunity to celebrate with students, faculty, donors, and members of the MSU and surrounding community.

“With the opening of the spectacular Billman Pavilion including renovated spaces in the Music Building, the College of Music students and faculty enter a new era which greatly enhances learning and collaboration as well as health and wellness,” said [James Forger](#), dean of the College of Music. “The advanced recording, video, and technical capabilities open new curricular possibilities and ways to effectively communicate our considerable strengths far and wide. We are poised to rocket forward.”

More than 600 people attended the ribbon cutting ceremony in front of the College of Music facilities at 333 W. Circle Drive on MSU’s campus. With opening music provided by the Spartan Jazz Quintet and the MSU Wind Symphony, the ceremonial part of the day included remarks from Forger, faculty, and student representatives, MSU Board of Trustees member [Melanie Foster](#), MSU President [Samuel Stanley Jr., M.D.](#), and the named benefactor of the pavilion, Dr. James K. Billman, Jr.

After years of planning, the College led a successful fundraising campaign. Billman, numerous more major donors, and many in the greater community—including over 80% of College of Music faculty and staff, understood the need and made generous gifts to support the construction of the student-focused facility. The \$41.5 million project set a goal of \$17.5 million privately raised dollars with the remainder provided by the University. The total raised from private donors topped \$17.8 million.

The Billman Music Pavilion consists of 37,000-square feet of new space with 8,500-square feet of renovated space. One of the most significant benefits of the Billman Music Pavilion is the 40% increase in overall facilities. Enhanced or new spaces include those for individual and group practice, chamber music, large ensembles, opera, jazz, student networking and gathering, streaming and recording, scholarly research and presentation, and live audience performance. In addition, the facility has 45 new practice rooms and multi-functional spaces that include four new rehearsal halls, two new performance spaces, and two large classrooms.

The College of Music began incremental facility improvements with the renovations of Cook Recital Hall in 2013 and Fairchild Theatre in the MSU Auditorium in 2014. Each included dramatic acoustic and design updates. The same design and build teams from those projects joined forces with faculty-led committees to create a plan for the Billman Music Pavilion, and renovations started in June 2018.

The enhanced facilities ensure a 21st-century learning environment for all music students while celebrating the history of the original 1939 building constructed through the Works Progress Administration. The physical transformation helps the College grow leading-edge programs, attract and retain talent, and strengthen the College’s position on national and world stages. The College boasts prominent programs in instrumental and vocal performance, jazz, conducting, music education, composition, music history, music theory, and studies in entrepreneurship and career readiness.

The state-of-the-art facility attaches to the façade of the current Music Building and integrates with the classic exterior style of MSU’s north campus. The Lansing-based [Christman Company](#) served as construction manager. [Bora Architects](#) from Portland, Oregon, collaborated with faculty to ensure the design conformed to teaching and performance needs. [TMP Architecture](#) of Bloomfield Hills, Michigan, added their expertise. Acousticians [Kirkegaard Associates](#) of Chicago, Illinois, brought advanced artistic and scientific understanding to deliver sound-sensitive construction based on floor thickness, shape and height of rooms, and materials and systems between walls.

The overall result is a quiet, protected environment for interactive classwork, practicing, rehearsing, recording, and performing that aids students in preparing and building successful careers. Flexible, “right-sized,” and artistically and scientifically advanced, the new and renovated spaces are poised to meet the needs of nearly 70 full-time faculty, 600 full-time students working on music degrees, and about 2,000 additional students participating in ensembles and classes.

“I have said and still believe that while our music students and faculty do great things using what they have, they deserve a better place to rehearse, to teach, and to study,” said Billman, a 1968 Natural Science and Honors College graduate of MSU and member of the College of Music National Leadership Council. “It is beyond words how happy I am to see this facility open and available for everyone. It is a beautiful space.”

Private gifts play a vital role in our ability to maintain and enhance the quality of the programs we offer. Donations support student scholarships, fellowships, program endowments, instrument acquisitions, guest artists, outreach activities, operations, and many other crucial areas that make the College of Music an exemplary place of learning. If you are interested in making a gift, please contact the Development Office at (517) 353-9872. Article and picture courtesy of MSU Department of Music.

