

# DETROIT

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“Building Business to Business and Business to Community Relationships”

MAR-MAY 2025

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*Welcome to the  
Detroit People's Food Co-op!*



Join us in the mission to  
bring fresh & healthy food  
options to Detroit.

Owned and driven by the  
community! pg. 11



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# RECESS25

Resilience and Equity in the Clean Energy Sector Summit



## Early Bird Registration Now Open for RECESS25 National Black and Brown Clean Energy Conference

The Premier Event on Equity in the Clean Energy Sector  
Scheduled for October 7 - 9, 2025 at the Marriott @ The Renaissance Center

The highly anticipated Resilience and Equity in the Clean Energy Sector Summit 2025 (RECESS25) is set to return for its third year, building on the success of past conferences. This national event will take place from October 7-9, 2025, at the Marriott at the Renaissance Center in Detroit, Michigan.

Themed "SOS: Eradicating Energy Poverty Through Clean Energy," RECESS25 will bring together industry leaders, innovators, students, and environmental justice advocates to advance equity in the clean energy sector. The conference will feature engaging keynote speakers, cutting-edge panels, and impactful workshops aimed at fostering opportunities for Black, Brown, Latino/a, Indigenous, and other communities of color in clean energy careers and businesses.

"We are excited to announce the 2025 date and venue for RECESS25," said Carla Walker-Miller, CEO, Walker-Miller Energy Services and convenor of RECESS25 National Black and Brown Clean Energy Conference. "This year's theme emphasizes the urgent need to eradicate energy poverty and mobilize diverse communities to lead the clean energy transition. We invite everyone to join us in creating a more inclusive and equitable clean energy future."

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## Your Social Security is Headed to the Chopping Block!

From the price of eggs to your social security, nothing is off limits in the Trump Administration. It wasn't that long ago when the rising price of eggs was the hot topic of the day. Trump touted how he would bring inflation down on day one and he was the only one who could do it. Well, American, have you heard Trump say anything



BEVERLY SMITH

Trump stated recently as of March 11, 2025 that he will always protect Social Security and Medicare. Most of us know that when Trump says he won't do something, he is already doing it.

about inflation since the inauguration? The Biden Administration already had that train rolling down the track before Trump was sworn in.

But Trump's narcissism has taken on a new role and has risen to greater heights with the help of his new non-elected front man, Elon Musk in caring out his Project 2025 agenda. Trump appointed Musk, the

wealthiest man in the world with a net worth of \$305 billion according to the Bloomberg Billionaires Index and \$320 billion according to Forbes as of March of 2025 to head the newly formed Department of Government Efficiency, (DOGE).

DOGE is targeting every government program or agency to either be eliminated or drastically cut without any documentation of proof of wrong doing or inefficiency. So far, over 93 Executive Orders have been signed by Donald Trump threatening everything from deportation to dis-

mantling the Department of Education, tariffs on goods from Mexico and Canada, eliminating government social programs, the firing of thousands of federal workers, to gaining access to citizens personal information and that is just in the first 60 days.

The Social Security Act was enacted in 1935 during President Franklin D. Roosevelt's first term

and passed by Congress as part of the New Deal. Initially, the Act was an attempt to limit what were seen as dangers in the life of Americans including old age, poverty, unemployment and the burdens of widows and fatherless children.

**So, America, are you going to allow a billionaire to eliminate your Social Security payments? I think NOT!**

The act provided benefits to retirees and the unemployed and a lump-sum benefit at death. Currently, payments are financed by a payroll tax on current workers' wages, half directly as a payroll tax and half paid by the employer. Self employed people are responsible for the entire payroll tax. Trump stated recently as of March 11, 2025 that he will always protect Social Security and Medicare. Most of us know that when Trump says he won't do something, he is already doing it. Elon Musk on the other hand has stated on interviews that "Social Security is the 'biggest Ponzi scheme of all time.'"

And now, Commerce Secretary Howard Lutnick said this on a

recent interview, "Let's say Social Security didn't send out their checks this month, 'My mother-in-law-who's 94, she wouldn't call and complain, whoever screams is the one stealing,'" that only "fraudsters" would complain about missing a So-

cial Security check; honest people like his mother would simply live with the fact that the government didn't mail their monthly payment."

More than 70 million people receive Social Security checks since 1935 after the Great Depression. Social Security in many instances is the sole source of income of millions of Americans who have paid into this program for years. So, America, are you going to allow a billionaire to eliminate your Social Security payments? I think NOT!

Contact information:  
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313-268-3523

## INSPIRATIONAL CORNER

### A Woman's Journey: Faith, Hope & Strength

In recognition of Women's History, we recognize it is a testament to resilience, strength, and progress. Over the years, we've witnessed incredible strides in equality, rights, and opportunities. It wasn't too long ago that women were expected to stay in the background, but through determination and courage, they have paved the way for future generations.



BARBARA BRAZILE

There was a time when women had little say in their own lives. They couldn't vote, own property, or even make financial decisions without a man's approval. But history has shown us that change is possible. The workplace has seen a transforma-

tion. Women have gone from being restricted to certain roles to holding positions of power in business, science, medicine, and technology.

Education has been a key factor in this journey. Once denied access to schools and universities, women now make up a significant portion

**As we reflect on women's history, let's not forget that every step forward is a new chapter of hope, resilience, and empowerment.**

of college graduates and professionals in every field. They have proven time and again that intelligence and capability know no gender. The opportunities available today are thanks to the relentless efforts of those who refused to accept limits.

