Vol XXVIII 17

OCTOBER 1-15, 2022

NATIONAL DENTAL HYGIENE MONTH

"2nd FRIDAYS" Couples Dancing with Sterling Armstrong at Gregory's located at 2510 N. MLK Jr. Blvd Lansing, MI 48906

OCTOBER 3, 2022 "Jazz-Tim Cunningham's **Concert and CD Release**

Party" 7:00PM at The Venue Inside the Lansing Mall next to the Regal 12 Theater, 5660 W. Saginaw Hwy for Tickets and more information go to: www. timcunningham.com

OCTOBER 9, 2022 "Diana Krall in Concert"

7:00pm Cobb Great Hall For ticket information call 1-800-WHARTON

OCTOBER 15, 2022 "DRU HILL and Dave Hol-

lister" At the Capitol Theatre located at 140 E. 2nd St. Flint, MI for tickets and additional information

are available at the box office and THEBEAT989.COM **OCTOBER 21, 2022**

"Tiempo Libre" 8:00pm Cobb Great Hall For ticket information call 1-800-WHARTON

OCTOBER 23, 2022

"The Price is Right Live" 6:00 Cobb Great Hall For ticket information call 1-800-WHARTON

NOVEMBER 30, 2022 "Harry Connick Jr. A Holiday Celebration"

7:30pm Cobb Great Hall For ticket information call 1-800-WHARTON

WHAT'S INSIDE **FRONT PAGE**

Nationa Dental Hygiene

(photos by Marcus Jefferson)



A Communication Conversation with Congressman James Clyburn and Congresswoman

Elissa Slotkin Pictured Lt. to Rt. Rep. Cyburn watches on Rep Slotkin answers questions at Mount Calvary Church in Lansing, Michigan-the event was held on Friday, September 17, 2022



Blues Fest 2022 in Old

Town

Pictured Lt. to Rt. Performer "Lady Sunshine" Michigan Bulletin Publisher, Marcus Jefferson and Blues Fest Performer, "Lady



Everyone loves a clean mouth, rght? And we think keeping that mouth of yours clean on the regular is worth celebrating. In fact, we think it's worth celebrating not just for a day, but for an entire month; hence, the recognition of the month of October as National Dental Hygiene Month. This month is dedicated to promoting healthy mouths all across the country, and celebrating the hard work your favorite dental hygienist does to keep your pearly whites squeaky

HOW TO OBSERVE NATIONAL DENTAL HY-**GIENE MONTH**

Floss Every Day

Much controversy exists around flossing, but we are here to tell you (with the advice of den-

tists backing us) that flossing is something you should be doing every day. There are things that brushing just can't take care of, and that's where flossing comes in.

Brush Twice a Day for Two Minutes Brushing your teeth twice a day doesn't only help battle morning breath and that lingering gross taste in your mouth, it also helps reduce the chances that you will develop gum disease. So every morning and every night, squeeze that toothpaste onto your toothbrush and get brush-

Another thing that people think is optional with oral hygiene is mouthwash. But, according to dental hygienists, it shouldn't be. Aim to make

ing, for two solid minutes.

Rinse With Mouthwash

rinsing with mouthwash a regular occurrence after you brush and floss. This antimicrobial rinse will help keep your mouth clean and will do wonders for your breath.

4 STEPS FOR PROPER BRUSHING TECH-NIQUE

Get the right angle

For the most effective brushing, tilt the brush at a 45-degree angle.

Get the motion down Gently move the toothbrush back and forth. Be

careful not to be too rough! Cover all surfaces

Get inside, outside, top, bottom, and everywhere in between. Don't forget the tongue

Loads of bacteria lives on your tongue so make sure you remember to brush that. Bonus points

for frésher breath, too. WHY NATIONAL DENTAL HYGIENE MONTH IS

IMPORTANT It encourages oral health

No one likes a dirty mouth, especially when it's your own. Keeping your oral health on track is a great way to keep bacteria at bay. Without proper dental hygiene, you put yourself at risk of developing issues such as tooth decay and gum

disease. It celebrates the hard-working hygienists With over 200,000 dental hygienists in the United States, this holiday is the perfect opportunity to celebrate the work that these fabulous people do to keep our mouths happy and healthy.

It's an excuse for a new toothbrush. Admit it. New toothbrushes are fun — for a while. Most dentists recommend soft bristles, but make sure you check in with your dental professional to see what's best.