POETREE-N-MOTION



The TV Talk Show highlighting and promoting OUR community...with your host, Dee Freeman Watch PNM...
Airs in Lansing on Comcast channel 16...
Wednesday at 6:00 PM and Friday at 4:30 PM

Airs in East Lansing on Comcast channel 30...
Daily at 9:30 AM, 4:30PM and 6:30PM

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And EDITORIALS for deep concentration

POETREE-N-MOTION

CAN I SPEAK TO YOU?

© Dee Freeman 2021

Can I speak to you?
Again?... You say
Yes! Again and again and again...
Maybe even every day

I have an urgent need to speak...
Please let me
This is one of the rights I seek

You question my need to conversate,
Yet, I know compassionate words
Carry a lot of weight

I speak out for those who have no voice
I speak to gain an elusive freedom of choice
I speak to make you aware of our basic need
I speak to have you see
We too, deserve to be heard...Indeed

This mindset to speak out... is so freeing
Reaching the consciousness of humanity
Is the ultimate change I am needing

Changing attitudes to suppress my need to be heard...
Only fuels my desire to speak
Speaking Power and Energy into my every word

So, I say to you... There's a newness in the air
Condemning bigotry...
Condemning hate and even despair

This cohesive wave of thoughts of hope for humanity
Has boosted my longing for rolling billows of unity
In this...a nation of so many possibilities, so much promise
I beseech God and speak Destiny to this desired wish

You may not need to come along
On our bumpy road of change,
Yet, I feel the urgency to speak this truth
Again, again, and again!


So, listen up or shut me out...
Though I tell you true
Change IS coming...without a doubt!

It will shower down like the blizzard
Or enormous snowstorm
Though it's covering effect on us
Will lift spirits... Never causing harm

This CHANGE will flow through minds
And gush through the hearts of all,
Blanketing those in its wake
With this humbling reframe, that I'll just call
Kindness Unity Togetherness
Or maybe... Just maybe... LOVE!!!


May I say something else?
Speaking that change through myself!
From deep within my core
I love you and you...ALL the more!!!!

POETREE-N-MOTION



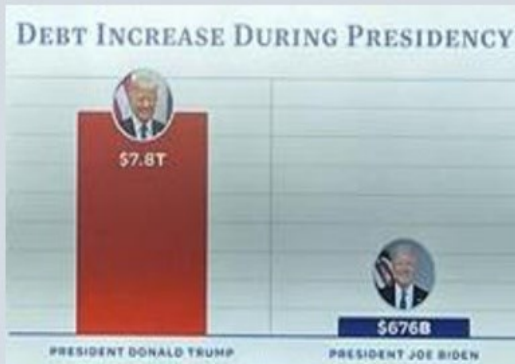
CONNECTED SOUL II SOUL: ARE THESE MEN FOLLOWING JESUS? 10052021

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



BE STILL AND YOUR SOUL WILL SPEAK

⁵⁴Surely, this is the Son of God." Matthew 27: 54 The Supernatural Bible



Dear One, there seems to be a convergence of true and false information from politicians and preachers/pastors, causing such a stir of confusion, concerns, and conflict in the general population. I read today that Pope Francis has placed Cardinal Rainer Woelki, the Archbishop of Cologne in Germany, on a six-month spiritual sabbatical. Woelki failed to hold clergy in his archdiocese

accountable after being implicated in the Catholic Church's ongoing child sexual abuse scandals. Here's the kicker in March 2022, Woelki will return to his post and continue to be responsible for managing some of the same clergy members. According to the Journal du Dimanche paper, at least 3,000 pedophiles out of 115,000 priests and religious officials have been working within the ranks of the French Catholic Church since 1950 to abuse 300,000 minors sexually. Jesus, no wonder that we need you and need to KNOW who you are for ourselves and worship you alone.

