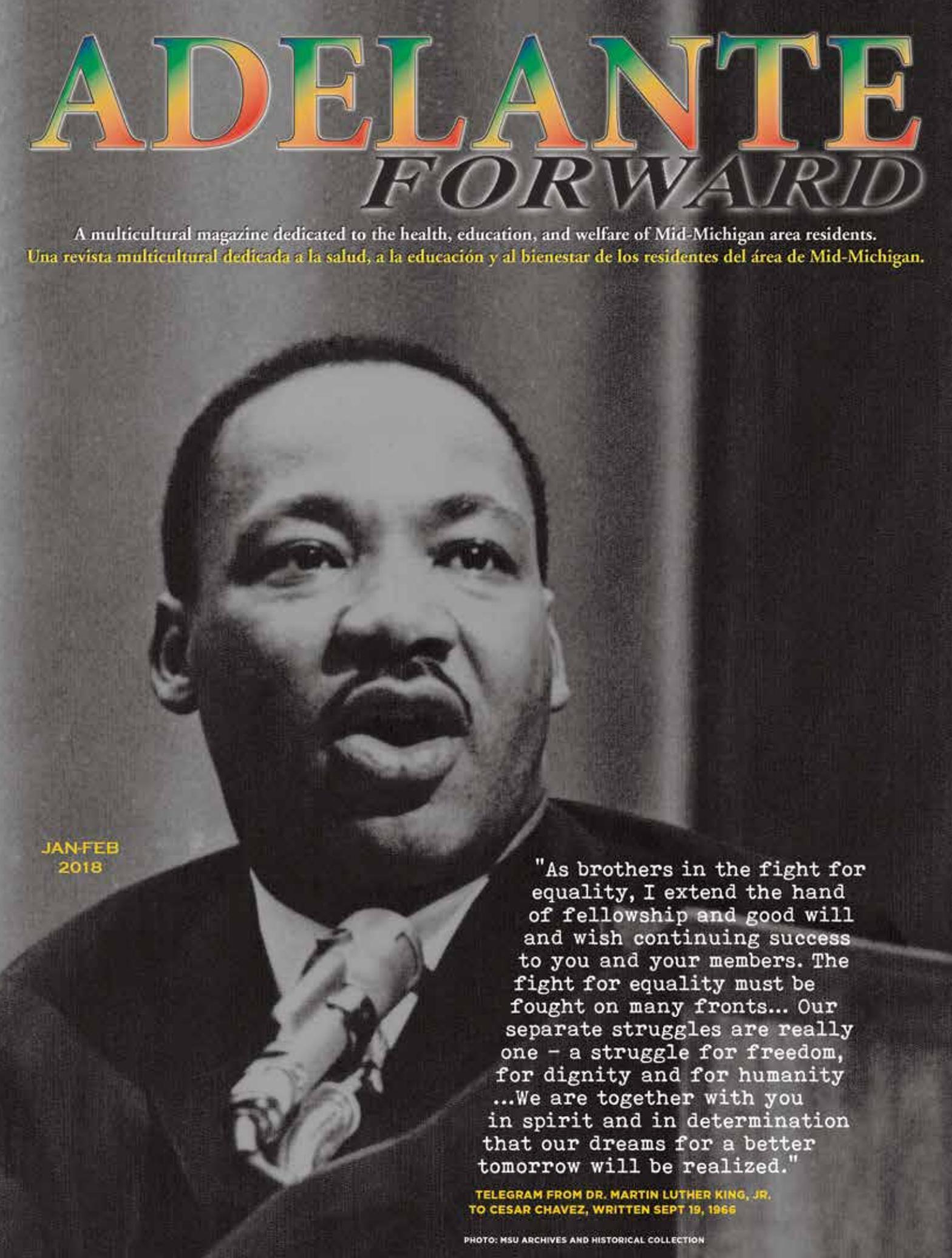


ADELANTE FORWARD

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JAN-FEB
2018



"As brothers in the fight for equality, I extend the hand of fellowship and good will and wish continuing success to you and your members. The fight for equality must be fought on many fronts... Our separate struggles are really one - a struggle for freedom, for dignity and for humanity ...We are together with you in spirit and in determination that our dreams for a better tomorrow will be realized."

TELEGRAM FROM DR. MARTIN LUTHER KING, JR.
TO CESAR CHAVEZ, WRITTEN SEPT 19, 1966

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Building Inclusive Communities

PAULETTE GRANBERRY RUSSELL

Senior Advisor to the President for Diversity,
and Director, Office for Inclusion
and Intercultural Initiatives

In 1967, DR. MARTIN LUTHER KING, JR. made final edits to the manuscript that would come to be known as his last published book. In this seminal work, he posed a question to a nation that was still in the throes of racial, social and military conflict; a question to the entire world, really, that simply asked “Where Do We Go From Here: Chaos or Community?”

Five decades after the assassination of Dr. Martin Luther King, Jr., we find ourselves returning to the question he pressed us to consider: where will we go from here? At Michigan State University, we openly choose *community* as our path, for it is through thoughtful dialogue and inclusive conversation on issues that take us outside our comfort zone, that we truly come to build inclusive communities. This is a path that the Lansing region has also chosen as a recipient of \$1.35 million over five years from the W.K. Kellogg Foundation for Truth, Racial Healing & Transformation engagement. Working together, we can, and will, bring about “transformational and sustainable change.”

At Michigan State, we recognize the value of our differences. An inclusive MSU enables individuals, whatever their identity, background, or position to develop and realize their capabilities. As a learning community, we regularly explore the frontiers of knowledge, and allow for the expression of opposing points of view that can be tested in the marketplace of ideas.

This activity springs from a rich history, beginning with MSU’s very founding in 1855 as a land grant university dedicated to the democratization of education, on through the visionary leadership of John Hannah in the 1960s, and into ground-breaking advocacy for the LGBT community in the 1970s – just to name a few important milestones. MSU strives to follow the guiding principles of Dr. King by excluding no one, and encouraging everyone, to participate in their fundamental right to freedom of expression with the ultimate outcome of building inclusive communities. The university celebrated

and acknowledged these ideals during the 2014 campus-wide initiative, Project 60/50 – a community conversations on civil and human rights.

This fall the MSU Office for Inclusion and Intercultural initiatives launched a new campus-wide initiative: *Building Inclusive Communities*. The **Building Inclusive Communities** initiative increases visibility, understanding, support, and pride for our diverse MSU community, for our core value of inclusion, and for our history of leadership on this issue. These messages will be visible in wide-ranging venues across campus, and we encourage you to join in and connect with the conversation online by using #InclusiveMSU.



As a community, we benefit greatly by listening to multiple points of view. By having those difficult conversations we can develop a deeper appreciation of our differences. When we allow for the expression of all ideas, coupled with the act of engagement, we build a richly diverse community that rises above turmoil.

Dr. King’s prophetic and final work was about the on-going demand for community – for the building of it, the sustaining of it, and for the absolute rejection of chaos in the legacy of it. Building Inclusive Communities is the definitive answer to the question “where will we go from here?”

We welcome you to connect with the messages of the Building Inclusive Communities initiative: *Our Differences, Our Strength; Different Together; and Many Voices, One Will*. Please visit inclusion.msu.edu. There you will find a Building Inclusive Communities calendar listing events related to this goal and other resources that are helping to support the initiative throughout campus and beyond. And, for a limited time, these messages can be found on a collection of merchandise sold at the Spartan Spirit Stores – with proceeds from each sale benefiting the Dr. Martin Luther King, Jr. Endowed Scholarship Fund.

To see the Building Inclusive Communities Collection,
go to SpartanSpiritShop.msu.edu.

Construcción de Comunidades Inclusivas

PAULETTE GRANBERRY RUSSELL

Asesor Principal del Presidente para Diversidad,
y Director, Oficina para Inclusión
e Iniciativas Interculturales

En 1967, el Dr. Martin Luther King, Jr. hizo una edición final del manuscrito que llegaría a ser conocido como su último libro publicado.

En este trabajo seminal, planteó una pregunta a una nación que todavía estaba en la agonía de conflicto racial, social y militar; una pregunta a todo el mundo, realmente, que simplemente preguntó: "¿Hacia dónde vamos desde aquí: Caos o comunidad?"

Cinco décadas después del asesinato del Dr. Martin Luther King, Jr., nos encontramos volviendo a la pregunta que se ha forzado para considerar: *¿hacia dónde iremos desde aquí?* En la Universidad del Estado de Michigan (MSU), podemos elegir abiertamente *comunidad* en nuestro camino, para que a través del diálogo reflexivo y conversación inclusiva sobre las cuestiones que nos llevan fuera de nuestra zona de confort, que verdaderamente nos vienen a construir comunidades inclusivas. Este es un camino que la región de Lansing también ha elegido como un beneficiario de US\$1.35 millones durante cinco años de la Fundación W.K. Kellogg de la Verdad, Curación Racial y Compromiso de Transformación. Trabajando juntos, podemos y podremos lograr una "transformación y cambio sostenible".

En el estado de Michigan, reconocemos el valor de nuestras diferencias. Un MSU inclusiva permite a los individuos, independientemente de su identidad, antecedentes, o posición desarrollar y realizar sus capacidades. Como Comunidad de aprendizaje, regularmente exploramos las fronteras del conocimiento, y permite la expresión de puntos de vista opuestos que pueden probarse en el mercado de ideas.

Esta actividad surge de una rica historia, comenzando con la fundación de MSU en 1855 como una universidad de tierras dedicadas a la democratización de la educación, a través del liderazgo visionario de John Hannah en 1960, y pionera en la promoción de la comunidad 'LGBT' en 1970, sólo para nombrar unos pocos hitos importantes. MSU se esfuerza en seguir los principios rectores del Dr. King sin excluir a nadie, y alentar a todos, a participar en su derecho fundamental a la libertad de expresión, con el resultado final de la construcción de comunidades inclusivas. La Universidad celebró y reconoció estos ideales durante 2014 en todo el campus, el Proyecto

iniciativa 60/50 – conversaciones comunitarias sobre los derechos civiles y humanos.

Este otoño, la Oficina de Inclusión e Iniciativas Interculturales lanzó una nueva iniciativa en todo el campus: *Construcción de Comunidades Inclusivas*. La **Iniciativa de Construcción de Comunidades Inclusivas** aumenta la visibilidad, comprensión, apoyo y el orgullo de nuestra diversa comunidad de MSU. Para nuestros valores básicos de la inclusión, y para nuestra historia de liderazgo en esta cuestión. Estos mensajes serán visibles en una amplia variedad de lugares en todo el campus, y le animamos a unirse y conectarse con la conversación en línea utilizando #InclusiveMSU.

Como comunidad, nos beneficiará enormemente al escuchar múltiples puntos de vista. Por tener esas conversaciones difíciles podemos desarrollar un aprecio profundo de nuestras diferencias. Cuando se permita la expresión de todas las ideas, junto con el acto de compromiso, podemos construir una rica y diversa comunidad que sube por encima de la conmoción.

El trabajo final y profético del Dr. King fue sobre la demanda de la comunidad – para la construcción de ella, el sostenimiento de ella, y por el rechazo absoluto del caos en el legado de la misma. Construcción de Comunidades Inclusivas es la respuesta definitiva a la pregunta "¿hacia dónde vamos desde aquí?"

Le damos la bienvenida para conectar con los mensajes de la iniciativa Construcción de Comunidades Inclusivas: nuestras diferencias, nuestra fuerza; diferentes juntos; y muchas voces, una voluntad. Visite: inclusion.msu.edu. Allí encontrará un calendario de eventos de Construcción de Comunidades Inclusivas. Eventos relacionados con este objetivo y otros recursos que están ayudando a apoyar la iniciativa en todo el campus y más allá. Y, por un tiempo limitado, estos mensajes pueden encontrarse en una colección de la mercancía vendida en tiendas 'Spartan Spirit Stores' – con ganancias de cada venta beneficiando al fondo de becas 'Dr. Martin Luther King, Jr. Endowed Scholarship Fund'.

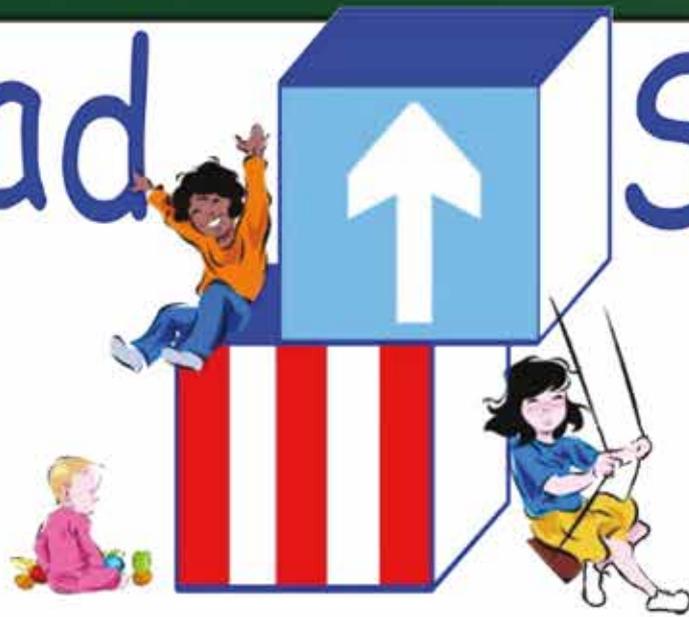


IN 1855 MICHIGAN STATE UNIVERSITY pioneered a bold "local experiment" that opened the doors of higher education and soon became a model for the nation—a validation of the worth of making higher education a public benefit.

