

MICHIGAN BULLETIN

Celebrating 25 Years

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September 16-31, 2021

R.I.P. TYRONE DAVAL DABNEY 1965-2021



PROSTATE CANCER SPECIAL EDITION



Patient-Doctor consult-photograph courtesy of www.bing.com

R.I.P. KAREN FREEMAN 1956-2021



Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly. Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

Symptoms

Prostate cancer may cause no signs or symptoms in its early stages. Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- Bone pain
- Losing weight without trying
- Erectile dysfunction
- When to see a doctor

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

Causes

Prostate gland

It's not clear what causes prostate cancer.

Doctors know that prostate cancer begins when cells in the prostate develop changes in their DNA. A cell's DNA contains the instructions that tell a cell what to do. The changes tell the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die.

The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. In time, some abnormal cells can break away and spread (metastasize) to other parts of the body.

Risk factors

Factors that can increase your risk of prostate cancer include:

Older age. Your risk of prostate cancer increases as you age. It's most common after age 50.

Race. For reasons not yet determined, Black people have a greater risk of prostate cancer than do people of other races. In Black people, prostate cancer is also more likely to be aggressive or advanced.

Family history. If a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2) or a very strong family history of breast cancer, your risk of prostate cancer may be higher.

Obesity. People who are obese may have a higher risk of prostate cancer compared with people considered to have a healthy weight, though studies have had mixed results. In obese people, the cancer is more likely to be more aggressive and more likely to return after initial treatment.

Complications

Complications of prostate cancer and its treatments include:

Cancer that spreads (metastasizes). Prostate cancer can spread to nearby organs, such as your bladder, or travel through your bloodstream or lymphatic system to your bones or other organs. Prostate cancer that spreads to the bones can cause pain and broken bones. Once prostate cancer has spread to other areas of the body, it may still respond to treatment and may be controlled, but it's unlikely to be cured.

Incontinence. Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have; how severe it is and the likelihood it will improve over time. Treatment options may include medications, catheters and surgery.

Erectile dysfunction. Erectile dysfunction can result from prostate cancer or its treatment, including surgery, radiation or hormone treatments. Medications, vacuum devices that assist in achieving erection and surgery are available to treat erectile dysfunction.

Prevention

You can reduce your risk of prostate cancer if you:

Choose a healthy diet full of fruits and vegetables. Eat a variety of fruits, vegetables and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health.

Whether you can prevent prostate cancer through diet has yet to be conclusively proved. But eating a healthy diet with a variety of fruits and vegetables can improve your overall health.

Choose healthy foods over supplements. No studies have shown that supplements play a role in reducing your risk of prostate cancer. Instead, choose foods that are rich in vitamins and minerals so that you can maintain healthy levels of vitamins in your body.

Exercise most days of the week. Exercise improves your overall health; helps you maintain your weight and improves your mood. Try to exercise most days of the week. If you're new to exercise, start slow and work your way up to more exercise time each day.

Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, add more exercise and reduce the number of calories you eat each day. Ask your doctor for help creating a plan for healthy weight loss.

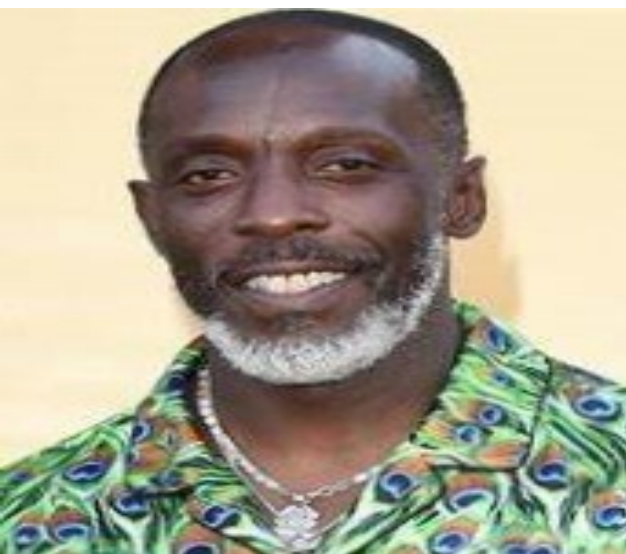
Talk to your doctor about increased risk of prostate cancer. If you have a very high risk of prostate cancer, you and your doctor may consider medications or other treatments to reduce the risk. Some studies suggest that taking 5-alpha reductase inhibitors, including finasteride (Propecia, Proscar) and dutasteride (Avodart), may reduce the overall risk of developing prostate cancer. These drugs are used to control prostate gland enlargement and hair loss.