Then, I heard on Right-Wing Watch that Tony Spell, a Louisiana megachurch pastor made national headlines when he refused to close his church during the pandemic lockdown – even after his parishioners started dying from COVID. He also accuses all foremost religious leaders of being on the take and subject to be controlled by the Antichrist and offering that New York Gov. Kathy Hochul "may be a man." I am horrified to write what he said about the LGBTQIA community. Even more troubling are the thousands upon ten-thousands of people who believe and follow him instead of following Christ.

Hundreds of legislatures quietly change the rules to make it difficult for many to vote and fight against President Bidon's Build Back Better Act to lower healthcare costs. The familiar cry is that our President is adding too much to the debt.

Thank God, I am no judge about who's serving God. But I have a question: are these male ministers, priests, and religious officials also sons of God?

Please subscribe on YOUTUBE: <https://www.youtube.com/watch?v=NxWj1vnFIQ0>
We are also on FACEBOOK at: <https://www.facebook.com/famveterans>



By Mr. Party, The Ambassador of Celebration

Celebration Announcements

*Tribute: Mr. Tony E Taylor
Oct. 3, 1941 - July 20, 2017
Creator of Mr. Party marketing concept August 1985
C.A. column September 2006*

Birthdays in October 2021

- Ms. Diana Gomez celebrates her birth on October 1st.
- Ms. Souci Chappell celebrates her 38th birthday on October 1st, saying "Happy birthday to me! Glad to make to my 38th birthday, because someone else did not."
- Mr. Robert Lopez enjoys his 19th 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 31st birthday on October 5th, with family and friends.
- Ms. Darrilyn Moore celebrates her 39th birthday on October 5th, with family and friends.
- Ms. Latrea Milton celebrated her 31st birthday on October 5, dancing with her girls.
- Rev. Dr. Kay "Little Kay" Porter celebrates her 64th birthday on October 6th, also a new Pastoral assignment, with Family and friends, 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 41st 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 50th" birthday on October 8th, just chilling, loving life.
- Master Lavell Goins enjoys his 12th 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 50th birthday on October 9th.
- Ms. Enisa Nevaeh (Brown) Thomas, enjoying her 20th birthday on October 10th, after celebrating the birthday of her Mother, Donecia and Granddad, Luther, along with her's by a trip to visit Family. "We love each other forever!!!"
- Ms. Amy White celebrates her 51st birthday on October 10th, with family and friends.
- Mr. Lawrence Hodge celebrates his 58th birthday on October 11th.
- Mr. Kion Bates celebrates his 45th 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 19th birthday on October 12th, with family and friends. Aunt T.T. loves you, my beautiful big girl!!!
- Ms. Amanda Smith celebrates her 37th 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 65th 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 38th 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 73rd birthday on October 17th, with family and friends.
- Ms. Tanisha Jefferson celebrates her 38th birthday on October 18th, with family and friends.
- Ms. Meredith Mertz enjoys her 35th birthday on October 18th, celebrating with family. She says, "I love Life, for it's so amazing!"
- Ms. Kim Walker celebrates her 49th birthday on October 18th.
- Ms. Liza Leal celebrates her 52nd birthday on October 18th.
- Mr. Eugene Allen celebrates his 75th birthday on October 19th, with family and friends.
- Ms. Mya Douse enjoys her 25th 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 13th birthday on October 24th.
- Mr. Eric McClinton celebrates his 22nd birthday on October 24th with family and friends.
- Ms. Tamese Vinsom celebrates her 44th 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 has the pleasure of celebrating her 65th birthday on October 26th.
- Ms. Melissa Robinson celebrates her 41st birthday on October 26th.
- Ms. Jonna David enjoys her 45th birthday on October 27th, with family and friends.
- Mr. Karlton "Fri" Gilmore enjoys his 51st birthday on October 27th.
- Ms. Renita McAbee celebrates her birthday on October 28th.
- Ms. Kelly Glynn will celebrate her 54th birthday on October 28th, with family and friends.
- Ms. Doris Redmond celebrates her 37th birthday on October 28th, she says; "Thank You, Jesus for one more year!"
- Ms. Angela Pruitt celebrates her birthday on October 28th - Happy 34th! Ms. Lori Wright celebrates her 54th birthday on October 29th.
- Mr. Sovran Brown, Army Soldier, celebrates his 29th birthday on October 29th, with family, friends and new Baby Boy. Congratulations! Thank You for Your Service!!!
- Sir Paris Leek enjoys his 18th 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 28th 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 61st 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 17th 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](https://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: mrpartycserv@aol.com