Entrepreneurship among women is also on the rise, with women

owning and starting businesses and shaping industries in ways never seen before. Women's history isn't just about famous names; it's about the millions of individuals who, in their own ways, contribute to making the world a better place. Whether it's a teacher inspir-

ing young minds, a doctor saving lives, or a neighbor lending a helping hand. Despite the challenges we still face, we must remain hopeful.

We have much to be grateful for. The journey hasn't been easy, but each step forward is proof that change is possible. Women today have more choices, more opportunities, and a

greater sense of empowerment than ever before. While there is still work to be done, we must acknowledge how far we've come and celebrate the victories along the way. The world is not perfect, and there will always be struggles, but every day is still a blessing. We must continue to push forward with gratitude in our hearts and determination in our spirits.

As we reflect on women's history, let's not forget that every step forward is a new chapter of hope, resilience, and empowerment. The journey is far from over. Recognizing that this world is in turmoil, all we can do is to have faith, pray for strength and give honor and praise to our Heavenly Father for carrying us through it all!

CONTACT INFO:  
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# Nourish Her Power and Strength Through Food

This Women's History Month, let's celebrate the daily acts of strength that propel women forward. A powerful, yet often overlooked ally is nutrition. The foods we choose shape our energy, clarity, and resilience—the very foundations of empowerment.



LATRICIA WRIGHT

Imagine tackling a demanding workday with boundless energy, leading a crucial meeting with laser focus, or overcoming personal challenges with unwavering resilience. These aren't abstract ideals, they're attainable with the right nutritional support. Certain foods, packed with essential nutrients, become more than sustenance, they become symbols of the inner strength women carry.

## Iron: The Spark of Vitality

Have you ever felt your energy plummet mid-day or your thoughts scattered like leaves in a windstorm? Iron, the lifeblood of our bodies helps to combat this. Found in red meat, asparagus, lentils, egg yolk, fish, and oatmeal - iron can empower women to maintain peak performance. It's the spark that ignites vitality, mirroring the unwavering energy women bring to their endeavors. Think of it as the fuel that keeps a powerful engine running smoothly, preventing fatigue and brain fog.

## Calcium: The Foundation of Endurance

Strong bones are the bedrock of a strong body. Calcium, abundant in cooked beets, broccoli, leafy greens, and almonds can provide this essential support. Picture the enduring strength of a mighty oak—that's the resilience calcium fosters. Almonds, with their dense nutritional profile, symbolize the grounded endurance women need to stand firm in the face of adver-

sity. Remember, Vitamin D is also essential for calcium absorption.

## Omega-3s: Sharpening Mental Clarity

In a world demanding constant mental agility, omega-3 fatty acids are your secret weapon. Found in salmon and flaxseeds, they can enhance cognitive func-

## The foods we choose shape our energy, clarity, and resilience—the very foundations of empowerment.

tion, sharpen memory, and stabilize mood. Imagine the focused clarity of a strategist planning their next move—that's the power of omega-3s. They represent the incisive thinking that drives innovation and leadership, and may help with mood regulation.

## Berries: Bursting with Protective Power

Blueberries and strawberries, with their jewel-like colors are packed with antioxidants, shielding the body from stress and aiding in recovery. Think of them as a shield, protecting your inner strength, and allowing you to bounce back stronger from life's challenges. Their vibrant hues mirror the radiant resilience women possess.

## Whole Grains: Sustaining the Journey

Quinoa and brown rice, with their complex carbohydrates and fiber, provide sustained energy throughout the day. They're the steady, reliable fuel that supports long-term goals and lasting change. Imagine the unwavering determination of a marathon runner—that's the sustained energy whole grains provide. They symbolize the persistent drive that propels women onward.

## Hydration:

### The Essential Element

Never underestimate the power of water! Adequate hydration is crucial for maintain-

ing energy, cognitive function, and overall well-being. Make it a habit to drink water consistently throughout the day.

## Dietary Tweaks for Women's Wellness

Many women navigate common nutritional challenges, from iron deficiency to adjusting cal-

cium intake during menopause, all while balancing busy schedules. Small, consistent dietary adjustments can make a significant difference. By incorporating iron-rich foods into meals and ensuring adequate calcium intake, you can profoundly improve your health and well-being. To make these changes even easier, consider trying these simple recipes:

- **Spinach & Lentil Power Bowl:** Combine cooked lentils, fresh spinach, avoca-

do, and a lemon vinaigrette.

- **Berry & Almond Smoothie:** Blend berries, almond milk, a handful of almonds, and a splash of pineapple juice.

This Women's History Month, let's commit to fueling our inner fire with knowledge that sparks meaningful conversations about the impact of nutrition. Nourishing our bodies is an act of self-love and a powerful form of empowerment. Even small changes in our diet can lead to significant impacts on our overall well-being. Together, let's celebrate the incredible strength, resilience, and brilliance of women everywhere, one empowering bite at a time.

Latricia Wright, Holistic Nutritionist, Wellness Educator and Advocate for Healthy Living. For more wellness tips and insights, follow her on social media @LatriciaWright or visit [www.olive-seed.com](http://www.olive-seed.com).

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# WJZZ Detroit Jazz Radio Celebrates 66 Years!

The world's oldest jazz radio station, WJZZ Detroit Jazz Radio, celebrated its



Rodger Penzabene

66th Anniversary in grand style, proving once again why it remains a pillar of jazz culture. Hosted by Rodger Penzabene Jr., President of WJZZ, the event was a dazzling affair held at the legendary Baker's Keyboard Lounge, the world's oldest jazz club.