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Para ver la Colección de Construcción de Comunidades Inclusivas, vaya a SpartanSpiritShop.msu.edu.

Head Start



Birth to Age 5

About Capital Area Community Services, Inc., Head Start and Early Childhood Programs:

- We serve over 1700 children in Eaton, Clinton, Ingham and Shiawassee counties.
- 10% of our students qualify for Early Childhood Special Education services through local and Intermediate School Districts.
- 7% of our students have a primary language other than English.

Program options:

- Part Day (3 ½ hours, 4 days per week, school year)
- Full Day (7 hours, 4 days per week, school year)
- Full Day (10 hours, 5 days per week, school year)
- Full Day/Full Year (10 hours, 5 days per week, year round)
- Families have access to Family Advocates, Nurses, Oral Health Specialists, Nutritionists, Early Intervention Services, Fatherhood Specialist, Dual Language Specialist, parent education workshops and parent trainings.

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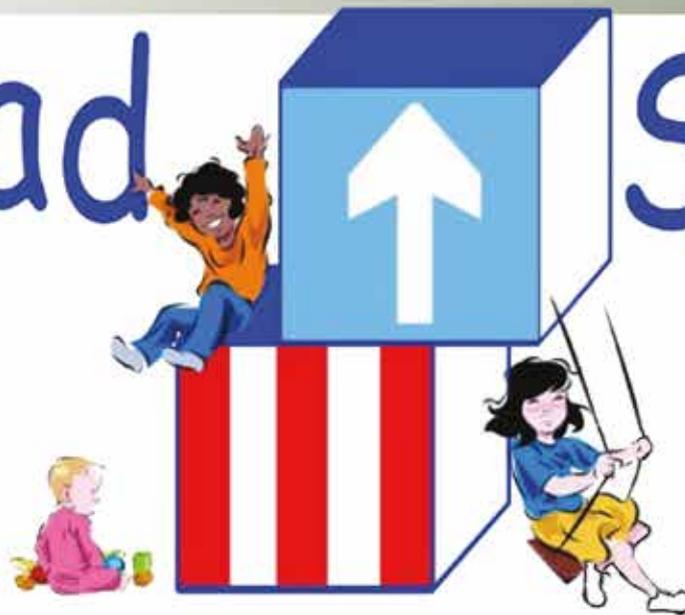
Ingham County

***www.inghampreschool.org or call (517) 482-1504
or (800) 585-9997***

Shiawassee County

Call (989) 723-5849

Head Start



Birth to Age 5

DESDE EL NACIMIENTO HASTA 5 AÑOS DE EDAD

Acerca de la Capital Area Community Services, Inc.,
Head Start y programas de la Niñez Temprana

- Servimos a más de 1700 niños en Eaton, Clinton, Ingham Shiawassee y condados.
- El 10% de nuestros estudiantes califican para servicios de educación especial de la niñez temprana a través de los distritos escolares locales e intermedios.
- El 7% de nuestros estudiantes de primaria tienen un idioma distinto del inglés.

Las opciones del programa

- Parte del día (3 ½ horas, 4 días a la semana, el año escolar)
- Día completo (7 horas, 4 días a la semana, el año escolar)
- Día completo (10 horas, 5 días a la semana, el año escolar)
- Full Día/Año completo (10 horas, 5 días a la semana, todo el año)
- Las familias tienen acceso a defensores de familia, las enfermeras, los especialistas de la salud oral, los nutricionistas, los servicios de intervención temprana, la paternidad especialista, especialista de lenguaje dual, talleres de educación para padres y padres capacitaciones.

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Condado de Eaton

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Ingham County

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(800) 585-9997*

Shiawassee County

Llame al (989) 723-5849

Early Learning is Critical to Student Outcomes

A child's education can be the gateway to finding future independence. Children with disabilities can have larger challenges, especially if they are not identified at a young age. Early identification helps educators and families find educational options to support the youngest learners and their families.

Thousands of children with disabilities are served annually through programs and services offered in partnership with local school districts and Ingham Intermediate School District. In Michigan, eligible infants, youth and young adults can receive early intervention and/or special education services from birth through age 26.

Visit www.inghamisd.org or call 517-244-4514 for more information.



Ingham ISD

El aprendizaje temprano es crítico para los resultados del estudiante



La educación de un niño puede ser el acceso para encontrar la independencia futura. Los niños con discapacidades pueden tener mayores retos, especialmente si no se les identifica a temprana edad. La identificación prematura ayuda a educadores y a familias a encontrar opciones educativas para apoyar a los estudiantes más pequeños y sus familias.

Se atienden anualmente a miles de niños con discapacidades a través de programas y servicios ofrecidos en asociación con distritos escolares locales y el Distrito Escolar Intermedio de Ingham. En Michigan, los bebés, jóvenes y adultos jóvenes elegibles pueden recibir intervención temprana y/o servicios de educación especial desde el nacimiento hasta 26 años de edad.

Visite www.inghamisd.org o llame al 517-244-4514 para más información.



A Multi-Talented Community

- **Physician** • **Administrator**
- **Leader** • **Mentor**

The daughter of Puerto Rican parents, Dr. Linda Mercado Peterson was born in Canada where her father served in the United States Air Force. She spent much of her early life constantly relocating with her family to and from Puerto Rico and military bases before settling in San Antonio, Texas, and eventually in the Lansing area. Having many “homes” in different places requires a person to learn how to adapt to diverse local customs, life rhythms, values, and the languages of day-to-day living. By necessity, adaptability is a key skill which one acquires and draws on in both personal and professional life, and one that has served Dr. Peterson well.

Moving and relocating also characterized her adult life. She came to Lansing as a medical student in Michigan State University’s College of Human Medicine where she received her medical degree in 1987. She then completed her residency at Sheppard and Enoch Pratt Hospital in Baltimore, Maryland, where she focused on women’s mental health, including pregnancy and post-partum depression, and in 1994 she returned to Lansing to accept a position at Ingham Regional Medical Center which later became McLaren Greater Lansing Hospital. In 2012 she was appointed Chief Medical Officer, a position she continues to hold and in which she regularly shows her versatility, her passion for all she undertakes, her skill as a caregiver and a talented mentor to young medical personnel.

Her favorites...

- *Time with family & friends, Golfing, Dancing, Church & Community Involvement, Traveling*
- *Books: The Five People You Meet in Heaven, Mitch Albom, and autobiographies*
- *Movies: Sound of Music; The Princess Diaries; Star Wars Series*

During her training at MSU she met William Peterson, also a medical student, whom she married in 1987. They established their home in Okemos where they raised their two children Kelsey and Kailey.

Friends, Co-workers & Colleagues say...

“Linda is clearly a dedicated person, one who ably balances her professional life with that of a devoted, loving wife and a parent to two beautiful children.”

“Dr. Peterson is detail-oriented, a trait that regularly results in a thorough diagnostic view of patients.”

“She is passionate about everything in which she gets involved – family, work, community, life...”

“Dr. Peterson’s ability to speak Spanish fluently is a great asset, allowing her to engage effectively with Spanish-speaking patients, and to participate meaningfully with the Latino population of Lansing.”

“She has a person-centered focus combining clinical excellence and an interdisciplinary approach.”



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Asset...



Dr. Peterson's leadership roles in Medicine include work at McLaren Greater Lansing Hospital as:

- *Chief Medical Officer*
- *Chair of the Department of Psychiatry*
- *Chair of Medical Ethics Committee*
- *Co-Chief of the Medical Staff*
- *Clinical Assistant Professor at Michigan State University, Colleges of Human Medicine and Osteopathic Medicine, and Grand Valley State University*

Dr. Peterson's Vision:

"I envision the day when all physicians are leaders in healthcare. Professionalism, loyalty, integrity and solutions in healthcare transformation are understood requirements. Physicians are trained to be clinicians, but not leaders. The goal is to teach physicians to lead their profession via education in this arena."

In greater Lansing, Linda Peterson has given of herself actively, contributing with her customary intensity: advocating for youth soccer; supporting the Michigan Chill team and Hope Sports Complex; serving on the Cristo Rey Board; chairing the Citywide End-of-Life committee that produced the Medical Advance Directives education and information for families that became a model for many communities; serving on the LCC Foundation; being a Consultant to the Lansing Latino Health Alliance; being involved in church activities.



The Petersons celebrate 30 years of marriage with surprise renewal of vows organized by the daughters on a special Caribbean vacation.



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Dr. Ethel Percy Andrus
Founder AARP

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Impulsada para tener éxito

Annette Espinoza está decidida.

Decidida a crear una vida para sí misma muy diferente de las realidades de las labores agrícolas. El mundo del trabajador migrante es difícil. El sentido de la temporalidad a menudo estimula una mentalidad que se centra en la inmediatez del presente y no la esperanza del futuro. Annette tiene una visión para su vida que ella espera inspirar en sus hermanos; el deseo de una educación universitaria.

El padre de Annette ha sido el catalizador en sus aspiraciones y entendió que los servicios de Telamon Corporation contribuirían a apoyar sus esfuerzos educativos. Los programas de Telamon son el modelo para ayudar a los individuos a obtener educación y capacitación para obtener empleos sostenibles.

El empleado de Telamon, Salvador Chavez-Lemus, personalmente entendió las barreras que Annette tuvo que superar; principalmente la falta de conocimiento de los servicios disponibles y cómo favorece la educación superior al crecimiento personal y profesional. El conocimiento de Salvador viene de vivir en la comunidad, donde él está sirviendo ahora. Él aboga para compartir información que puede afectar a las vidas de los jóvenes de una manera significativa. "Siento que lo que hago puede ayudar a transformar sus vidas", dice.

El caso de Annette representa la inversión en potencial humano que Telamon se esfuerza por alcanzar. El enfoque de Annette hizo mucho más receptivo el plan educativo que Salvador y el personal crearon y, en última instancia, la propulsó al colegio. Salvador es apasionado en educar a los jóvenes como Annette que en Telamon, ella tiene una línea de vida notablemente para crear un futuro próspero.

*El empleado de Telamon, Salvador Chavez-Lemus,
personalmente entendió las barreras que Annette tuvo que superar*



Driven to Succeed



Annette Espinoza is determined.

Determined to create a life for herself far different from the realities of farm work. The world of the migrant worker is a difficult one. The sense of impermanence often stimulates a mindset that focuses on the immediacy of the present and not the hope of the future. Annette has a vision for her life that she hopes will inspire her siblings; the desire for a college education.

Annette's father has been the catalyst in her aspirations and understood that Telamon Corporation services would help support her educational endeavors. Telamon programs are modeled to assist individuals obtain education and training to obtain sustainable jobs.

Telamon employee Salvador Chavez-Lemus personally understood the barriers Annette had to overcome; mainly the lack of awareness for available services and how empowering higher education can be for personal and professional growth. Salvador's awareness comes from living in the community he is now serving. He is an advocate for sharing information that can impact the lives of youth in a meaningful way. "I feel like what I do can help transform their lives," he says.

Annette's case represents the investment in human potential that Telamon strives to achieve. Annette's focus made her that much more receptive to following the educational plan that Salvador and staff created and ultimately propelled her to college. Salvador is passionate in educating youth like Annette that in Telamon, she has a life-line to creating a remarkably prosperous future.

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Un préstamo inicial de la institución financiera 'MSUFCU' es un gran recurso para los emprendedores que buscan financiación de bajo interés para la adquisición de equipo, alquiler de espacio, o para pagar los gastos operativos.