Young Software Engineer Launches Successful Black-Owned Plant-Based, Vegan



Meet Dianna King, a software engineer and food connoisseur from Atlanta, Georgia, who is also the co-founder and CEO of Eat UNrestricted, one of few wanted to harness her skills and talents to make lines of plant-based vegan cheese products owned by an African American woman.

As hundreds of thousands of people switch to plant-based diet plans, vegan cheese is occupying a large portion of the overall vegan product sales. According to research conducted by Future taneously through the dual enrollment program Market Insights, the demand for vegan CPG is enormous while the supply cannot catch its rapidly growing popularity.

Diane says that she wants to tackle this issue with her brand which is dedicated to providing the best quality products for veganism enthusiasts, people with food allergies, and anyone who wants to improve their health.

A graduate of Georgia Institute of Technology with a bachelor's degree in electrical engineering, Dianna's profession lies in engineering, but she says that she was a food connoisseur before anything else. She says that a good part of the inspiration behind founding Eat UNrestricted is to a vegan foodie could want while Chef's Favorite present actionable solutions to the rising demand Vegan Mushroom Melt is, true to its name, one

for healthy, quality vegan products. Her qualities as a leader shone from an early age, and she

an impact: She comments, "I am an electrical engineer by trade. However, I have always been an entrepreneur and foodie. I remember founding the first physics class at my community college during my Dianna says that she became a vegan when time as a high school and college student simuloffered by my local college. My parents were also leaders and showcased it daily as entrepreneurs in the entertainment industry."

From plain Mac and Cheese kits, over Chipotle Mac and Cheese, to Better Cheddar sample packs, Eat UNrestricted is committed to bringing quality, tasty food to American consumers at bargain prices.

Aside from offering pre-made vegan products, Dianna's Eat UNrestricted also offers a range of popular vegan recipes, and the list keeps growing. Erica's Vegan Sausage Hamburger Helper is widely acclaimed as one of the heartiest dishes

of the go-to recipes professionals turn to during

special occasions. She says that she promised herself that she would start a plant-based food business after graduating. Her dreams came true after long periods of hard work and Eat UNrestricted came to enrich the American vegan product market. veganism trends were not as trendy as today. As someone who has a family history of cancer, she does not want to see anyone else go through the pain of losing a family member because of the lack of local vegan shops. She comments, "I have a family history of cancer, and it has inspired me to make the change to a vegan diet in June 2016. However, plant-based foods were not accessible and popular during that time. I couldn't help but feel that if plant-based foods were more accessible in my community, I could have potentially saved my father and many more people in a similar situation." Article courtesy of Black business.

For more information and/or to support her brand, visit EatUnrestricted.com







Need Voting Information? We got your back!

Voting is your most important right - it gives you a say in what our future looks like. But proposed changes that would make it harder for some of us to cast ballots may cause confusion about how to vote.

That's why AARP Michigan has collected all the most up-to-date election information to make sure the voices of voters 50-plus are heard on Tuesday, Nov. 8. Make sure you know how to register to vote, where to vote in person, what the rules are for absentee or early voting, and all the key voting deadlines. Get Michigan voting information you can trust at:

AARP.org/MIvotes

OR Text MIVOTES to 22777 to receive a text message with advocacy info and a link to Michigan voter information. Message & data rates may apply. Terms apply: https://aarp.info/tcadv

Voting at the Polls Do's and Don'ts

Check your registration and find your polling place at Michigan.gov/Vote. If your registration is not up to date, visit your clerk's office immediately with proof of residency.

Bring photo identification with you.

If you do not have photo ID, you will need to sign a statement before voting.

Request use of the Voter Assist Terminal. if you have a disability or would prefer to use it.

Maintain the secrecy of your ballot.

Keep your ballot in its secrecy sleeve, except when voting, and then up until the time you feed it into the tabulator.

Don't: Speak to anyone who says they are a poll watcher or challenger.

They are not allowed to speak to voters. Report violations to an election worker immediately.

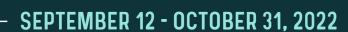
Leave the polling place without voting.The law requires that anyone in line by 8 p.m. be allowed to vote.

Allow anyone else to cast your ballot for you. It is your ballot and you must place it into the tabulator.

Report any voter intimidation, harassment or coercion you witness.