However, some evidence indicates that people taking these medications may have an increased risk of getting a more serious form of prostate cancer (high-grade prostate cancer). If you're concerned about your risk of developing prostate cancer, talk with your doctor. Article courtesy of the Mayo Clinic staff.

Among black men, 19% — nearly one in five — will be diagnosed with prostate cancer, and 5% of those will die from this disease.



R.I.P. MICHAEL K. WILLIAMS 1966-2021



R.I.P. "YNT JUAN" BAUTISTA GARCIA 2004-2021



KEM AND LOOSE ENDS AT THE ARETHA!!



Kem and the group Loose Ends performed to a packed house on August 28, 2021 at the Aretha Franklin Amphitheater in Detroit, Michigan. Pictured Lt. to Rt. Kem and female member of Loose Ends. Photo by Bill McClain

PLACES TO GO AND THINGS TO DO

Thinking of a vacation within the United States? Try Charlotte's University Hilton on the Boardwalk.

Hilton Charlotte University Place offers a tranquil lakeside escape near UNC Charlotte and the area's best shopping destinations. Whether you're here for business or leisure, you'll appreciate our lakeside location just 15 miles from the Charlotte Douglas International Airport. Dine lakeside at our on-site Edgewater Bar and Grille and enjoy stunning lake views from many of our guest rooms and meeting rooms. You will be amazed at all of restaurants, shops and stores that are in walking distance from the hotel.



Wedding couple at the Hilton picture by Tina Pettigrew



Boardwalk below the Hilton Hotel University Place in Charlotte, NC picture by Marcus Jefferson

NEW
AUGUST 23

**POWER UP
YOUR FUN!**

POWERBALL
DOUBLE PLAY[®] // POWERPLAY

**DOUBLE PLAY - A 2ND SET
OF WINNING NUMBERS**

NOW DRAWS MON WED SAT

Powerball is getting even better. The addition of Monday draws means a third draw to *light up* your week. And the new Double Play feature gives players a 2nd set of winning numbers each night and a guaranteed *sizzling* top cash prize of \$10 million.

That's double the chances to win, three *dazzling* nights a week.

Plug into Powerball today!

DOUBLE PLAY - \$1 MORE PER PLAY
POWERBALL DRAW AT 10:59 PM, DOUBLE PLAY DRAW AT 11:40 PM



Power Play increases non-jackpot prizes only and does not apply to Double Play prizes. Odds of winning Powerball/
Double Play: 0+1: 1 in 39; 1+1: 1 in 92; 2+1: 1 in 702; 3+0: 1 in 580; 3+1: 1 in 14,495; 4+0: 1 in 36,526; 4+1: 1 in 913,130;
5+0: 1 in 11,688,054; 5+1: 1 in 292,201,338. Overall odds of winning: 1 in 25.
Knowing your limits is always the best bet. Call the Michigan Problem Gambling Helpline for confidential help at 1-800-270-7117.





The Turning Point
of Lansing

TPOL IS A 501 (C)(3) TAX-EXEMPT, NON-PROFIT ORGANIZATION
FOR MORE INFORMATION: 517-336-0677

JOIN US AT OUR

KICKOFF MEETING

SUNDAY, SEPTEMBER 19TH @ 4-5:30 PM

Overview of the mentoring program and meet the Elders

Harry Hill Vocational Center, Auditorium
5825 Wise Rd., Lansing, 48911

ALL ATTENDEES ARE REQUIRED TO WEAR MASKS. MASKS WILL BE MADE AVAILABLE.

MY FUTURE IS BRIGHT!



SAVE THE DATE

YOUNG MALES, GRADES 7-12 • PARENTS • STUDENTS • MENTORS • SPONSORS



Mr. Party
The Ambassador of Celebration™

By Mr. Party, The Ambassador of Celebration

Tribute: Mr. Tony E Taylor
Oct. 3, 191 - July 20, 2017

Creator of Mr. Party marketing concept August 1985
C.A. column September 2006

Birthdays in September 2021

Mr. Tyrone J. Feuss celebrates his 28th birthday on September 1st with family, friends and baby Girl Neveah Desiree Rose Feuss. We love you!
Master Jaiden Seiler celebrates his 15th birthday on September 1st, with family.
Mr. Henry A. Couthen celebrates his birthday on September 1st, with family and friends.
Ms. Sa'Ra Skipper celebrates her birthday on September 1st, with family and friends.
Mr. Darrell Walker celebrates his birthday on September 1st, with Wife, Meloney, family and friends.
Mr. Luther William "Mr. Party" Brown, Sr. celebrates his 69th birthday on September 1st. "My Beauty is a reflection of those I am blessed enough to spend time with!" Thank You for Your



love!!! We are happy because we laugh; celebrate your life with a smile !!!
Miss. Isabella Megan Marie Brown celebrates her 13th birthday on September 2nd, showered with love from family: Mom Amy, Dad Luther, brother Jordan, sisters Taylor and Idyanna, Grandma Joann, Nana, Grandpa Ernie and PawPaw: Luther William "Mr. Party" Brown Sr.
Ms. Jennifer Brown celebrates her birthday on September 2nd, with family and friends. Uncle Billy is so proud and loves you always!