Empiece su negocio hoy mismo. Contacte a 'MSUFCU'.

msufcu.org/business

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Brighter Health Counseling can assist you in identifying and utilizing your strengths to overcome difficulties and seek meaningful progress. We specialize in:

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MICHIGAN STATE UNIVERSITY
PROGRAMS FOR

(CHILDREN AND YOUTH

SPARTAN YOUTH PROGRAMS (SYP)

Looking for fun programs or summer camps? Browse the SYP website for activities and programs for pre-kindergarten children through 12th grade students.

spartanyouth.msu.edu

GIFTED AND TALENTED EDUCATION (GATE)

Is your middle or high schooler looking for an academic challenge? Learn about the GATE accelerated courses and summer programs.

gifted.msu.edu

MSU SCIENCE FESTIVAL

Are you curious about the science behind everyday things? Be inspired, April 6-22, 2018, by over 100 different events, including an early childhood zone for pre-schoolers, an expo zone for families, and much more.

sciencefestival.msu.edu



MICHIGAN STATE UNIVERSITY
PROGRAMAS PARA

NIÑOS Y JÓVENES

PROGRAMAS PARA JÓVENES (SYP, SIGLAS EN INGLÉS)

¿Busca programas divertidos o campamentos de verano? Vea el sitio de SYP para actividades y programas para niños de pre-kinder hasta estudiantes del grado 12.

spartanyouth.msu.edu

EDUCACIÓN DOTADA Y DE TALENTO (GATE, SIGLAS EN INGLÉS)

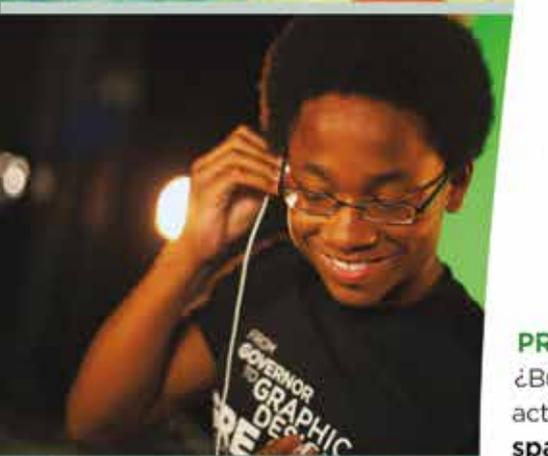
¿Está buscando un reto académico su estudiante de escuela secundaria o media superior? Aprenda acerca de los cursos acelerados y programas de verano de GATE.

gifted.msu.edu

FESTIVAL DE CIENCIA DE MSU

¿Tiene curiosidad de la ciencia detrás de las cosas cotidianas? Inspírese, del 6-22 de abril, 2018, más de 100 diferentes eventos, incluyendo un área infantil para preescolares, un área de exposición para familias, y mucho más.

sciencefestival.msu.edu



A Journey through Darkness... Where to Go? What to Do?

Ever made a 'less-than-good' decision, and had to live with the consequences? Ever wonder how you are going to cope with a difficult life situation? Ever felt that others judged you poorly and considered you as yet another example of a particular ethnic group? Ever wonder where and to whom you can turn with such feelings?

This month's subject is precisely those questions as deeply experienced by a member of the community and who draws on those difficult feelings and experiences to now help others. Lucianna Solís grew up in Lansing and now gives back to the area. As a teenager/young adult she made decisions that were not the best for her. She burned some important personal bridges. Her decisions and actions made a huge impact on her life, and for a short period of time resulted in her living without a permanent roof over her head, pregnant and unaware of what to do or how to make it from one day to the next.

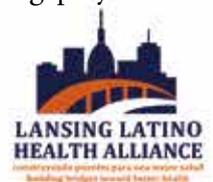
In reflecting on the past, Lucianna says, "I thought I had very limited resources; I was frightened, felt like I was trapped living in the dark, ashamed of my decisions and clueless on where to turn for help. I felt people were judging me and assuming I was just another "Spanish" girl who got pregnant young and who would live off the system forever."

Lucianna turned her life around, is the proud mother of two, now has a successful career, and has been appointed to important community roles. She made it through difficult times, becoming aware of "what to do and where to go."

"...you are not stuck..."

Now she shares what she has learned with young women and girls who feel alone with nowhere to turn, as she did at one time. As she says, "my heart gets heavy when I hear their stories because I can relate with my own experience. I found my inner **SPARKLE**, and I want to help them find theirs, help bridge the gap by educating with local resources and most **IMPORTANT** let them know not to feel ashamed;

I tell them, you are not stuck and you can change your life."



Below, Lucianna volunteers at "Praise in the Park." At right, she speaks at a Granger Company event.



Lucianna Solís found resources in the community that would help her emerge from those depths. Those resources included:

- **The United Way** — a service that provides assistance to people in crisis find emergency shelter, food, clothing personal needs, healthcare services and move to restore stability in their lives.
- **Central Michigan-211** — a service in partnership with the United Way, by dialing 211 any time, any day of the year, people in need of resources can connect to a person knowledgeable about a variety of health and human service areas in the community.
- **The Susan G. Komen Foundation-Pink Impact** — helps meet critical needs of women in the community, investing in ways to prevent and to cure breast cancer.
- **Strength in herself** — The ability to find within oneself the strength of will to survive and, in turn, to give of oneself to others.

Lucianna does charity work in the Lansing area, and speaks with young women whose moments of crisis resemble her own experiences. She is frequently called on to serve. She has been appointed to the United Way Board of Directors; she chairs Women United in which her responsibilities are to help develop initiatives in support of middle-school girls; and she serves on the Board of Directors of the Lansing Latino Health Alliance.

In spite of her struggles as a young adult, Lucianna Solís found the strength to persist, to maintain hope and to obtain and use the resources available in the community in order for her and her children to prosper. Now she wants to touch and improve the lives of others. Throughout the process and afterward, she remembered where she came from, and she reaches out to help and support those who have their own journey of darkness.

Additional helpful community resources can be found at the following addresses:

<http://hd.ingham.org/Portals/HD/Resource%20List.pdf>

<http://www.michigan.gov/mdhhs>

No cape, no tights, no problem.

United Way fights for the health,
education and financial stability of
every person in every community.

We're calling on you to be a local hero and you don't need a snazzy costume to fight evils like poverty. Local heroes give. They advocate for those without a voice. Heroes volunteer to serve others who need a hand up. They Live United.

Luci, Local Hero
Former United Way
recipient, current
donor & advocate



BASIC NEEDS

Increasing immediate access to emergency shelter, food, clothing, personal needs items, legal and healthcare services and enabling people to transition from crisis to stability.

STUDENT ACHIEVEMENT

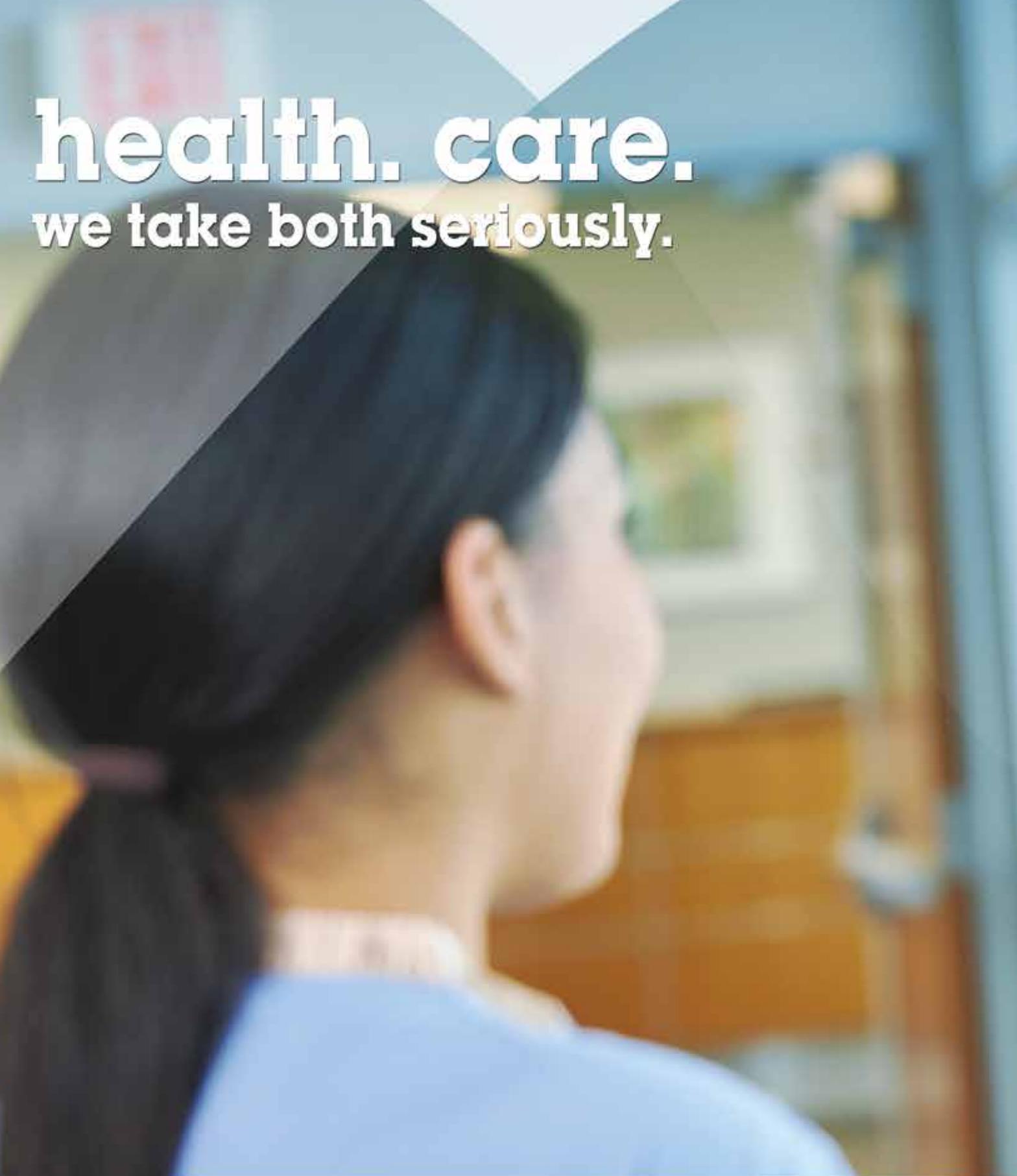
Ensuring children are ready to start kindergarten and helping students stay in school and graduate through tutoring, mentoring, early childhood education, academic support and parenting support programs.

SECURE FAMILIES

Helping low-income families and individuals learn and apply skills for budgeting and asset building, increasing and preserving income through job or skills training and education and securing or maintaining safe, affordable housing.

Lucianna Solís identified as a "Local Hero" by the United Way





health. care.
we take both seriously.

There's a place where advanced medicine meets unparalleled compassion. Where people are just as valuable as the latest breakthrough. Where you don't have to leave your community to find doctors and nurses who treat you, and treat you well.

Care beyond care.
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**salud. cuidado.
tomamos ambos seriamente.**

Existe un lugar donde la medicina avanzada se une con la compasión incomparable. Donde la gente es tan valiosa como la última innovación. Donde no tiene que dejar su comunidad para encontrar doctores y enfermeras que lo atiendan y lo atiendan bien.

Cuidado más allá del cuidado.

mclaren.org/lansing

 **McLaren**
GREATER LANSING

IT'S NEVER TOO LATE TO DREAM BIG AT THE LANSING SCHOOL DISTRICT

WHETHER YOU'RE
PURSUING YOUR
GED

OR LOOKING TO
IMPROVE YOUR
**ENGLISH
LANGUAGE
SKILLS**



THE LANSING SCHOOL DISTRICT AND ITS PARTNERS CAN GET YOU THERE

GENERAL EDUCATIONAL DEVELOPMENT (GED)

If life circumstances stopped you from receiving a high school diploma, now is your chance to gain the necessary academic skills to have more options in the near future. You can learn at your own pace and find time to study as your schedule allows you.

A General Educational Development (GED) Test provides you a certification that demonstrates you have achieved high school level academic skills. It is the equivalent to a high school completion diploma and it opens many doors to a successful future. A GED allows you to continue an academic career in many post-secondary pathways such as colleges, universities, and trade skills certifications. It also allows you to seek employment opportunities and it improves the ability to move up from entry level jobs.

We can help you achieve these goals, build your self-esteem and show your loved ones that a good effort pays off no matter when in your life time.

ENGLISH LANGUAGE SKILLS

At the Lansing School District, it's never too late to learn English! In our English Language Skills classes we offer you the following:

- **FREE** classes designed for all learning levels
- Several locations throughout the city
- Morning, afternoon and evening classes that work around your schedule
- Preparation for
 - Employment opportunities
 - Citizenship
 - High school completion certificate
 - College readiness
- **FREE** childcare offered at the Lansing School District Welcome Center and at the Unitarian Universalist Church of Greater Lansing

Come learn English and prepare yourself to have a successful life in our welcoming community.

NUNCA ES DEMASIADO TARDE PARA SOÑAR EN LANSING SCHOOL DISTRICT

YA SEA ASPIRANDO
A OBTENER SU
GED

O TRATANDO DE
MEJORAR SU
HABILIDAD
EN EL
**IDIOMA
INGLÉS**



'LANSING SCHOOL DISTRICT' Y SUS SOCIOS PUEDEN LLEVARLE AHÍ

DESARROLLO EDUCATIVO GENERAL (GED, SIGLAS EN INGLÉS)

Si las circunstancias de la vida le impidieron recibir un diploma de la escuela media superior, ahora es su oportunidad para obtener las habilidades académicas necesarias para tener más opciones en el futuro cercano. Usted puede aprender a su propio ritmo y encontrar tiempo para estudiar según su horario se lo permita.