With a packed house of VIP influencers, industry tastemakers, and devoted jazz lovers, the night was electrified by the Aisha Ellis Quartet. Ellis, a dynamic drummer known for her unparalleled energy and funk-infused rhythms, led her band through a masterful performance. With seamless interplay between keys, bass, and flute, the ensemble delivered an unforgettable set that embodied the essence of jazz—soulful, spontaneous, and sophisticated.

Rodger Penzabene Jr. worked the room with charisma and class,

personally greeting guests with warm smiles and heartfelt embraces. Among the distinguished attendees were DSP Publisher Beverly Smith, Charlene Mitchell, Monica Morgan, Chuck Bennett, Greg Dunmore, Lavonia Perryman, and Ken Donaldson reinforcing the station's deep connections within the community, entertainment and media industries.

WJZZ, also known as "The Jazzy One," carries a legacy unlike any other. As the first jazz station in history, these iconic call letters have once again reclaimed their status on the international stage, proving that jazz is not only timeless—it's still the coolest sound around.

With Penzabene's old-school swagger and visionary leadership, WJZZ is on track to regain its spot as the premier jazz station in the world. WJZZ Detroit Jazz Radio: A Legacy of Jazz and Entertainment is more than just a radio station; it's a cultural institution with a rich history dating back to its inception as the world's oldest jazz station.

His mission is to promote, celebrate and advance the Jazz culture lifestyle and it's music Internationally. The celebration was not just a milestone—it was a declaration: Jazz is thriving, and WJZZ remains its heartbeat. With its tagline



"Jazz Is a Lifestyle," WJZZ invites listeners and viewers to immerse themselves in the world of jazz and experience the sophistication and quality associated with the brand."

the highest Arbitron rating for Jazz radio stations in the United States.

Due to business concerns the station shut down broadcasting in the fall of 1996 and remained



Joan Belgrave, Lisa Dichiera, Naima Shamborguer and Charles Lattimer.

Congratulations to WJZZ Detroit Jazz Radio on 66 incredible years. Here's to many more!.

## History

WJZZ Detroit is an iconic legendary jazz format radio station based in Detroit Michigan with a rich heritage in broadcasting. In 1955, Doctors Haley Bell, Wendell Cox and Robert Bass founded WCHB. WCHB was the first black-owned radio station built from the ground up. Then in 1960, the doctors established WCHD which was the 1st jazz radio station. In 1974, the WCHD call letters were changed to WJZZ. WJZZ consistently held

dormant for 23 years. The station via the call letters was revived by Rodger Penzabene Jr. in 2015 with an updated logo and was reorganized as WJZZ Detroit Jazz Radio Entertainment to position it as a full service, global media company. "WJZZ, The World's Oldest Jazz Radio Station.

## Contacts

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313-462-4178

[connect@wjzsdetroitradio.com](mailto:connect@wjzsdetroitradio.com)

2187 W. Grand Boulevard

Detroit, Michigan 48238



Linda & Joseph Penzabene.

## The LEE Group Announces 11th Annual Small Business Workshop: “Thriving Through Uncertainty, Strategies for Resilience”



MARK S. LEE

The LEE Group (TLG) is delighted to announce the 11th year of the Small Business Workshop, scheduled for May 14, 2025.

This year’s event will be held at The Corner Ballpark located at 1680 Michigan Ave., Detroit, MI. 48216.

The theme for this year, “Thriving Through Uncertainty: Strategies for Resilience,” will bring together business experts, entrepreneurs, and community leaders to discuss practical solutions for navigating today’s evolving business landscape. With rising costs, a new administration, the emergence of new technologies, and a tight labor market, businesses must continuously adapt to ensure sustainability and growth.

### Event Highlights:

1. Keynote Speaker, Economic Forecast, Expert Panels – Industry leaders will provide insights on the latest business trends and economic outlooks for 2025
2. Fireside Chat: “The Resilient Entrepreneur – Thriving Through Uncertainty” – An engaging discussion on how businesses can adapt, innovate, and succeed in an ever-changing world.
3. Interactive Workshops – Covering essential business topics, including:
  - Financial Agility: Managing cash flow, funding options, and economic resilience.
  - CyberShield: Protecting businesses from cybersecurity threats in the digital age.
  - Mind Over Business: Prioritizing mental health for entrepreneurial success.
  - Workforce Management: Hiring, retention, and remote work trends.

“There are many reasons to celebrate small businesses as we enter the eleventh year of this workshop,” said Mark S. Lee of The LEE Group. “Our goal is to provide valuable resources and discussions that will help entrepreneurs and business owners navigate uncertainty with confidence.”

The 2024 event saw a record number of registered attendees and 2025 is already off to registration and sponsor requests. Don’t miss the opportunity to join long-standing sponsors, including Fifth Third Bank, Detroit Development Fund, Comcast Business, First Independence Bank, Michigan Women Forward, Tanner Friedman, Cindy Fletcher, State Farm Agent, Better Business Bureau of Detroit and Eastern Michigan, and Southwest Detroit Business Association (SDBA).

Media partners for this year’s event include Detroit

Free Press, Detroit PBS, Detroit Smart Pages and the Latino Press.

### About The LEE Group:

The LEE Group (TLG), MI LLC, an independent integrated marketing consulting firm focuses on providing marketing, branding and communication solutions to clients. Additionally, TLG provides training & development to organizations in the areas of branding, re-branding and communications and has advised on how to effectively implement in an integrated fashion. TLG also offers professional development opportunities, including Executive Coaching, to those looking to elevate their careers.