Please send the information about you, your family or friends celebrating the Events of Life: **Celebration Announcements**
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READ THE MICHIGAN BULLETIN

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Vote at Home

- For quickest delivery, request your ballot online at www.michigan.gov/vote

Vote Early or

- Ballots are now available fore In-Person, Early Voting!
- Clerk's Election Unit - 2500 S Washington Ave, Open M-F 8-5, Wed 8-7
- City Hall - 9th Floor - 124 W Michigan Ave, Open 8-5 M-F

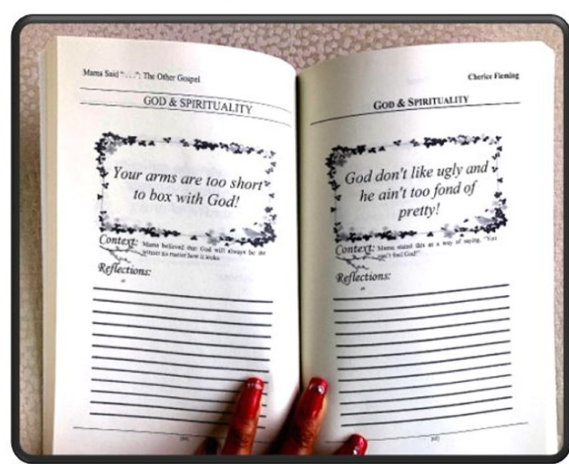
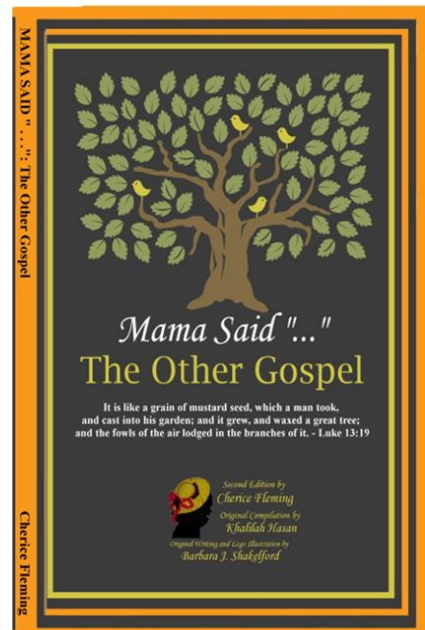
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WHY DID WE GET VACCINATED?

“BECAUSE WE’RE READY TO GET BACK TO NORMAL.”

FRAZIER & CINDITA C. OF CANTON, MICHIGAN

The COVID-19 vaccine will help us get beyond this pandemic.

There are so many things Cindita and Frazier missed in the last year: celebrating big holidays, going to movies, being with friends and family. They hunkered down in the house, life just stopped. They saw firsthand how COVID took away strong, vibrant lives. Which is why they believed it was so important to get vaccinated to get back to normal.

The vaccines have been tested for safety and are trusted by doctors. Find your vaccine at Michigan.gov/COVIDvaccine. Call 211, or text your zip code to 438829.



CITY OF LANSING

HUMAN RELATIONS & COMMUNITY SERVICES DEPARTMENT
KIMBERLY A. COLEMAN, DIRECTOR: 517.483.4477

Andy Schor, Mayor

Let's Share the Warmth!
OCTOBER 11TH - NOVEMBER 10TH

COAT DRIVE



DROP OFF LOCATIONS INCLUDE:

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- Foster Community Center: 200 N. Foster Avenue
- Gier Community Center: 2400 Hall Street
- Schmidt Community Center: 5825 Wise Road
- Letts Community Center: 1220 W. Kalamazoo Street

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Learn more by visiting: lansingmi.gov/hrcs or call: 517.483.4477



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