Mr. Michael Thomas Sr. celebrates his birthday on September 2nd.
Mrs. Meloney Walker celebrated her birth on September 3, 2020, with husband, Darrell, family and friends.
Ms. Janet L. Rodgers celebrates her 53rd birthday on September 3rd.
Mrs. Earline Brown celebrates her 94th birthday on September 3rd, with family and friends; Michelle Taylor, her Granddaughter.

Ms. Deana Coiter celebrates her 53rd birthday on September 4th.
Ms. De'Zandria King celebrates her 24th birthday on September 4th.
Ms. Shantel A. Ragland celebrates her birthday on September 4th.
Mr. Hugh M. Scott Jr. celebrates his birthday on September 4th; Trinity A.M.E Church.
Mr. Fred Kirkland celebrates his birthday on September 4th, with family and friends.
Ms. Cora Johnston celebrates her birthday on September 5th.
Ms. Jinger Bair will celebrate her 46th birthday on September 5th.
Mr. Jonas Chenault Jr. celebrates his birthday on September 5th.
Mr. Robert D. Husband celebrates his birthday on September 5th with his loving wife Jackie and family; Trinity A.M.E. Church.

Mr. Steven Cory Wilder III (Trey) celebrates 9th birthday on September 5th.
MeMaw loves you, always.
Mr. Al McConnell celebrates his birthday on September 6th.
Mr. Mike Boles celebrates his 69th birthday on September 7th, with his wife of 45 years, Flora, children, family and friends. Love you, my Brother!!!
Ms. Ruby A. Frazier celebrates her birthday on September 7th. Love from her family! Trinity A.M.E. Church.

Ms. Betty J. Wilson celebrates her birthday on September 7th.
Ms. Kristen T. Colbert celebrates her birthday on September 7th.
Mr. Alonzo Mans III enjoys his birthday on September 7th.
Mr. Derrick F. Jones celebrates his birthday on September 7th.
Ms. Bernadine Lovett joyously celebrates her 65th birthday on September 8th.
Mr. Lulu Lara celebrates his 30th birthday on September 8th, with family and friends.
Mr. Jagr Dneil Williams celebrates his 19th birthday on September 8th.
Ms. Angie Hill celebrates her birthday on September 8th.

Ms. Mattie Brooks celebrates her birthday on September 8th.
Mr. Jagr Williams celebrates his 17th birthday on September 8th.
Mrs. Destiny Cook- Williams celebrates her birthday on September 9th with family and friends.
Mrs. Monica Brown celebrates her 52nd birthday on September 9th with family and friends.
Ms. Sebastiana Harrel celebrates her 37th birthday on September 10th.
Mr. Robert Manning celebrates his 34th birthday on September 11th, with his sister Patricia.
Ms. Valorie Mosley celebrates her birthday on September 11th.
Ms. Renee Laster Jones celebrates her birthday.

Ms. Bernice Kent, gone to Heaven 2018, we celebrate what would be her 101st birthday on September 12th.
Ms. Mildred H. Chenault celebrates her birthday on September 13th.
Mr. Elton L. Mitchell celebrates his birthday on September 13th.
Ms. Tina Pettigrew, celebrating her birthday on September 13th, says, "Love Today; Tomorrow is not promised!!!"
Ms. Yvette Morris celebrates her birthday on September 14th. She says, "I'm hoping myself a very blessed birthday!"

Mr. Matthew Branson celebrates his birthday on September 14th, with family and friends.
Ms. Michelle Love enjoys her birthday on September 14th, with family and friends.
Mr. John T. Buckner: remembering this Godly Man, we celebrate his Life, born on September 15th, we joyously share memories with his loving wife Myrtle and The Trinity A.M.E. Church Family.
Ms. Michelle Brown enjoys her 28th birthday on September 16th, with her one year old baby daughter, family and friends. Uncle Billy is so proud of You and loves You much!
Mr. Boom of the Hood Riders celebrates his birth on September 16th.
Ms. Dorothy Washington celebrates her birth on September 17th.