El examen de Desarrollo Educativo General (GED) le proporciona una certificación que demuestra que ha alcanzado habilidades académicas a nivel de enseñanza media superior. Es el equivalente a un diploma de finalización de la escuela media superior y que abre muchas puertas para un futuro exitoso. Un GED le permite seguir una carrera académica en muchas áreas superiores tales como colegios, universidades, y certificaciones de oficios. También le permite buscar oportunidades de empleo y mejora la capacidad para subir de nivel de principiante en trabajos.

Podemos ayudarle a lograr estos objetivos, levantar su autoestima y mostrar a sus seres queridos que un buen esfuerzo rinde frutos, no importa cuándo en su vida.

HABILIDADES EN EL IDIOMA INGLÉS

¡Nunca es muy tarde para aprender inglés en el Distrito Escolar de Lansing! En nuestras clases de habilidades en el idioma inglés le ofrecemos lo siguiente:

- Clases **GRATIS** diseñadas para todos los niveles
- Varias ubicaciones en toda la ciudad
- Clases en la mañana, tarde y noche según su horario
- Preparación para
 - Oportunidades de empleo
 - Ciudadanía
 - Certificado de fin de escuela media superior
 - Preparación para universidad
- Se ofrece guardería de niños **GRATIS** en 'Lansing School District Welcome Center' y la iglesia 'Unitarian Universalist Church' de Lansing

Venga a aprender inglés y a prepararse para tener un vida exitosa en nuestra comunidad acogedora.

¡Usted lo pidió, ahora descárguela!

Descargue *Transit*

Y rastree su autobús.



Transit es la aplicación recomendada por CATA para obtener información actualizada para planear viajes en autobús.

Para más información visite cata.org/transit.

You asked for it, now download it!
Download *Transit* and track your bus.

Transit is CATA's recommended app for trip planning and real-time bus information.

Go to cata.org/transit for more information.



Chuck Alberts
LSEA President
Holly Daniels
LSEA Vice-President

3474 Alaiendon Parkway
Okemos, MI 48864

517-999-4002

LSEA Pink Out!

This October the Lansing educators wore **pink** to support breast cancer awareness. Members were asked to make a donation to support the Susan G. Komen Foundation.

LSEA is committed to supporting our community and setting a positive example for the students we teach.

#teachingempowered



**EVERETT STAFF
PINK OUT
October 19, 2017**



Fairview Staff

CELEBRATING THE LIVES OF DR. MARTIN LUTHER KING JR. & CÉSAR E. CHÁVEZ



"Real education should consist of drawing the goodness and the best out of our own students. What better books can there be than the book of humanity?"

The College of Agriculture and Natural Resources at Michigan State University commemorates these leaders for their contributions to equity and social justice in our disciplines and in our communities.

"Life's most persistent and urgent question is: What are you doing for others?"



Office of Diversity, Equity and Inclusion
College of Agriculture and Natural Resources
MICHIGAN STATE UNIVERSITY

The mission of the Office of Diversity, Equity and Inclusion (ODEI) is to develop collaborative and intentional efforts to recruit and retain diverse faculty, staff, and graduate students at the College of Agriculture and Natural Resources (CANR) for the purpose of enhancing teaching, research, and extension.

Learn More: canr.msu.edu/diversity



Sparrow FastCare and Urgent Care Urgencias



Affordable, quality care for the people in our region

From standard medical services to situations not serious enough for the emergency room, Sparrow FastCare and Urgent Care provide quality, compassionate care when your Physician isn't available or it's after hours. To make it even more convenient, FastCare and Urgent Care clinics are open seven days a week. Walk-ins are welcome or you can get in line online and get a text alert when it is time to head to the clinic.

FastCare: A more affordable option than a hospital emergency room or urgent care clinic

FastCare offers convenient medical services for common, non life-threatening conditions for adults, teens, and children who are at least 18 months old. FastCare offers vaccines and can treat your cold and flu symptoms, ear or sinus infections, eye irritations and more. If you need x-rays, stitches, or treatment of broken bones, visit Sparrow Urgent Care.

Cuidado de calidad a precios asequibles, atención a personas en nuestra región

Desde los servicios médicos estándar para situaciones que no son lo suficientemente graves como para la sala de emergencia, 'Sparrow FastCare' proporciona calidad y atención de urgencia, atención compasiva cuando su médico no está disponible o después de horas hábiles. Para su conveniencia, 'FastCare' y las clínicas de urgencia están abiertas los siete días de la semana. No se requiere cita o puede anotarse en línea y obtener un texto de alerta cuando sea tiempo de dirigirse a la clínica.

'FastCare': Una opción más asequible de la sala de urgencias de un hospital o clínica de atención urgente

'FastCare' ofrece convenientes servicios médicos para condiciones que ponen la vida en peligro de adultos, adolescentes y niños de al menos 18 meses de edad. 'FastCare' ofrece vacunas y puede tratar sus síntomas de resfriado y gripe, infecciones de oído o de los senos nasales, irritaciones de ojos y mucho más. Si necesita radiografías, puntadas, o tratamiento de fracturas de huesos, visite Sparrow atención urgente.

FastCare Locations

FastCare Inside the Okemos Meijer

2055 W. Grand River Avenue, Okemos

Phone: 517.253.4009

FastCare Lansing, Frandor area

716 N. Clippert Street, Lansing

Phone: 517.253.4000

FastCare Inside the DeWitt Meijer

12821 Cross Over Drive, DeWitt

Phone: 517.253.4012

All FastCare Hours

Monday-Friday | 8 a.m. to 8 p.m.

Saturday, Sunday and Holidays | 9 a.m. to 6 p.m.

Closed 2-2:30 p.m. for lunch



Sparrow FastCare and Urgent Care *Urgencias*



Urgent Care

*When you can't get in to see your doctor,
but you don't need to go to the emergency room (ER)*

From coughs and colds to sprains and pains, Sparrow Urgent Care is the best place to go if your Physician isn't available and you feel you can't wait until the next day, but it's not serious enough to go to the ER. We're committed to making sure you and your family get the care you need as fast as possible, and every Sparrow Urgent Care always has a Sparrow Physician onsite.

Cuidado urgente

Cuando no puede ir a ver a su doctor, pero no es necesario ir a la sala de emergencia

Desde tos y gripe hasta torceduras y dolores, 'Sparrow Urgent Care' es el mejor lugar para ir si su médico no está disponible y piensa que no puede esperar al día siguiente, pero no es lo suficiente serio para ir a la sala de emergencia. Nos comprometemos para asegurarnos que usted y su familia reciban el cuidado necesario lo más rápido posible, y cada clínica de urgencias de Sparrow siempre tiene un médico de Sparrow.

Urgent Care Locations

Urgent Care East Lansing

2682 E. Grand River Avenue

Phone: 517.333.6562

Services: Urgent care, lab

Urgent Care Mason

800 E. Columbia

Phone: 517.244.8900

Services: Urgent care

Urgent Care Grand Ledge

1015 Charlevoix Drive

Phone: 517.627.0100

Services: Urgent care, lab, pharmacy

Urgent Care Michigan Avenue (NEW)

*Opening early 2018 across from Sparrow Hospital
on Michigan Avenue in Lansing*

All Urgent Care Hours

8 a.m. to 8 p.m., seven days a week

Sparrow.org/fastcare

Sparrow.org/urgentcare

FASTCARE



February is Heart Health Month

By Rona Harris

Community Outreach Specialist, Ingham County Health Department

February is Heart Health Month. Heart disease, stroke, and other cardiovascular diseases are several of the leading causes of death for residents in Michigan. What actions you take today can help prevent, delay, or minimize the effects of heart disease and lower your risk factors.

Here are steps you can take to help you improve or maintain a healthy heart -

1. *Prevent and control high blood cholesterol*

High blood cholesterol is a major risk factor for heart disease. Preventing and treating high blood cholesterol includes eating a diet low in saturated fat and cholesterol and high in fiber, keeping a healthy weight, and getting regular exercise. All adults should have their cholesterol levels checked.

2. *Prevent and control high blood pressure*

Healthy lifestyle behaviors such as regular physical activity, a healthy diet, not smoking, and a healthy weight will help you maintain normal blood pressure levels. In addition, all adults should have their blood pressure checked on a regular basis. A high blood pressure can usually be controlled with lifestyle changes and with medicines when needed.

3. *Prevent and control diabetes*

People with diabetes have an increased risk of heart disease. People with heart disease can take steps to reduce their risk for diabetes through weight loss and regular physical activity.

4. *No tobacco*

Smoking increases the risk of high blood pressure, heart disease, and stroke. Never smoking is one of the best things a person can do to lower their risk. Quitting smoking will also help lower a person's risk of heart disease.

5. *Moderate alcohol use*

Excessive alcohol use increases the risk of high blood pressure, heart attack, and stroke. People who drink alcohol should do so only in moderation and always responsibly.

6. *Maintain a healthy weight*

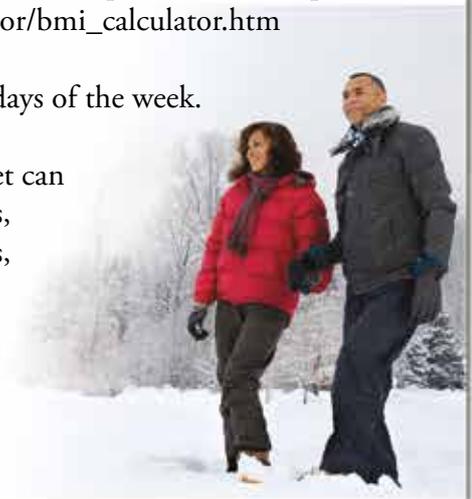
Healthy weight status in adults is usually assessed by using weight and height to compute a number called the "body mass index" (BMI). BMI usually indicates the amount of body fat. An adult who has a BMI of 30 or higher is considered obese. Overweight is a BMI between 25 and 29.9. Normal weight is a BMI of 18 to 24.9. Proper diet and regular physical activity can help to maintain a healthy weight. To compute your BMI, please visit http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm

7. *Regular physical activity*

Adults should do moderate physical activity for at least 30 minutes on most days of the week.

8. *Diet and nutrition*

Along with healthy weight and regular physical activity, an overall healthy diet can help to lower blood pressure and cholesterol levels and prevent obesity, diabetes, heart disease, and stroke. This includes eating lots of fresh fruits and vegetables, lowering or cutting out added salt or sodium, and eating less saturated fat and cholesterol to lower these risks.



Febrero es el Mes de la Salud del Corazón



Por Rona Harris

Especialista en Integración Comunitaria, Departamento de Salud del Condado de Ingham

Febrero es el Mes de la Salud del Corazón. Enfermedades cardíacas, embolias y otras enfermedades cardiovasculares son varias de las principales causas de muerte en los residentes de Michigan. Las acciones que tome hoy, pueden ayudar a prevenir, retrasar o minimizar los efectos de las enfermedades cardíacas y reducir los factores de riesgo.

Estos son algunos pasos que puede tomar para ayudarle a mejorar o mantener un corazón sano –

1. Prevenir y controlar colesterol sanguíneo alto

El colesterol sanguíneo alto es un factor de riesgo muy alto para enfermedades cardíacas. Previniendo y tratando el colesterol sanguíneo alto incluye llevar una dieta baja en grasas saturadas y colesterol, y alta en fibra, manteniendo un peso saludable, y haciendo ejercicio regularmente. Todos los adultos deberían tener sus niveles de colesterol revisados.

2. Prevenir y controlar presión sanguínea alta

Conductas de un estilo de vida saludable, como actividades físicas regulares, una dieta sana, no fumar, y un peso saludable le ayudarán a mantener niveles normales de presión sanguínea. Además, todos los adultos deberían tener su presión sanguínea checada de forma regular. La presión sanguínea alta normalmente puede ser controlada cambiando el estilo de vida y con medicinas, de ser necesario.

3. Prevenir y controlar la diabetes

Las personas con diabetes tienen un mayor riesgo de enfermedades cardíacas. Personas con enfermedades cardíacas pueden tomar pasos para reducir el riesgo a tener diabetes mediante pérdida de peso y actividad física regular.

4. No tabaco

Fumar aumenta el riesgo de tener presión sanguínea alta, enfermedades cardíacas y embolias. Nunca fumar es una de las mejores cosas que puede hacer una persona para disminuir el riesgo. Dejar de fumar también ayudará a que el riesgo de que una persona tenga enfermedades cardíacas, disminuya.

5. Ingerir alcohol con moderación

Ingerir alcohol en exceso incrementa el riesgo de presión sanguínea alta, ataques cardíacos y embolias. Las personas que beban alcohol, deben hacerlo con moderación y siempre con responsabilidad.