*For more information on The LEE Group, please go to: <https://leegroupinnovation.com/about/>, Contact: Sari Cicurel- (248) 766-0945 or [sari.cicurel@gmail.com](mailto:sari.cicurel@gmail.com).*

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## Conquering Your Endless To-Do List

41% of to-do list tasks never get completed, leaving many people stuck in a cycle of overwhelm, procrastination, and guilt.



SHEILA HAWKINS

Instead of supporting your productivity, your ever-expanding list maybe one of the biggest barriers between you and your highest level of efficiency.

Your to-do list was supposed to help you stay organized, but instead, it's become a never-ending cycle of unfinished tasks. No matter how much you check off, it only seems to grow longer.

This is what you find on the typical to do list:

- Random tasks without clear prioritization give you a long list of unrelated things, often written in the order they come to mind with no distinction between urgent, important, or low-priority items.
- The list being overwhelming and

unrealistic in length with too many tasks for a single day, leads to frustration because people often add everything they "should do" instead of what's actually feasible.

- Vague or ambiguous tasks are often written in an unclear way, making them harder to start, so the lack of specificity leads to procrastination.
- Without time estimations or deadlines included on your list makes scheduling difficult.

**Remember why the things you do matter. Focus on what's meaningful rather than obligations to keep up motivation, and create incentives for yourself to recognize progress.**

Without time awareness everything feels equally important.

- When things aren't grouped by type there's no context which can lead to inefficiency.
- If actionable next steps are missing, big projects aren't broken down into smaller, actionable steps. They stay stuck on the list for weeks because they're not broken down.

- The typical to do list is focused on obligations rather than meaningful goals, which means there aren't any built-in incentives or recognition of progress.

Now that you know what's typical, let's look at the key components of an ideal TDL. These can be used to strategically design your to-do list. Ideally, you want to identify priorities of each task so that you know what's urgent, important, what you can delegate and what you

can eliminate before anything goes onto your actual list. This weeds out things that don't deserve your time. When you add things to your list, the level of priority goes with it so things can be completed accordingly.

When adding things to your list, break larger things down into small, actionable tasks so you have clear next steps and be sure that you know how long each task will take. Grouping or

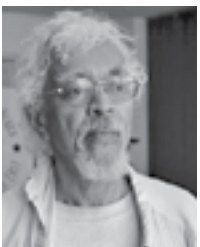
batching your tasks makes life much easier. Group according to work, personal, errands and you can break each down to be more focused.

Keep in mind that life happens, so there should be room for flexibility and adjustments. You don't have to do everything in one day, nor can you, so give yourself some space to breathe, and to allow for things that come up in the midst of your day because life happens.

Remember why the things you do matter. Focus on what's meaningful rather than obligations to keep up motivation, and create incentives for yourself to recognize progress. These components can transform your to-do list into the tool it was meant to be.

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## Something to Make You Say HMM!



DAVID RAMBEAU

- If Ukraine invaded Russia, then the United States caused Pearl Harbor.
- War is a contest of wills.
- War is an extension of politics. Karl Von Clausewitz
- If you want to understand what's going on, study and understand power.
- Michigan, Canada's 11th province.
- You can't take our country—and you can't take our game. Justin Trudeau

- Study French to improve your English.
- We have to follow orders; we don't have to follow suggestions.
- History only remembers the winners.
- I've got an attitude and I don't like it.
- You can do good, and you can do well, but it's likely you can't do both.
- To take revenge on an enemy, give him an elephant.
- A man drowning in honey still drowns
- Do not stand in a dangerous place hoping not to get hit.
- A starving man does not choose his meal.
- Silence gives consent.
- Where is the black man's army? Marcus Garvey
- Andrew Cuomo for Mayor of New York?
- 100,000 American soldiers out of Europe.
- Ukraine rare earth deal for the European Union and the

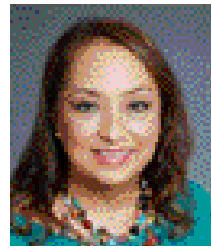
African Union. Or Japan, Germany or Brazil, to the highest bidder with the best army.

- Good fences make good neighbors.
- When the rain falls it does not choose one roof.
- A snake changes its skin, not its nature.
- I can be wrong. You can too. Welcome to the human race.
- Informants only tell half the story so they only get half the blame.
- You never know what the unintended consequences will be.
- Bad news never comes alone.
- The master is always ready.
- Will you listen to my heart?
- A whiter shade of pale.
- You can't go back, so why look that way.
- Someone who hasn't traveled thinks their mother's cooking is the best in the world.
- No matter how high the bird flies, it must come down for food.
- Will Lincoln, Cadillac and Stellantis get an infomercial on the White House lawn?

For more information on how you can get involved, please contact David Rambeau at 313-418-8216 or projectbait@icloud.com (C) January 2025. All rights reserved Resource: Angela G. King is a Detroit based filmmaker, actress and writer.



**PODCASTS GAIN POPULARITY ON THE INTERNET, RELATIONSHIP SHOWS REVEAL HUMAN EMOTIONS, AND THE DEPARTURES OF TWO NATIONAL NEWS ANCHORS**



CHARLENE MITCHELL-RODGERS

More and more of us are tuning in to the internet for information and news, and this includes watching national and local podcasts. One very

popular podcast is hosted by former

First Lady Michelle Obama and her brother. Two local podcasters, Khary Frazier and Raquelle Harris are also proving to be influential among podcast watchers.