Notify an election worker or contact the nonpartisan election protection hotline at **866-OUR-VOTE**.





CITY OF LANSING

4TH ANNUAL COAT DRIVE



HELP OTHERS STAY WARM THIS SEASON

DONATE NEW OR GENTLY USED COATS FOR WOMEN AND MEN. HATS AND GLOVES ARE ALSO ACCEPTED.



DROP-OFF LOCATIONS INCLUDE:

LANSING CITY HALL 124 W. MICHIGAN AVENUE

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



COATS WILL BE GIVEN AWAY AT THE COMMUNITY CONNECT EVENT ON:

WEDNESDAY, NOVEMBER 16, 2022 11:00 AM — 2:00 PM









SOUL II SOUL CONSCIOUSNESS: UNFORGIVENESS WILL EAT YOU ALIVE - Part 3 09192022



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



BE STILL AND YOUR SOUL WILL SPEAK

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." John 10:10

Eternal God and Faithful Friend, the word 'unforgiveness' is missing from the Bible. Google has a few definitions, including 1) A condition of emotional and mental distress that results from a delayed response in forgiving an offender. It is characterized by indignation, bitterness, and a demand for punishment or restitution. 2) Unforgiveness is when you are unwilling or unable to forgive someone for upsetting, betraying, or breaking your trust. Unforgiveness always keeps score. 3) Unforgiveness always boasts of its own record. 4) Unforgiveness always complains. 5) Unforgiveness has a martyr syndrome.

Unforgiveness is like taking poison but expecting someone else to die.

What does unforgiveness do to the body? Chronic anger [flip side of hurt] puts you into a fight-or-flight-or-freeze mode, which results in numerous changes in heart rate, blood pressure, and immune system. Those changes increase the risk of depression, heart disease, and diabetes, among other conditions. Forgiveness, however, calms stress levels, leading to improved health.

It boils down to "I'm too proud to let go of the hurt or the grudge in the street and the church." Too self-righteous to show mercy, though I want God to show me mercy. Many of us have experienced unforgiveness in our faith-based organizations. How we treat one another often depends on whether we have a family legacy. I could rarely get away with some of the same misbehaviors of others who had the hookup. Mom reared us to take responsibility for our actions, and she did not allow us to justify our wrongdoing.

The opposite of practicing unforgiveness is observing forgiveness. We'll look at forgiveness, particularly self-forgiveness, next week.

I invite you to pre-purchase HEALING MY SOUL ON PURPOSE: A Veterans Guide to Suicide Intervention at SaluteYourSoul.com. Thanks, and blessings!





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Celebration Mr. Party, The Ambassador of

Birthdays in OCTOBER

Ms. Diana Gomez celebrates her birth on October 1st.

Ms. Souci Chappell celebrates her 34th birthday on October 1st, saying "Happy birthday to me! Glad to make to my 34th birthday, because someone else did not."

Mr. Robert Lopez enjoys his 15th birthday on October 2nd, with family and friends. "Much Love"

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 27th birthday on October 5th, with family and friends.

Ms. Darrilyn Moore celebrates her 35th birthday on October 5th, with family and friends. Rev. Dr. Kay "Little Kay" Porter celebrates her 60th birthday on October 6th with Family and

friends, enjoys sharing "new and old friendships".

Ms. Donna Haynie celebrates her birthday on October 6th.

Ms. Rhonda Christian celebrates her 37th 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 46th" birthday on October 8th, just chilling, loving

Master Lavell Goins enjoys his 8th 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!"

Ms. Phyllis Bartlett celebrates her birthday on October 9th, with family and friends. Ms. Jessica Malcolm celebrates her 46th birthday on October 9th.

Ms. Enisa Nevaeh (Brown) Thomas enjoyed her 16th birthday on October 10th, celebrating with her mother Donecia, her uncle LaMonti and friends. "We love each other forever!!!"

Ms. Amy White celebrates her 47th birthday on October 10th, with family and friends.

Mr. Lawrence Hodge celebrates his 54th birthday on October 11th, at Gregory's Ice & Smoke. Mr. Kion Bates celebrates his 41st birthday on October 11th, with family and friends. "Thank you

Mr. Jacob McKenney celebrates his birth on October 11th, with family and friends. "Much love"

Ms. Cheyanne Nichole Garvie enjoys her 15th birthday on October 12th, with family and friends. Aunt TT loves you my beautiful big girl!!!