6. Mantener un peso saludable

El rango de peso saludable en adultos normalmente es evaluado usando su altura y peso para calcular un número llamado “índice de masa corporal” o BMI (siglas en inglés, body mass index). El índice de masa corporal normalmente indica la cantidad de grasa corporal. Un adulto que tiene un índice de masa corporal de 30 o más, es considerado obeso. Sobrepeso es un índice de masa corporal entre 25 y 29.9. Peso normal es un índice de masa corporal de 18 a 24.9. Una dieta adecuada y ejercicio físico regular puede ayudar a mantener un peso saludable.

Para calcular su índice de masa corporal, por favor visite

http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm

7. Actividad física regular

La gente adulta debería hacer actividad física moderada por lo menos 30 minutos la mayoría de los días de la semana.

8. Dieta y nutrición

Junto con un peso saludable y actividad física regular, una dieta saludable completa puede ayudar a disminuir la presión sanguínea y niveles de colesterol, y prevenir obesidad, diabetes, enfermedades cardíacas y embolias. Esto incluye comer muchas frutas frescas y vegetales, disminuir o evitar sal y sodio, y comer menos grasas saturadas y colesterol, para reducir estos riesgos.

LANSING **BWL** 1ST S.T.E.P.

School to Training & Employment Program 10th Annual Tour and Interview Day



The Board of Water and Light had the privilege of taking 21 local high school seniors on a tour of our facilities. During the morning of the tour and interview day, the 21 high school seniors (pictured above) were able to visit the Customer Service building, the Stores and Warehouse facility, the Dye Water Conditioning Plant as well as the REOtown Cogeneration plant.

However, the student's day was not finished when we returned from the tours. During the afternoon, these same 21 high school students interviewed for 1st STEP positions here at the BWL.

By the end of the day, these 21 high school students were very excited about the next step in the 1st STEP program...



LANSING **BW** 1ST S.T.E.P.





Let us create a rendering of your vision and we will make it a reality!



POTTER PARK RED PANDA EXHIBIT—INGHAM COUNTY



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Peckham provides vocational rehabilitation services and paid job training opportunities for people with disabilities.

We have great jobs available in our five lines of business.

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www.peckham.org





GATE Summer Programs now include grades 3-10!

The Gifted and Talented Education (GATE) office is excited to announce that we have expanded our summer programs to include students in grades 3-10! Attend GATE program Information Meetings on Sunday, January 28, 2018 to learn about all GATE programs. RSVP at gifted.msu.edu/gateinfo2018.

¡Los programas de verano de 'GATE' incluyen ahora los grados 3-10!

La Oficina de Educación de Alumnos Dotados y Talentosos (GATE, siglas en inglés) tiene el agrado de anunciar que hemos ampliado nuestros programas de verano para incluir a los estudiantes en los grados 3-10! Asista a reuniones de información sobre el programa 'GATE' el domingo, 28 de enero de 2018, para aprender acerca de todos los programas de 'GATE'. RSVP en gifted.msu.edu/gateinfo2018.



Students can have a unique GATE program experience each summer, while building on skills and concepts they have learned in previous GATE programs. The advanced curriculum of each program is developed with gifted students in mind – students will engage with topics and concepts that are several years advanced for their current grade level. Please reference the Application Guideline charts at right based on your student's current grade level to see where your student fits.

There are two programmatic changes for Summer 2018. First, the GUPPY program now has different curriculum for grades 3-4 and for grades 5-6. There will be different topic "tracks" for each grade, which include a variety of STEAM classes. Second, we have reorganized the MST@MSU experience into two separate programs to better serve students in different grade levels. MST@MSU (Math, Science, & Technology) will be a 1-week program for grades 7-8. MSTL (Math, Science, Technology, & Leadership) will be a 2-week program for grades 9-10, which includes an additional Leadership component. You can learn more about the new structure of these programs on the GATE website, www.gifted.msu.edu.

GATE academic year programs remain the same, serving students in grades 7-9. All four Academic Year programs (Math, English, French, and Latin) occur on the MSU campus.

The application deadline for all programs is May 2, 2018. Summer programs have rolling admissions, so complete your application early. For Academic Year programs, decisions are made after the May 2nd deadline - we encourage you to apply early to ensure you have all materials submitted by the deadline.

Los estudiantes pueden tener una experiencia única en el programa 'GATE' cada verano, mientras desarrollan habilidades y conceptos que han aprendido en anteriores programas de 'GATE'. El plan de estudios avanzado de cada programa es desarrollado con estudiantes superdotados en mente, los estudiantes participarán con los temas y conceptos que tienen varios años avanzados para su actual grado. Consulte la Guía de Aplicaciones a continuación según el grado actual del estudiante para ver dónde le corresponde a su estudiante.

Hay dos cambios programados para el verano de 2018. En primer lugar, el programa 'GUPPY' ahora tiene diferentes planes de estudio para los grados 3-4 y para los grados 5-6. Habrá diferentes "pistas" de temas para cada una de las categorías, que incluyen una variedad de clases de 'STEAM' (siglas en inglés) (ciencia, tecnología, ingeniería, arte y matemáticas). En segundo lugar, hemos reorganizado la experiencia de 'MST@MSU' en dos programas separados para servir mejor a los estudiantes en las diferentes categorías. 'MST@MSU' (matemáticas, ciencia y tecnología) será un programa de 1 semana para los grados 7-8. 'MSTL' (matemáticas, ciencias, tecnología y liderazgo) será un programa de 2 semanas para los grados 9-10, que incluye un componente adicional de liderazgo. Puede aprender más acerca de la nueva estructura de los programas en el sitio electrónico de 'GATE', www.gifted.msu.edu.

Los programas del año académico de 'GATE' siguen siendo los mismos, sirviendo a estudiantes en los grados 7-9. Los cuatro programas del año académico (matemáticas, inglés, francés y latín) se realizan en el plantel de MSU.

El plazo de solicitud para todos los programas es el 2 de mayo de 2018.

Los programas de verano tienen admisiones continuas, así que complete su solicitud con anticipación. Para programas del año académico, las decisiones se toman después de la fecha límite del 2 de mayo - le animamos a que solicite anticipadamente para asegurarse de que tiene todos los materiales presentados antes del plazo.

Summer Program Application Guideline

During Spring 2018, if you are in...	...you can apply for the following Summer Programs:
Grades 3 or 4	GUPPY 3-4
Grades 5 or 6	GUPPY 5-6
Grades 7 or 8	MST@MSU, Future DOcs, CSI
Grade 9	MSTL, Future DOcs, CSI
Grade 10	MSTL

Academic Year Application Guideline

During Spring 2018, if you are in...	...you can apply for Fall 2018 Academic Year Programs:
Grades 6, 7, or 8*	CHAMP: Math, ISHALL: English, LEAF: French, ALL: Latin

*Please note that students begin these programs in the Fall of their 7th, 8th, or 9th grade year. For example, to begin the program in the Fall of 7th grade, students must apply in the Spring of their 6th grade year.

Norma de solicitud para el programa de verano

Durante la primavera de 2018, si está en...	...Puede solicitar para los siguientes programas de verano:
Los grados 3 or 4	GUPPY 3-4
Los grados 5 or 6	GUPPY 5-6
Los grados 7 or 8	MST@MSU, Futuro DOcs, CSI
Grado 9	MSTL, Futuro DOcs, CSI
Grado 10	MSTL

Norma de solicitud para programas del año académico

Durante la primavera de 2018, si está en...	...Puede solicitar para los siguientes programas de verano:
Los grados 6, 7, or 8*	CHAMP: Matemáticas ISHALL: Inglés LEAF: francés ALL: latín

*Tenga en cuenta que los estudiantes comienzan estos programas en el otoño de su 7º, 8º o 9º grado. Por ejemplo, para empezar el programa en el otoño del 7º grado, los estudiantes deben solicitar en la primavera de su 6º año.

The Vote is your Power

The right to vote is the most powerful tool that U.S. citizens have to express their political views and influence. Sometimes it may seem that one's vote does not count, but that is not the case; everyone's vote counts. And, when we do not vote we are letting others determine who is elected and whose interests they represent, and they may not be the same as yours. Today, as during other periods of great political divide, our democracy is threatened not only by anti-democratic behaviors of elected officials and their appointees, but by legislative initiatives to suppress the voting rights of targeted population segments. In this context, your vote is even more important, especially since the political divisions in this country are getting worse rather than better.

As we move into 2018 and the mid-term elections it is important to become informed on the positions of candidates on critical issues and the specific issues that will appear on the ballot. The responsibility of citizens in a democracy is to stay informed politically, as only by doing so can they cast an informed vote. And, today voters must invest more time to stay informed as there are numerous unreliable sources of information all around us, especially on the Internet and social media. Propaganda is rampant these days, with political pundits and trolls often using emotional language, lies, false accusations, petty issues to distract, and other techniques to influence voters. Indeed, it seems that there is a complete lack of ethics and even morality in politics today, especially at the state and national levels. This is why it is especially important to take time to become informed about candidates and issues,



using reliable sources of information that are trustworthy and accurate. Avoid sources that are not part of the mainstream and talk with persons you trust to identify reliable sources of information.

In preparation for the mid-term elections in 2018, it is important to promote voter registration among all citizens, letting them know that their vote matters in election outcomes. In particular, tell young adults to get registered, as they will live the longest under the policies of those elected in 2018. Additionally, Latino voters in Michigan can determine close elections, but they must get out and vote. Sometimes it is difficult to stay informed of the candidates and the issues. One of best sources of information for voters is the League of Women Voters, which is located in most cities. The webpage for the League in the Lansing area is located here: <http://lansing.mi.lwvnet.org/>. There you can find voter guides for upcoming elections, information on upcoming candidate and community forums, and other resources, so visit their website in September as you prepare yourself to vote.

You can make a difference by casting an informed vote.

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El Voto es su Fuerza

El derecho de votar es el instrumento más potente que tienen los ciudadanos americanos para expresar su perspectiva política y demostrar su influencia. A veces parece que el voto de uno no cuenta, pero eso no es cierto; todos los votos cuentan. Y cuando uno no vota deja que otras personas determinen quién es elegido y cuáles intereses representaran, y tal vez no estén de acuerdo con los intereses suyos. En tiempos de gran desacuerdo político, como en el que hoy vivimos, nuestra democracia es amenazada por elementos anti-democráticos y por el comportamiento de oficiales elegidos y sus nombrados y también por las iniciativas legislativas que reprimen los derechos de votar de ciertas comunidades. En este contexto, su voto es más importante. Actualmente el desacuerdo político en este país se empeora (y se hace más grande)!

Al entrar el 2018 y al enfrentar las elecciones de medio término es importante mantenerse informado sobre los candidatos y sus posiciones políticas en cuestiones políticas y en asuntos específicos que aparecerán durante las elecciones. En una democracia como en la que vivimos, la ciudadanía tiene la responsabilidad de mantenerse informadas políticamente así podrán votar sin perjuicios. Hoy, los electores deben de invertir más tiempo para mantenerse mejor informados al haber tremenda mala información especialmente en el Internet y en los medios sociales. La propaganda es demasiada. Hoy en día hay que tener cuidado con reporteros, periodistas, y personas que usan lenguaje emocional, mentiras, acusaciones falsas, asuntos de poca importancia, y otras técnicas para motivar al electorado. En efecto, parece que hay una total pérdida de ética y de moral en la política hoy en día, especialmente al nivel estatal y nacional. Por



eso es sumamente importante que tomen su tiempo y sean informados sobre los candidatos y asuntos políticos, usando información precisa y de confianza. Evite medios que no son bien conocidos y hable con personas de confianza para llegar a la información precisa.

En preparación para las elecciones de medio término en el 2018, es importante promover la registración de todos los ciudadanos para votar, y hacerles saber que sus votos cuentan en los resultados electorales. Especialmente hay que comunicarles a los jóvenes que se registren para votar porque ellos vivirán más años bajo las pólizas que serán establecidas por los que sean elegidos en 2018. Además, el electorado Latino en Michigan puede definir elecciones estrechas, pero primeramente tendrá que salir a votar. A veces es difícil mantenerse informado sobre los candidatos y los asuntos del momento. Una de las mejores fuentes de información viene de “League of Women Voters,” que está disponible en casi todas las ciudades. La página de web para el sitio de Lansing está localizado aquí: <http://lansing.mi.lwvnet.org/>. Ahí podrá encontrar guías para votar en las elecciones siguientes, información sobre candidatos y foros de la comunidad, también podrá encontrar otros recursos, al prepararse para votar en septiembre visite la página de web.

Ejerciendo un voto informado usted puede hacer una gran diferencia.

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Latinos in the U.S.

The ancestry of today's Latinos is rooted in the arrival of the Spanish in 1492, the explorations and settlements that occurred, and the genetic mixing that followed. The first permanent European settlement established in the area known today as the United States was in Puerto Rico in 1508, on the mainland it was St. Augustine, Florida in 1565, and in present-day New Mexico it was San Juan de los Caballeros in 1598.