I interviewed them both for this column. For whatever reason, millions of viewers are tuning into relationship shows which focus on finding mates for marriage. Whatever you are interested in watching is on a TV channel or the internet.

**GOODBYE TO TWO NATIONAL NEWS ANCHORS**

The host of MSNBC's "The Reidout," Joy Ann Reid was abruptly fired by the network's new



President. It was shocking to many who enjoyed her show and her honest take on national politics. NBC Nightly News anchor Lester Holt



announced that he will be leaving his post at the end of this year. He will continue to host NBC's weekly show, Dateline. Two outstanding journalists in my opinion.

**MOST SURPRISING PODCAST HOST – FORMER FIRST LADY MICHELLE OBAMA IMO (ACROMYM FOR IN MY OPINION) AIRS ON SPODIFY, YOUTUBE, APPLE AND OTHER PODCAST PLATFORMS.**

This show premiered on March 1st, and Mrs. Obama's brother, Craig Robinson is her co-host. The two discuss a variety of topics and conduct one-on-one interviews with celebrity guests.

**OUTSTANDING LOCAL PODCASTS - DETROIT IS DIFFERENT AND ROCKI'S REALITY**

Khary Frazier is the founder of Detroit is Different, an online publication that amplifies the voices of



more than 40 Black content creators in Metro Detroit. He also hosts his own "Detroit is Different" podcast that features a variety of newsmakers, social activists and business owners. He produces his shows in his own studio which he owns, and leases out to other podcasters.

Raquelle Harris, nickname Rocki, started her podcast in June of 2017 with the goal of giving exposure to community leaders, artists, and entrepreneurs who don't always get recognition. Some of her topics have been blended families, fertility issues, estate planning, and the cannabis industry.

Rocki has an engaging personality, a great sense of humor

and is a serious journalist. This wife and mother is definitely one to watch! Just Google Rocki's Reality to view her episodes.

**NEWEST DAYTIME SOAP OPERA – CBS, BEYOND THE GATES**

If drama and chaos is what you like to watch, this show is for you. It is already out-scoring the soaps on NBC and ABC with it's nearly all Black cast starring veteran actors Tamara Tumi and Clifton Davis. The show is set in a prestigious Maryland suburb near D.C.

It features a very prominent, wealthy, multi-generational Black family named Dupree. They are both politically powerful and scandalous. The acting is superb. The show airs Mon-Fri at 2pm EST.

**RELATIONSHIP SHOWS POPULAR WITH VIEWERS ABC AND OWN**

At a time in our culture where marriage is hovering at near an all-time low, TV producers are constantly coming up with plots that focus on couples trying to find love. Here are a few.

**THE BACHELOR, ON ABC, MONDAY 8PM EST & STREAMING ON HULU**



The show features a handsome, Black former pro-basketball player Grant Ellis. He is surrounded by a several women of various ethnicities which he spends personal time with. The goal is to choose just one that he feels is suitable for marriage. It all feels fake, but the people are real. It's sad to watch the women beg for his approval, then cry when they are eliminated.

**FAMILY OR FIANCE' SATURDAY 8PM ON OWN OR YOUTUBE**

This show is a true reflection of real life drama where a couple are asking for their family's blessings to wed. Both the woman and the man face op-



position from family members and a therapist helps them focus on getting along. It feels a little silly, but these are real people with real problems.

**LOVE AND MARRIAGE DETROIT – RETURNS ON SUNDAY APRIL 12TH ON OWN**

This show is about a group of Black families with deep ties to Detroit who decide to make it their home and succeed in business while building a sol-



id friendship with one another. It is full of positive bonding, but also laced with arguments, accusations, jealousy and a lot of drama. Just the kind of show many folks either love or hate to watch. One of the best parts of the show for local viewers is the showcasing of some of the city's most iconic neighborhoods and landmarks.

# Tribute to Luther Alton Keith, “The House of Luther”

Luther Keith was a person who created families everywhere he went. Not in a “Papa was a Rolling Stone” kind of way. He only had one family that he created in that way, and there was no one who loved his wife and daughter as much as Luther did. I’m not a member of that Keith family, but I was related to Luther in at least three ways.



by Kim Trent

First of all, I was one of Luther’s many daughters and sons who studied at the Journalism Institute for Minorities, now known as the Journalism Institute for Media Diversity. In 1985, Luther took a leave of absence from his job at The Detroit News to become the first Director of JIM.

He did an amazing job launching a program where talented students of color at Wayne State University could learn the ropes of journalism and have exposure to top-notch internships, learn how to be professionals and set the world on fire. Luther laid the groundwork and created the culture for a program that has been one of Wayne State’s greatest success stories.

Today, more than 250 JIM graduates hold impressive jobs at prestigious media outlets throughout the world ranging from the executive editor of the Detroit Free Press to a reporter for the Wall Street Journal who is based in Dubai and covering the conflict in Gaza.

Next month, JIM will celebrate its 40th anniversary at a ceremony that will honor Jamila Robinson, a JIM graduate who is the editor in chief of Bon Appetit magazine. Who could have imagined that a black girl from Detroit would have her name on the masthead of one of the world’s most elite publications? Luther Keith could, that’s who.