Ms. Amanda Smith celebrates her 33rd 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 41st 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 34th 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 69th birthday on October 17th, with family and friends.

Ms. Tanisha Jefferson celebrates her 34th birthday on October 18th, with family and friends. Ms. Meredith Mertz enjoys her 31st birthday on October 18th, celebrating with family and her boyfriend, Bryan Arlen. 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 45th birthday on October 18th.

Ms. Liza Leal celebrates her 48th birthday on October 18th.

Mr. Eugene Allen celebrates his 71st birthday on October 19th, with family and friends. Ms. Mya Douse enjoys her 21st 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 9th birthday on October 24th. Mr. Eric McClinton celebrates his 18th birthday on October 24th with family and friends.

Ms. Tamese Vinsom celebrates her 40th birthday on October 25th, with family and friends. Ms. Alena Rush-Bowers will celebrate her birth on October 25th, with her grandparents, family

Ms. Kelly Hampton celebrates her birthday on October 26th.

Ms. Mollie Demond had the pleasure of celebrating her 61st birthday on October 26th.

Ms. Melissa Robinson celebrates her 37th birthday on October 26th.

 $Ms.\ Jonna\ David\ enjoys\ her\ 41st\ birthday\ on\ October\ 27th,\ with\ family\ and\ friends.$ Mr. Karlton Gilmore enjoys his 47th birthday on October 27th.

Ms. Renita McAbee celebrates her birthday on October 28th.

Ms. Kelly Glynn celebrates her 50th birthday on October 28th, with family and friends.

Ms. Doris Redmond celebrates her 33rd birthday on October 28th, she says; "Thank You, Jesus for one more year!"

Ms. Angela Pruitt celebrates her birthday on October 28th - Happy 30th! Ms. Lori Wright celebrates her 50th birthday on October 29th.

Mr. Sovran Brown celebrates his 25th birthday on October 29th with family and friends.

Sir Paris Leek enjoys his 14th 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 24st birthday on October 31st. "Happy Birthday Baby Girl!"

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 57th to my mom Simona Barber, I love you; wish you a happy birthday and

many more to come. Love always, Souci Chappell Mr. Terry Eugene Tyler, The Fox, The Black Prince, Dr. T.,

Founder: W.D.T.B. 1170 am radio station, (1st Black owned - Lansing, Mi.) to become W.X.L.A. 1180 am, expanding to W.Q.H.H. 96.5 FM

T.E.T. University- Professor, Nubian Marketing- Image Maker Mr. Party Celebration Enterprises , Inc.- Chairman Of The Board

Success Stories resulting from Terry Tyler's Gifted Expertise:

Chief Marc Tyler- Asst. Fire Chief, Lansing, Mi. (Son)

Hon. Judge Clinton Canady III- Ingham County Circuit Court, Lansing, Mi. Canady Law Office, Canady Law Show (Executive Producer),

Justice Is Your Legal Right (slogan-Terry E. Tyler)

Mr. Party, The Ambassador of Celebration... Diplomat of Good Times and Social Happiness, Expert and Promoter of The Pleasurable Activity: Healthy

Safe Celebrating LIFE- Sharing Fun, Valued Friendships and Pleasant Memories Everlasting! Celebration Marketing, Promotion and Public Relations Prominent Host and Master of Ceremonies

Mr. Party, The Ambassador of Celebration: Brand Name Designer Label Celebration Gram!!! By Mr. Party, The Ambassador of Celebration (message delivery) Celebration Announcements: Newspaper Column, Radio and Television Show, Popcorn By Mr. Party, America's Favorite Snack Terry E. Tyler took the Mission GOD, thru my Family, gave me...packaged it,

convincing me to believe that my Life's Dream would be accomplished and exactly 32 years later,

here we are celebrating His Life. Living with, mentored by, being Best Friends and Business Partners with, The Black Prince, Dr. T, The Fox.. Terry Tyler.. I've learned that, "Hollywood" is where You are; it's what You do there that makes You a Star!!!" Celebrate Life: Put a smile

on Your face, with style and grace, let Your Living light up the Place!

groom and schooled me,

'You know how Good You look because You had Your picture took." In the words of Randy Travis song, Three Wooden Crosses, "It's not what You take when You leave

this world behind, it's what You leave behind You when You go. Thank You Terry E. Tyler for helping me to achieve my goal: To be "The Substance of a Man"!!! (Mrs. Irma Cooper) Thank YOU, LORD GOD, for letting the Sun shine on Terry, me and

Luther William " Mr. Party" Brown Sr.