As we all know, the area known today as Texas was annexed by the U.S. in 1845, nearly ten years after the Republic of Texas declared its independence. And, in 1848 the Treaty of Guadalupe Hidalgo concluded the war between the U.S. and Mexico, with the U.S. taking over the northern half region of Mexico (over 50% of its total territory) and adding approximately 100,000 Mexican citizens to its population as citizens.

Those new citizens were quickly converted into second-class citizens and those relations have structured all relations that followed since then between Latinos and White Americans. Latino presence in this country has been one of struggle and challenge.

Today, Mexican Americans and other Latinos are the second largest ethnic population group in the country, next to White Americans, and numbering nearly 60 million persons. Since 1968, the country has celebrated the presence of Latinos, first through National Hispanic Heritage Week and, since 1988, National Hispanic Heritage Month, which is observed from September 15 to October 15. Its purpose is to recognize the achievements and contributions of "Hispanics" in the U.S.

On September 13, 2017, President Trump proclaimed September 15 through October 15 National Hispanic Heritage Month and called upon educators, librarians, and all Americans to observe this month with "appropriate ceremonies, activities, and programs."



It is estimated that by 2060, Latinos will comprise one-third of the nation's population, which will be at approximately 416 million persons. The age of today's population will have consequences for the future. White Americans are the oldest population with a median age of 43, compared to 28 among Latinos and 33 among African Americans. It is no surprise then that Baby Boomers are disproportionately White Americans (27%) compared to Latinos (14%) and African Americans (21%). Compared to Baby Boomers, Millennials (those born in the 1980s and 1990s) comprise 28% of the Latino population and 20% of White Americans. These age differences mean that Latinos will experience higher rates of natural increase than other population groups.

The demographic shift should not spark fear among non-Latino groups. What holds the nation together is not ethnicity but a robust belief in modern democracy and its principles. The U.S. has evolved from a landed aristocracy to a constitutional democracy, which includes popular sovereignty, majority rule and minority rights, and limited powers of government through separate and shared powers, checks and balances, due process of law, and leadership succession through elections. Latinos believe in constitutional democracy and stand ready to defend its principles.

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Matamoscas y Políticos

by Larry Arreguin

Detroit, MI — With the 2017 Election behind us, I recently mentioned to a re-elected Councilmember that with all of the crap they had to overcome, they should have a big flyswatter on hand. For some, this election was brutal and may take a lot to forgive; but not forget. However, on behalf of MI ALMA, I congratulate all those Latino/as that took the risk and chose to run for elected office.

I shared previously information about five candidates that remained on the ballot and of them, four were elected to office. Raquel Castaneda-Lopez (Detroit City Council), Alex Garza (Taylor City Council), Jeremy Garza (Lansing City Council) and Santino Guerra (Flint City Council) were all elected or re-elected. Raul Garcia obtained over 50% of the total vote in the Holland City Council primary and a runoff was not necessary; therefore he will be seated as a new Councilmember in Holland.

For Guillermo Lopez, his effort to become an At-Large City Council Member in Lansing fell short by 1,574 votes. Yet he achieved 23% of the total vote and retains his seat on the Lansing School Board. In the August Primary, another first time City Council candidate, Felicita Lugo, came up short by a similar number (1,496) and was not on the November Election ballot. While these two candidates were not successful this time around, they're both vibrant members of their communities and I'm sure they will do better if they run again.

Next year presents great election opportunities for Latino/as, and it is incumbent on all of us to set aside egos and other biases and do what we can to support and assist those that seek to attain elective office. What that means is starting within our households, then those organizations that we are a part of and encouraging voter registration. The primary election will be on Aug. 7, 2018, which means if you are not registered to vote, you have until July 9, 2018 if you intend to vote in the primary election.

Further, if you want to run for elected office, you need to become acquainted with the filing deadlines (www.michigan.gov/documents/sos/2018_Dates_600221_7.pdf). For example, those running for State Representative or State Senator need to file nominating petitions (or fees if applicable) and an Affidavit of Identity by 4 p.m., on April 24, at their County Clerk's Office or if their district covers multiple counties, at the Department of State's Bureau of Elections in Lansing.

Currently, there are six Latino/as serving in the Michigan House of Representatives: Darren Camileri, Daniela Garcia, Erika Geiss, Vanessa Guerra, Shane Hernandez, and Henry Yanez. With the exception of Rep. Yanez, each of these members can run for reelection in 2018. However, Rep. Garcia has announced that she will forego her final term and like Rep. Yanez, will run for a seat in the State Senate. If Garcia or Yanez wins in the primary election and then the general election, they will become the second and third Latino/as to serve in the Senate; the first being the Hon. Valde Garcia.

So now that the 2017 Election is over, I hope those running for elected office in 2018 will not have to overcome the brown fly/crab effect and be forced to use a matamosca. Too much is at stake, and MI ALMA will do all it can to educate, inform advocate to ensure our voices are heard and not overlooked.

Michigan Alianza Latina para Mejoramiento y Avance (MI-ALMA; English translated – Michigan Alliance of Latinos Moving Towards Advancement) provides informational resources, advocacy to Latino Agencies, employers, employees and other parties a cost effective vehicle to enhance the quality of life in Michigan in the areas of: Education, Immigration Rights, Health and Healthcare, Civic Engagement and Media Portrayal, Economic and Employment Opportunities, Gender Relations and Civil Rights and Discrimination.



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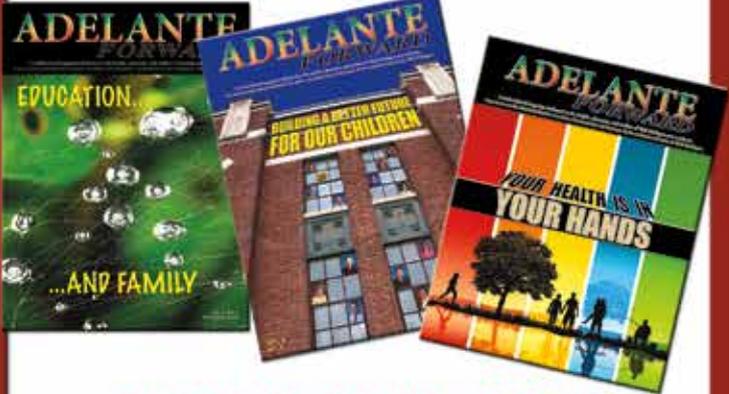


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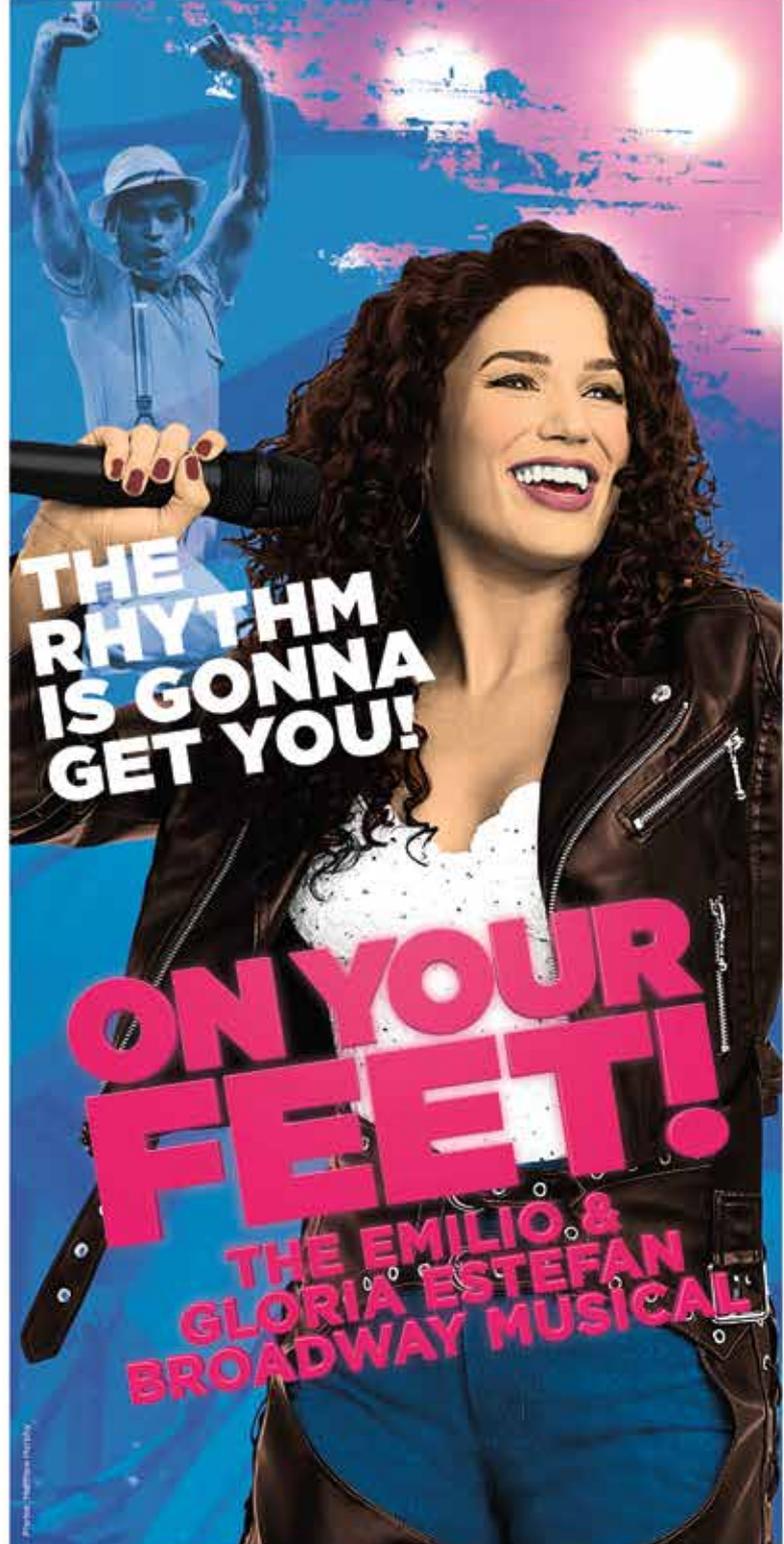


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THIS MONTH'S COVER

This month's Cover was created by Therese Randall Brimmer, Brimmer Family Design. Adelante Forward Layout & Design by Danny Layne



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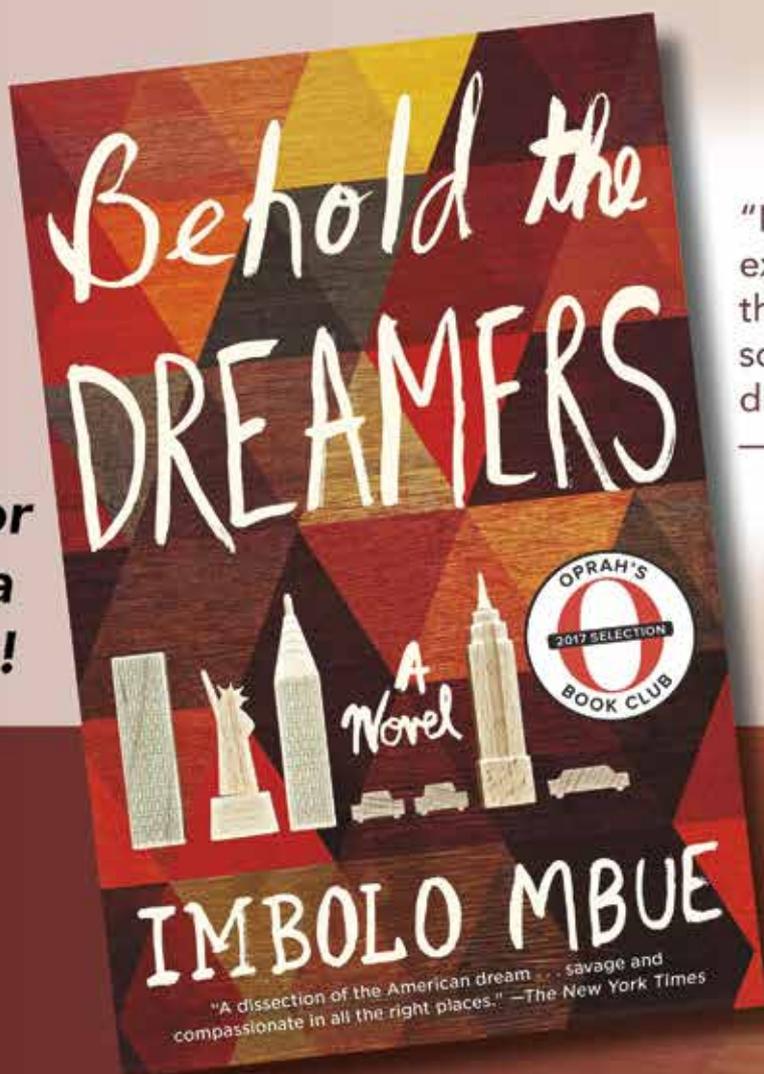
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CAPITAL AREA READS

Designed to encourage discussion and spark the exchange of ideas, Capital Area Reads brings communities together to talk about a single title. This year's featured book is *Behold the Dreamers* by Imbolo Mbue.