Mr. Robert Collins, my good friend, gone to Heaven, was born on September 17th.
Mr. Marky Mark, born September 18th, celebrates his birthday with family and friends.
Mr. Myron Phifer celebrates his birthday on September 19th.
Mrs. Tracy Metcalf will celebrates her birthday on September 20th, with her new husband, Marc, new son and daughter, M.J. and Gina, working her new job as a Medical assistant. "Stay as beautiful as you are, for you know you're a star... Shine on!!!"
Ms. Andrew Taylor celebrates his 93rd birthday on September 20th, with family and friends.
Ms. Brandy Branson enjoys her birthday on September 20th.

Mr. Michon Reynolds celebrates his birthday on September 20th.
Ms. Elaine Couthen celebrates her birthday on September 21st, with family and friends.
Ms. Lola V. Eaton celebrates her birthday on September 21st, with family and friends.
Mr. Jason Hough, "Happy 41st Birthday" on September 21st. Love your family!!
Attorney Charles Ford enjoys his birthday on September 22nd.
Mrs. Myrtle M. Buckner celebrates her birthday on September 23rd, remembering her loving husband John. Trinity A.M.E. Church.

Ms. Anita R. Johnson enjoys her birthday on September 23rd, with family and friends.
Ms. Theresa B. Oehmke celebrates her birthday on September 23rd.
Jo Morley (Mort) is celebrating 63 years on September 23rd.
Mr. Jarell Williams enjoys his 27th birthday on September 24th.
Mrs. Annie Geneva Jones celebrates her birthday on September 24th.
Ms. Johnnie R. Johnson enjoys her birthday on September 25th.
Ms. Destinee Hall celebrates her birthday on September 25th, with family and friends.
Mr. Clarence "C.D." Duncan enjoys his birthday on September 25th, with family and friends.
Ms. Elinor Mitchell celebrates her birthday on September 27th.
Mr. Julian Skipper enjoys his birthday on September 27th.

Ms. Sophie Clara Clark celebrates her 18th birthday on September 28th with family and friends. "Papa loves you!"
Mr. Steven Barron celebrates his birthday on September 28th, with family and friends.
Ms. Shelby Skipper enjoys her birthday on September 28th.
Ms. Antonitte Adkins celebrates her birthday on September 29th.
Mrs. Linda Walker Cole: Oh how we remember and miss her, was born September 29th; Love to her family.

Ms. Kamya Parks celebrates her 21st birthday on September 29th.
Ms. Donecia Denise Brown will enjoys her 45 birthday on September 29th, vacationing with her Daughter and Dad, celebrating their birthdays with family in New York. You are The Lady in my Life! Daddy Loves You;
GOD Bless!!!
Ms. Rita Wray celebrates her 43rd birthday on September 30th with family and friends.
Ms. Morgane A. Black celebrates her birthday on September 30th.

***Anniversaries**
Mr. Riccy and Mrs. Aisa Williams enjoy their 17th wedding anniversary on September 13th. I Love you so much; Love always!
Mr. Party Celebration Enterprises, Inc., Promoting the healthy, safe Celebration of Life, thru Fun, Valued Friendships and Pleasant Memories Everlasting; celebrating their 36th anniversary thru the months of September, October and November. Thanks to all whom have supported our business and purchased Mr. Party brand name products and services over the years. To the Best in All of Us-LOVE!!!
We don't laugh because We're happy; We're Happy because We Laugh!!!

Celebration to honor Mr. Party, The Ambassador of Celebration, November 13, 2021 at Gregory's. For tickets contact: Pretty Promotions, Lysch MaRie (517) 569-7301; email: PrettyPromotions101@gmail.com

***Announcements**
Mr. Party Website: mrpartycelebrationservice.com
Face book Page: www.facebook.com/mrparty1985 or call 517-391-4849
Celebration Gram - A Class Act: Have your special message delivered by Mr. Party.

MAKE A PLAN TO VOTE

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

Vote Nov 2nd



CHRIS SWOPE LANSING CITY CLERK

LansingVotes.com (517) 483-4131

Hiring AmeriCorps Member!

Serve your community at NorthWest Initiative and Lansing First Presbyterian Church.
Position begins November 1st, 2021 and runs through October 14th, 2022.
Stipend of \$19,000 and education award of over \$6,000 upon completion!



Read more and apply here: <http://cedamichigan.org/ameriCorps/now-hiring/>

THREE STACKS MUSIC FESTIVAL

HELLA WOLF

JELLY ROLL

DJ PAUL • **TOMMY VEXT** • **RMR**
& **THE BAD WOLVES**

BASIC • **DIAMOND JONES** • **CAM AIRBORNE** • **JOEY OCHOA** • **ANT G**

SEPT 18TH 2021 • LANSING, MI.
ADADO RIVERFRONT PARK



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.