*Anniversaries

Mr. Riccy and Mrs. Aisa Williams enjoy their 18th 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 37th 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

We don't laugh because We're happy; We're Happy because We Laugh!!!

*Announcements

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

SPARTANS IN MUCH NEED OF A STRONG TEAM PICK-ME-UP!

By Ernie Boone EAST LANSING - Michigan State University's football players were feeling pretty bad Sat-

urday, September 24 following their 34-7 loss to Minnesota in their Big 10 opener. They believe that they are better than they have played in their last two outings, including the 39-28 loss at Washington the week before.

"It's not a good feeling," said quarterback Payton Thorne responding to questions following the Gopher loss. "I feel bad. We didn't do enough with the opportunities we had."

Thorne looked a bit shocked by the Spartans' lack of offensive effectiveness. MSU netted only 38 yards rushing and just 202 yards total. The lone MSU score came on a 27-yard pass from Noah Kim to Germie Bernard with 17 seconds left in the game.

Coaches and players agree that there must be major changes made on both sides of the ball, but no one wanted to talk specifically about what changes would be needed until they had looked at the game film. They expressed confidence in the team's ability to make the changes needed, but concern over the need to take the time to make the decisions about what changes to make.

Head coach, Mel Tucker displayed frustration with what he saw on the field in the two losses. He called the Washington loss, "Death by inches," complaining about poor communica-



tion, missed assignments and poor execution. Thorne and the offense got better as the game went on finished on a positive note.

The Spartans were dominated by Minnesota. The Gophers smothered MSU's rush, stymied the passing game and had their way with the defense in all phases. Minnesota tallied 35 points, rushed for 240 yards and totaled 508 yards offensively.

Mohamed Ibrahim rushed for 103 yards and a touchdown and Trey Potts 72 yards, while Tanner Morgan connected on 23 of 26 passes for 268 yards and three touchdowns.

The MSU pass defense reappeared as the major culprit. Washington

and Minnesota combined for nearly 600 yards and six touchdowns in the two losses. Tucker said that it wasn't scheme that caused defensive problems at Washington. If it's not the plan, it's the man, so there will likely be some manpower changes this week as MSU visits Maryland Saturday and prepares for a visit from Ohio State, October 8.

He expressed complete confidence in the ability of his coaching staff to figure out ways to solve the team's problems and the talent on the team to turn things around.

"We've played poorly," Tucker said.
"We've been terrible on third down,
not tackling, no pressure on the quar-

terback, not covering, not stopping the run. We've turned the ball over. You can't do the things we've been doing and win games.

"We have to start faster. We have got to get our running game going. It is up to individuals," Tucker said.

"I don't sense any lack of confidence, I see guys showing character, playing hard, we'll get it corrected."