It is a well-established fact that JIM has improved the quality and changed the complexion of newsrooms all over America, but JIM’s reach stretches far beyond journalism. Graduates include several successful entrepreneurs, a press official for a presidential campaign, several

people who have served in executive corporate and governmental communications roles and a host of other very successful leaders in dozens of fields of endeavor, including former Detroit Mayor Kenneth Cockrel.

But thanks to Luther and the wonderful JIM directors who followed him including Alicia Nails and Ruth Seymour, JIM is much more than a hugely successful academic program.

When I was elected to serve on the Wayne State University Board of Governors in 2012, I learned that the six-year graduation rate for Black undergraduate students at the university was less than 10 percent.

I cannot tell you how shocked I was by that statistic, not only because it is shocking, but because when I attended Wayne State, I did not have one Black friend who didn’t finish their degree either on time or a semester or two late. The idea that only 1 in 10 Black kids at the university was

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**Today, more than 250 JIM graduates hold impressive jobs at prestigious media outlets throughout the world ranging from the executive editor of the Detroit Free Press to a reporter for the Wall Street Journal who is based in Dubai and covering the conflict in Gaza.**

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finishing a bachelor’s degree at all within six years didn’t make sense to me or comport with my experience.

As the board and university administration considered potential solutions to address this disparity, we were told that one very promising strategy to boost Black student success was learning communities, or groups that were intentionally created where students with like interests came together and used positive peer pressure to get each other over the finish line.

JIM was a learning community before learning communities were cool. But we were much more than that. JIM was and is a family. It was a place where college-age Kim Trent could, and did, thrive. And Luther was our patriarch, giving a father’s tender love and stern correction to a generation of young scholars.

When I graduated from Wayne State in 1991, Luther and I became



Luther Keith

colleagues at The Detroit News during the paper’s golden age of racial and ethnic inclusion in the early 1990s. In that role, he was like a protective uncle who was always there to encourage me but had no problem holding me accountable if necessary.

I was so grateful for the important role Luther played in my and countless other journalists’ lives; that in 1995, I nominated Luther for induction into the Michigan Journalism Hall of Fame.

I approached a senior editor at the paper to ask for a letter of recommendation for Luther’s nomination and he

was – to put it mildly – very lukewarm about the request. He told me Luther, who was 45 years old at the time, was too young to be nominated for the Hall of Fame. Truthfully, I didn’t really understand his objection. At the time I was 26 years old, and 45 seemed very old to me. I should note that I have since changed my position on that matter.

I don’t even remember whether I convinced the editor to write the letter but in the end, it didn’t matter because the board of the Journalism Hall of Fame agreed with me and Luther was inducted that year, an honor that despite the editor’s reservations, he richly deserved.

Years later, when Luther’s second act as a community leader was in full swing, he and I had a full circle moment. I joined the board of trustees for the Rosa Parks Scholarship Foundation, which had given me a life-changing, full-ride schol-

arship all those years ago because of Luther’s recommendation.

Luther served as a trustee for the scholarship board for more than 40 years. As a fellow trustee, I had graduated to little sister status with Luther. He was still supportive and encouraging, but he mixed in a few jokes at my expense to keep me grounded, as any decent big brother would do.

Luther Keith stood on a foundation of decency, integrity, and commitment to justice built by his late uncle, civil rights hero and federal appeals court judge Damon J. Keith, and by journalists of color like Ida B. Wells Barnett and Frederick Douglass. Upon that solid foundation, Luther used his life to build a house. It was a house that was big enough for all of the families he created or strengthened.

The JIM family. The Detroit News family. The National Association of Black Journalists family. The Rosa Parks Scholarship Foundation family. The Arise Detroit family. The blues scene family.

And while Luther’s body has taken eternal rest, the House of Luther shall stand. Our country faces grave challenges. But the House of Luther will not fall. Through social unrest, economic turmoil and nonsensical presidential executive orders, the House of Luther shall stand and it will still offer protection, warmth and shelter to all of its many families. The House of Luther will stand because we will make sure it does. And not only that, we will do our part to add rooms to the house.

**To that end, it is my distinct pleasure to announce that the Board of Trustees of the Rosa Park Scholarship Foundation recently voted unanimously to name the scholarship that we designate for a student at the Journalism Institute for Media Diversity after Luther Keith.**

Luther Keith’s many families loved him dearly and are grateful to have had him as an amazing father, uncle and brother in our lives when we needed him most.



# Detroit People's Food Co-op Everyone is welcome to shop!

Join us in our mission to bring fresh and healthy food options to Detroit  
owned and driven by the community



The Detroit People's Food Co-op (DPFC) is a community-owned grocery cooperative under Black leadership. The co-op's purpose is to provide improved access to healthy food and food education to Detroit residents.

Food co-ops continue to be developed throughout the world as a means to increase access to healthy, sustainably grown food while building community ownership and empowerment. In the United States, many food co-ops are located in college towns or affluent communities.

The Detroit People's Food Co-op located at 8324 Woodward Avenue in Detroit's historic North End is a unique model, serving an urban, predominately African American and moderate-income community.

Meeting the needs of the community is achieved through the democratic control of the co-op by its member/owners.

DPFC offers a full-line of groceries, provides access to

goods and services that will serve a wide variety of dietary needs and preferences, educational materials and classes to help our community learn more about nutrition, cooking, healthy living, sustainability, community development and more. DPFC is committed to help heal

whenever possible to help our community thrive. Job opportunities are available. Store phone number and hours: 313-338-3111. Open daily- 8am to 8pm. **Become a Member Today**

Membership is open to individuals who are residents of Michigan and over 21 years of

## DPFC is committed to help heal individuals and our community through healthy food choices.

individuals and our community through healthy food choices.