Visit cadl.org/car for more information.



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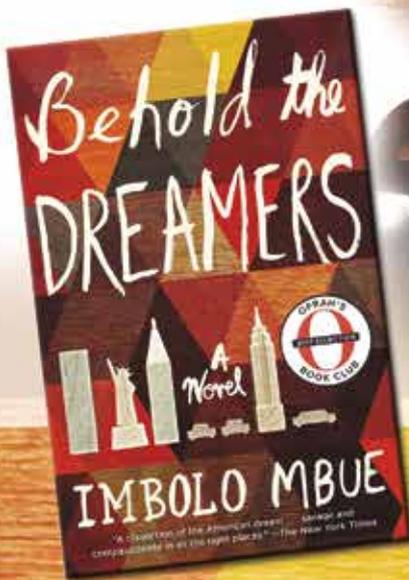
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CAPITAL AREA READS

Diseñado para alentar discusiones y crear intercambio de ideas, el programa de lectura 'Capital Reads' reúne a comunidades para hablar sobre un título. El libro de este año es "Behold the Dreamers" por Imbolo Mbue.

Visite cadl.org-car para más información.



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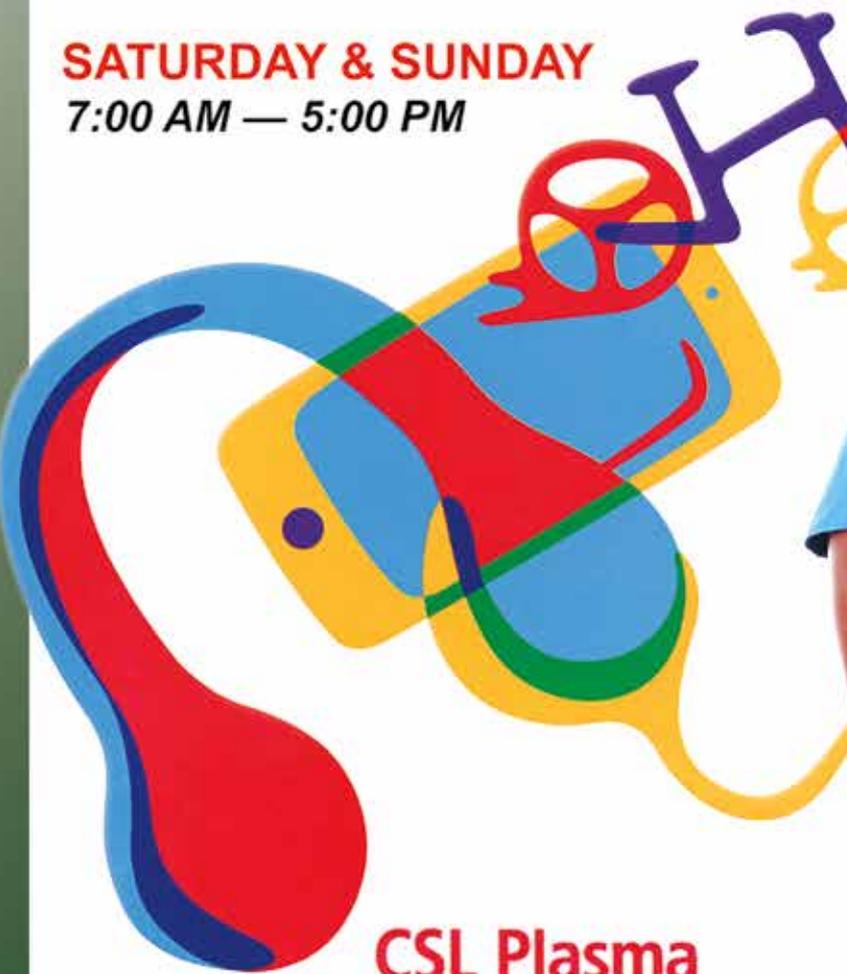
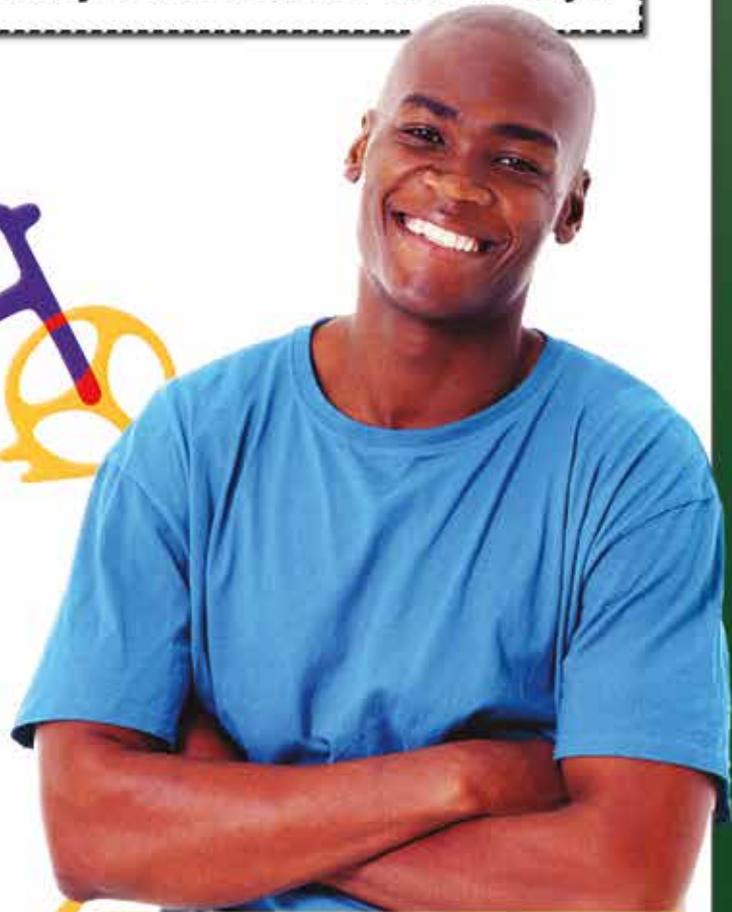
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Big Brothers Big Sisters Michigan Capital Region

Carefully Matched Professionally Supported Results Driven

Big Brothers Big Sisters Michigan Capital Region (BBBSMCR), an affiliate of the national organization, provides one-to-one, professionally supported mentoring relationships to children facing adversity.

The youth are at-risk and experience elevated exposure to crime, gangs, violence, and substance abuse. BBBSMCR matches provide children with positive encouragement and a reliable source of support from a caring adult. The simple act of having a consistent adult who reinforces positive decision-making has been changing lives and communities for more than 100 years.

We focus on children who are most at-risk, prioritizing those from low-income, single-parent homes. By partnering with parents/guardians, volunteers and others in the community we are accountable for

each child in our program achieving greater confidence, better relationships, avoiding risky behaviors, and realizing educational success.

BBBSMCR serves approximately 400 youth a year, however, the need far exceeds the capacity of the agency. The reality is that we have a waiting list of youth who desire a caring adult mentor in their life.

BBBSMCR is in need of mentors.

There is great need for a volunteer mentor to simply spend 2 to 4 hours a month with a youth, doing low or no cost activities determined by the adult mentor and their youth. Every volunteer “Big”; is fully screened, then interviewed, trained and prepared to assist one child (their “Little”) to achieve and surpass their



individual goals. Case managers track the relationships between the Bigs and Littles, offering support and guidance to help the Bigs in their efforts to help the Littles to grow, succeed (in school and beyond), and become productive, successful members of the community.

While mentoring a youth has tremendous impact on the child, many of our volunteers express profound enjoyment from giving back, making a difference and gaining a life-long friend along the way. Research shows BBBS improves odds the youth we serve will thrive educationally and socially.

Kids with a Big Brother or Sister do better in school, are less likely to use drugs or alcohol, get along better with peers, and are more likely to finish high school and go to college.

The reality is that BBBS mentoring is an effective program that improves the lives of youth and deeply engages communities through involvement with families, mentors, community funders, schools and other partners.

Youth matched with a Big Brother or Big Sister realize their potential and discover opportunities they may not have known existed otherwise.

Big Brothers Big Sisters is a donor, volunteer-based organization funded by OUR local community. To learn more about how to contribute to BBBS contact us at (517) 372-0160 or visit www.bbbsmcr.org.





Feeding Healthy Solutions

Local Wellness

The Lansing School District continues to be committed to health & well being of all students and staff.

A copy of the policy can be found on the Districts webpage. Go to Departments/Food Services/Student Well-Being tab. This document guides Lansing Schools efforts in establishing a school environment that promotes student's health, well-being, and ability to learn.

Content of the Wellness Policy includes specific goals for nutrition promotions, education, physical activity and other school-based activities that promote student wellness

The Wellness committee is asking for community input. If you are interested in participating please contact the Food & Nutrition Department 755-2755.

Living In The Moment

It's not just a cliché—being more present has some big health benefits.

When you spend so much time planning and preparing for what's next, you sometimes forget to enjoy the actual experience of living in the moment. Sound a little too new age-y? Before you roll your eyes, know that you may be missing out on some big-time health benefits if you are always distracted. Researchers have found that mindfulness—the practice of being aware of your thoughts, physical sensations, and surroundings—can help lower stress, improve sleep, and even boost brain health. Here are some simple ways to get started.

Just breathe. Next time you're stressed over that endless to-do list, pause and take a few deep breaths. Yes, it's that easy. Deep breathing not only calms your nervous system, helping you feel more relaxed, it also forces you to be more mindful. "When you are more conscious of your inhale and exhale, it keeps you in the present," says Belisa Vranich, Psy.D., a clinical psychologist and founder of The

Breathing Class. According to Vranich, mindful breathing is a little different than normal involuntary respiration because it requires relaxing when you inhale and tightening up on your exhale: Soften and expand your pelvis on the inhale and use your abs to consciously squeeze out all the stale air on the exhale.

Taste your food. How many times have you polished off a meal without remembering taking a single bite? Multiply that by three times a day and you may be completely checked out at mealtimes. The problem is that munching while watching TV or texting on your phone distracts you from really paying attention to your food, so you not only miss out on the pleasure of eating, you also end up over-eating. When you slow down and savor each bite, you automatically become more mindful of what you are eating.

Begin to meditate. If you think that meditation is just for monks and yoga fans, think again. Meditation, a technique that helps you calm the mind, is another means of tapping into mindfulness. How does it work? Sit down in a comfortable position for a few minutes, close your eyes, and concentrate on your breath. The goal is to acknowledge your thoughts rather than obsess over them. With regular practice, you'll find it easier to let go of stress and drama and just "be" in the moment.

Walk this way. Another easy way to meditate—and stretch your legs—is by walking with purpose. What does that mean? Leave your phone and headphones at home and bring your full awareness to your movements. Feel the impact of your feet hitting the ground and the motion of your arms swishing beside you. Also take in your environment with all your senses. Noticing the scents of the outdoors, the feel of the wind on your face, and the rustle of leaves underneath forces you to be in the present.

**Lansing School District
Food Service Website
lansingsd.sodexomyway.com**



FRESH FRUIT & VEGETABLES PROGRAM

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to students during the day at specific schools. Last school year, five Lansing School District schools received the grant. This year the program has expanded to seven Lansing schools. Below is a list of Lansing schools participating in the FFVP and the allocated amounts.



Kendon School	\$10,208
Riddle	\$12,064
North School	\$32,190
Reo School	\$11,310
Gier Park	\$20,242
Cavanaugh	\$14,906
Fairview	\$12,586
Pleasant View	\$29,116



The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. Teaching kids the importance of healthy eating habits is something they will always remember.

The FFVP will help schools create healthier school environments by providing healthier food choices and by expanding the variety of fruits and vegetables being offered.

Some of the different produce that is offered from the FFVP includes cucumber slices, zucchini coins, honeydew chunks, grape tomatoes and watermelon chunks.

The application for the 2017-2018 school year will be available in April.



CATERING



SodexoMAGIC's catering service, Flavours, offers a catering menu with a variety of options to please every pallet. We can cater large banquet dinners of 300 plus guests to small meetings of 10 guests and everything in between. Choose from a classic taco and salad bar to stir-fry and breakfast buffets. The Flavours catering team is prepared to deliver outstanding presentation, exquisite food and remarkable service.

Our catering services are available to all Lansing School District employees. If you have an event, meeting or celebration that needs food, Flavours catering is the way to go! Make it easier on yourself by leaving the food set-up and clean-up to us, we've got you covered!