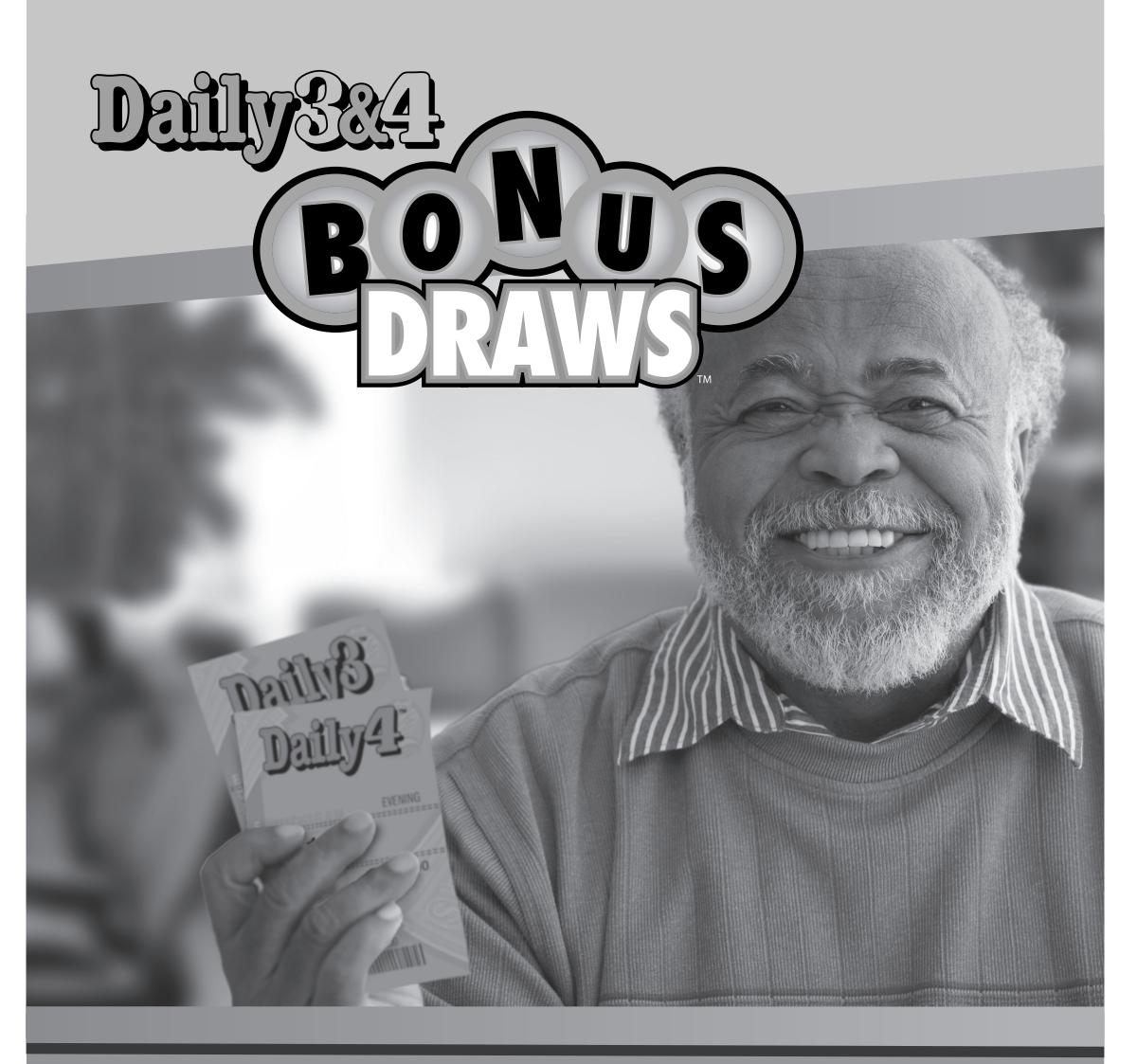
"We've had lots of ups and downs, but we have to take it one game at a time," said wide receiver Trey Mosley. "It's very disappointing, but we aren't mad at anybody but ourselves. We have guys who are capable of making plays, but they haven't been making them. We've got to watch films of ourselves and start taking the steps in the process to get better."

With two straight losses, and games against Maryland, Ohio State, Wisconsin and Michigan in that order, it is important for the Spartans to correct the problems right away. A six-game losing streak is not an unlikely possibility and that could pave the way to a losing season.

"A main thing is keeping the voices inside the program louder and more focused on what is next for the team than the negative voices we hear from the media and other sources," said safety, Kendell Brooks. Brooks, who had 18 tackles against Minnesota. We have to get off the field on third down, get a better pass rush, and keep on chopping.







WIN 20% MORE ON DAILY 384

For a limited time in September, any Daily 3&4 draw can be a **BONUS DRAW**. Every time there is a **BONUS DRAW**, all eligible Daily 3&4 prizes for that drawing will be increased by 20%. Drawings are twice a day, seven days a week at 12:59 pm and 7:29 pm. Visit your favorite Lottery retailer and play Daily 3&4 today.

Daily 3&4 **BONUS DRAWS** will be announced during the broadcast of the midday and evening winning numbers.











Elissa Slotkin works for mid-Michigan

She's working to defend and expand Michigan's middle class by:

- Bringing manufacturing back to Michigan. Slotkin helped write the new law that brings microchip manufacturing back to the United States, and away from Asia, to strengthen supply chains and protect our auto industry.
- Taking on Big Pharma to lower the cost of prescription drugs. Elissa passed real laws that put a cap on the costs seniors pay for drugs, and finally allow Medicare to negotiate for lower drug prices.
- Getting corporate money out of politics. Elissa has never taken a cent of corporate PAC money and is leading legislation to ban Members of Congress from trading stocks.