The Co-op provides its member/owners and the community with greater access to healthy foods, and greater control of the food system. The co-op is a non-profit and will uphold product standards in line with the desires of the member/owners. No membership is needed to shop. **Departments include:** meat/seafood, grocery, bulk items, deli, bakery, specialty items, wellness items, produce, beer/wine, a common area and much more.

age. The price to purchase a lifetime member/owner equity share in the co-op is \$200 per person (one person per share). The share price can be paid in one lump sum or spread out over ten monthly installment payments. Over 4,100 member/owners to date.

*For more information on member benefits, call (833) DPFC-313 or (833) 373-2313. email: info@detroitpeoplesfoodcoop.com. Office Hours: Monday-12pm-5pm, Wednesdays-10am -3pm. Visit the website at: detroitpeoplesfoodcoop.com.*



## Commitment is the Key!

### Let us commit to spending millions of dollars in our communities every Friday. We have the financial power to be impactful. We are “The Founders Club”

#### Step 1 - “Founders Club” Mission

Establish multiple groups across this country, each consisting of 1,000 strong that will decide weekly which Black-Owned Businesses we want to financially support and empower.



ELLIS LIDDELL

#### Step 2 - “Founders Club” Outreach

Inform the selected Black business owner three months in advance that we, “The Founders Club,” have chosen them as our targeted business of choice. The early notice is to provide the business with the time needed to restock products and hire and train additional team members. Our aim is to support and empower them as they prepare for this surge in business.

#### Step 3 - “Founders Club” Action

Begin by spending one million dollars every Friday. It is easier than

Most Black consumers reside in the South (56%), with 17% in both the Midwest and Northeast, and 10% living in the West. Top cities with Black Consumers:

1. New York-New Jersey: 3.8 million
2. Atlanta: 2.3 million
3. Washington: 1.8 million
4. Chicago: 1.7 million
5. Dallas: 1.5 million
6. Houston: 1.5 million
7. Philadelphia: 1.4 million
8. Miami: 1.4 million
9. Detroit: 1.0 million
10. Los Angeles: 0.9 million

Among Black households, 24% earn less than \$25,000, 22% earn between \$25,000 and \$49,999, 17% earn between \$50,000 and \$74,999, 12% earn between \$75,000 and \$99,999, and 25% earn \$100,000 or more.

As of 2023, 39% of Black households were married, 30% were female with kids, 5% were male with kids,

children’s education. The choices we make play a crucial role in helping the Black community remain strong.

You have a choice: to continue assimilating or to ensure that young people of color have options for internships, apprenticeships, and scholarships. You can be effective by forming support groups in your neighborhood. Invite your friends from Facebook, Instagram, LinkedIn, TikTok, and other social media platforms to join you in supporting your Founders Club group.

We can and will have influence in our community now and forever. It’s our time; you must ask yourself, if not now, when? If not you, who? We are “The Founders Club.”

Let us empower Black-owned businesses by supporting them, whether they are in a small community or a major city. It is important for you to identify and raise aware-

ness among your friends about Black businesses in your area, as well as share your plans to uplift them.

Contact my team at ELE Wealth Management to become a difference maker. You can reach us at 248-356-6555 for instructions on setting up your community “Founders Club.”

Ellis Liddell is the President/CEO of ELE Family of Companies in Southfield, MI. He is also the author of “Wealth Management: Merging Faith with Finance” and a member of the Top of the Table. Mr. Liddell can be reached at (248) 356-6555 or on his website: [www.elewealth.com](http://www.elewealth.com). Securities offered through ELE Wealth Advisors, Inc., member FINRA. Advisory services offered through ELE Advisory Services, Inc. ELE Wealth Advisors and ELE Advisory Services, Inc. are affiliated through common ownership and control.

**That’s why WE, YES, WE, need to be accountability partners for our Black business owners. We are “The Founders Club”**

you think. If 1,000 households each commit to spending at least \$1,000 a year with a chosen vendor, that would total \$1,000,000. If 10,000 households maintain this same commitment, the total spending would reach \$10,000,000 a year. With 100,000 households, the total expenditure would amount to \$100,000,000.

According to the Pew Research Center, in the US, fewer than 5%

and 17% were non-family households. Living in a city with a large Black population does not guarantee success. **That’s why WE, YES, WE, need to be accountability partners for our Black business owners. We are “The Founders Club”**

We currently have the power to choose whom we support each week through our purchasing decisions. Our spending habits will not only influence

**Let us empower Black-owned businesses by supporting them, whether they are in a small community or a major city.**

of businesses make over \$1 million in annual revenue. This is even though small businesses make up 99.9% of all US companies. A small business is defined as having fewer than five hundred employees.

and improve the quality of life of the residents in that communities but the quality of life of the business owners compared to the lifestyles of business owners in other cultures; where they live, their vacations, and their

### Kemp Funeral Home Honors Southfield Middle School Students, Essay Contest focused on Career Choices

The owners of Kemp Funeral Home in Southfield partnered with Levy Middle School Students to encourage 6th, 7th, and 8th graders to think about career choices. The assignment was to write about what career might interest them, and what they would need to do to prepare. “The children were very excited and they were able to put their thought down on paper. Our judges were retired educators and we all are very impressed with the how well the students did,” says Kemp CFO, Jacquie Lewis-Kemp.