For a catering menu and order form visit <https://lansingsd.sodexomyway.com/>. Orders need to be placed at least 48 hours before your desired catering date.

UPCOMING EVENTS

Future Chef Challenge– Asian Fusion

SodexoMAGIC will be hosting Lansing's fourth Future Chefs Challenge on March 20, 2018. The event invites all Lansing School District 1st-5th grade students to share a healthy recipe.. Students must be able to create the recipe by themselves.

The top recipes from participating schools will be selected to compete in the Future Chef Challenge at Everett High School.

All ingredients and equipment are provided for the competing students. Judges will be present to sample and vote on prepared recipes and a winner will be selected.

The winner of the competition will move forward and compete in the National Future Chefs Challenge. The goal of this competition is to get students involved in meal preparation and create awareness of healthy food options.

A-Z Salad Bar

Each elementary student will have the opportunity to explore produce starting with each letter in the alphabet. This will be featured through out the month of May 2018.



SodexoMAGIC Lansing Office
5815 Wise Road
Lansing, MI 48911
(517) 755-2750



809 Center Street
Lansing MI
Just East of the Grand River
517-882-3544

Diversity and inclusion

Getting Comfortable with the Uncomfortable

As an African American woman walking into a room of professionals, who are all white, can be an uncomfortable situation. Recently, I had the opportunity to present to a group of professionals and business owners about diversity and inclusion. As I walked into the room, I was surrounded by individuals of the same race and color. I instantly told myself I had to adjust the delivery of my speech. Consequently, this observation was a great opportunity to transition into my first point about being prepared to be uncomfortable. It opened the door for me to be able to relate to the audience about how to shift from being uncomfortable into a comfortable environment. As it relates to diversity, I stated, "It is imperative that we prepare and get comfortable with being uncomfortable."

There has been many efforts and conversations surrounding diversity and inclusion, yet it can still be a challenge for some individuals to navigate especially if this is not a daily discussion topic. We know if you are the only Asian, African America, Hispanic, Native American, Middle Eastern, etc. in a room predominately full of Caucasians or any other single race or ethnic group, it can be uncomfortable. In the midst of this, one has to gain courage to start the conversation and make progress regarding diversity and inclusion. This scenario makes it easy to shy away from engaging, however this lack of comfort is necessary for individual, community and societal improvement.

My second point was to be an ally. In order to be diverse in marketing and providing services, we must be a **VISIBLE** ally and speak up for those that who are unable to speak for themselves. Sometimes not being able to speak is due to not being present at the time. If a comment is made about a specific race or culture, we need to take the responsibility of speaking up and making it known that inaccurate and/or demeaning comments are **NOT** acceptable. When we are quiet, we send the message that we agree with the comment. So that we don't send mixed messages, we must send a clear message that it is important to be an ally.

Next, when embracing diversity and inclusion we must remember as we birth a group/organization, it is vital to include everyone. It is okay to have a Lansing Black Chamber of Commerce or a Hispanic and Asian Chamber, but engage everyone. Remember to not just do so on paper, but to make efforts to engage everyone in real time and let others be heard. We need to make sure that everyone has a voice otherwise we are not practicing inclusion. We can all unite for a common purpose. When we focus on inclusivity, we open our doors for a productive conversation. It helps to put us in remembrance of our cause and exactly why we felt the need to rally in the first place.

In addition, education is significant. Educating yourself and then sharing that information with your team is crucial. The challenges of diversity are driven through conscience and unconscinded biases. It is important to combat biases with education. Change can be difficult to embrace. It is not easy when one has been programmed to think and act a certain way for an extended period of time, but acknowledging the need to/for change followed by baby steps, gets us that much closer in the end.

Lastly, we need to be careful not to exclude people who think differently. Likeminded people are always going to be easy to get along with. It's easy and comfortable or as my young daughter would say, "easy peezy, lemon squeezey!" If we isolate people who do not think or act like us, we exclude them from the decision-making process. We want to avoid creating yet another "good ol' boys club." Differently minded individuals can benefit from learning from us and vice versa. Difference in thought allows the group to look at things from various perspectives and from there formulate a plan. ***Teams that think differently, accomplish more.***

Re'Shane L. Lonzo

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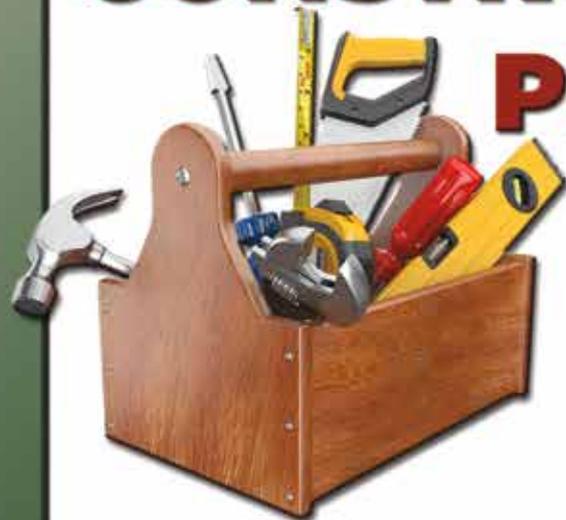
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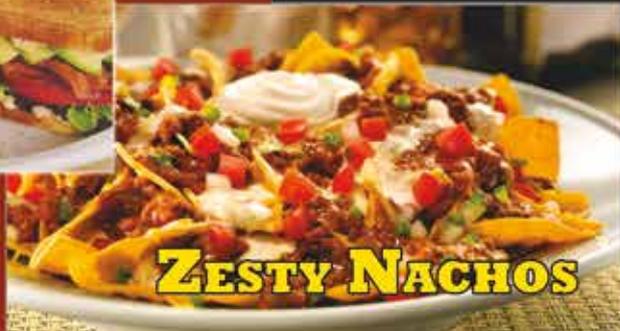
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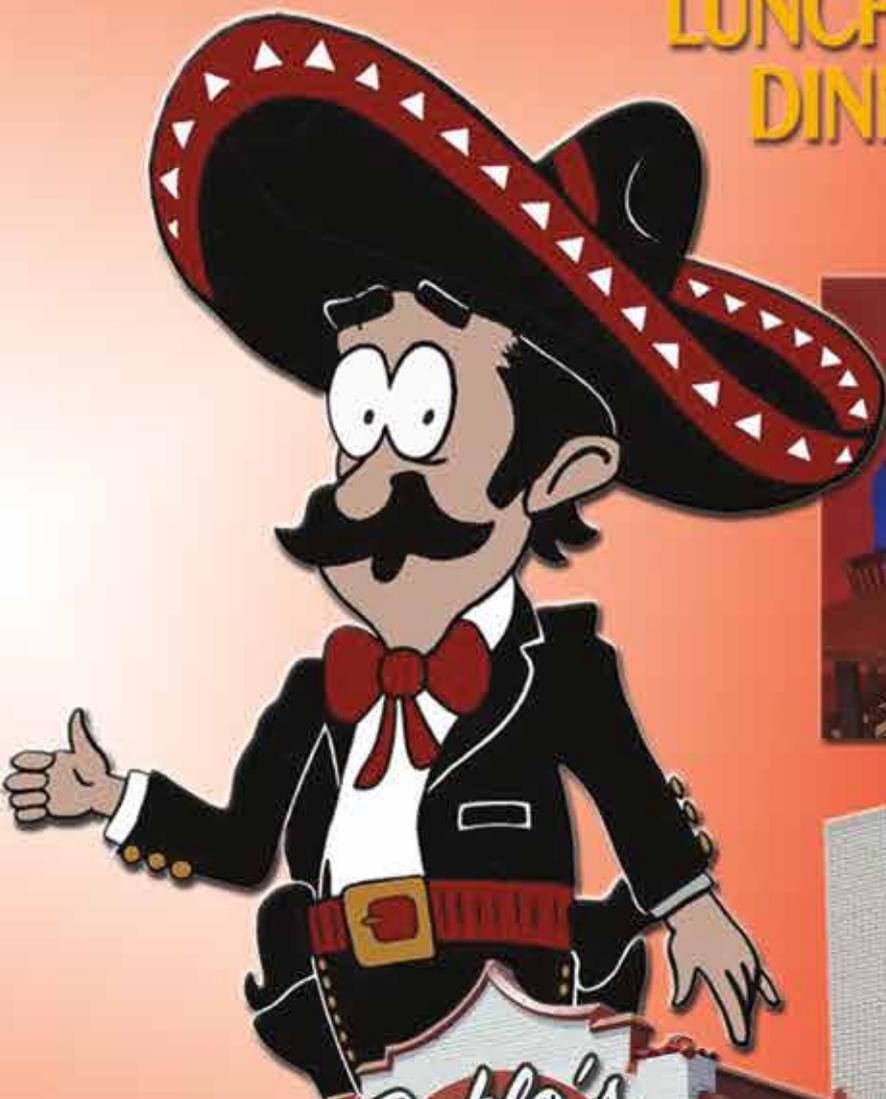
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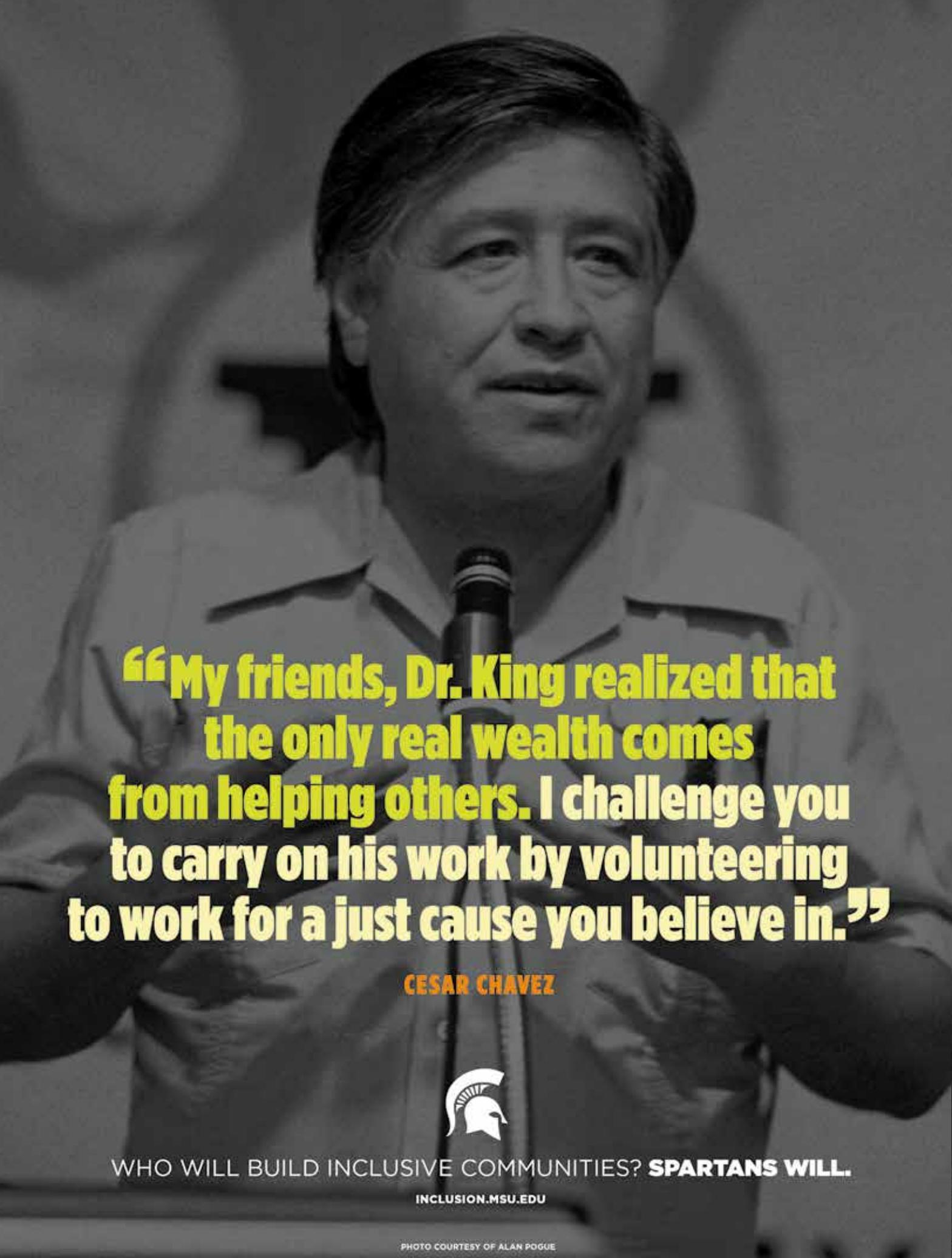


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WHO WILL BUILD INCLUSIVE COMMUNITIES? **SPARTANS WILL.**

INCLUSION.MSU.EDU