Levy Middle School Principal Sonia Jackson, along with the students and their families attended an award ceremony and pizza party. The first, second and third place winners received medals and



a certificate. Every participant received a beautiful certificate for their efforts. Kemp Funeral Home sponsors several community events throughout the year.

**Contact:**  
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# Making Sure Your Business is Sellable: Why Hiring a Business Broker is Key

**S**elling your business is a major decision with significant financial implications. Whether you're looking to retire, explore a new venture, or cash out, ensuring your business is attractive and valuable to potential buyers is essential for getting the best price. While preparing your business for sale is critical, it can be complex. That's where a qualified business broker comes in.

A broker can help you navigate the nuances of selling and ensuring that key value drivers are optimized to make your business more appealing.

Here are the crucial components to focus on and why a business broker can help you maximize their value.

## 1. Location: Assess Your Business's Foundation

The location of your business is often a prime driver of its value, especially for retail and service-based companies. Buyers are attracted to businesses in high-traffic areas with future growth potential. A business broker can help you assess whether your location is still advantageous or if small adjustments (like improving visibility) can increase its perceived value. Brokers know what makes a location attractive to buyers and can help you present it in the best light.

## 2. FF&E (Furniture, Fixtures, and Equipment): Keep Assets in Top Shape

The condition of your business's assets, including furniture, fixtures, and equipment (FF&E), directly impacts its value. A broker can help you

identify necessary upgrades or repairs to ensure these assets appeal to potential buyers. Buyers want to know that the equipment they inherit is in good condition and won't require immediate investment. A business broker can also guide you in keeping detailed records of these assets, providing buyers with a clear understanding of their value.

## 3. Inventory: Organize and Streamline

A disorganized or excessive inventory can be a red flag for buyers. A business broker will help you optimize your inventory, ensuring it's well-maintained, documented, and streamlined to maximize its appeal. By maintaining inventory levels that are manageable and current,

**A broker can help you navigate the nuances of selling and ensuring that key value drivers are optimized to make your business more appealing.**

your business will appear more efficient to potential buyers, allowing for a smoother transition.

## 4. Trained Employees and Staff: Ensure Operational Continuity

Buyers want reassurance that your business can continue operating smoothly after the sale. A strong, trained workforce is essential for this. A business broker can help you create a transition plan that assures buyers your employees will remain engaged and that there is minimal disruption. Additionally, a broker can guide you on how to structure incentives to keep key employees post-sale, making the business more valuable in the eyes of the buyer.

## 5. Existing Customers: Build a Loyal Client Base

A loyal customer base adds tremendous value to your business. Buyers are more inclined to purchase businesses with steady, recurring customers. A business broker can assist in highlighting your customer relationships, making sure to emphasize recurring revenue models, such as subscriptions or long-term contracts, which increase your business's stability and attractiveness.

## 6. Recurring Revenue: Highlight Consistent Cash Flow

Businesses that generate recurring revenue are typically seen as more stable and less risky. If your business doesn't already have a recurring revenue model, a broker can help you transition to one before listing it for sale. Whether through service contracts, memberships,

or subscription models, recurring revenue makes your business more appealing and can significantly increase its sale value. A broker's expertise ensures this transition is done strategically.

## 7. Accurate Books and Records: Ensure Financial Transparency

Accurate and up-to-date financial records are essential when selling your business. Buyers want transparency, and messy or incomplete books can raise concerns. A business broker can assist in cleaning up your financial records and ensuring everything is in order. Brokers often work with accountants and auditors to ensure that the business's financials are transparent and credible, giving potential buyers confidence in the business's profitability.

## 8. Established Relationships with Vendors and Suppliers: Smooth Transitions

Strong vendor and supplier relationships are invaluable when selling a business. Buyers want the assurance that they can continue to enjoy favorable terms and a reliable supply chain. A business broker can help facilitate the transfer of contracts and introduce potential buyers to your suppliers, ensuring the business transitions smoothly and continues to operate effectively post-sale.

## Conclusion: The Value of a Business Broker

Selling a business is not an easy process. It requires strategic preparation, careful consideration of key value drivers, and expert negotiation. A qualified business broker can help you optimize these value drivers, from location and FF&E to employee management, customer base, and recurring revenue models.

Business Consultants International, Inc. brings valuable expertise and industry knowledge that allows you to navigate the complexities of selling your business. By leveraging our experience, you can ensure that your business is positioned for a successful sale, helping you get the best price and a smooth transition to the new owner. For a free complimentary valuation of your business visit our website at [www.swanmoney.com](http://www.swanmoney.com) or email at [info@swanmoney.com](mailto:info@swanmoney.com)

For more information on crafting a successful exit strategy or purchasing a profitable business, reach out to Business Consultants International at (248) 579-8320 or email us at [info@swanmoney.com](mailto:info@swanmoney.com).

## Choosing the Right Consultant for Your Needs: Theorist Consultant vs. Consultant of Discipline

Consultants can really be game changers, especially if they understand your business model, market demands/trends or other related matters. However, it needs to be said that not all consultants are equal because what they know is what you're paying for, and that is what you should measure as an individual or entity assessing the fit and capacity of this external help.



LAURA SIGMON

Broadly speaking, consultants can be categorized into two types: theorists and consultants of discipline. Understanding the distinction between these two can make a significant impact when deciding who to hire for a project or business initiative.

**Theorist Consultant**  
A theorist consultant is someone who primarily focuses on frameworks, concepts, and strategic models. These consultants rely on research, case studies, and best practices from various industries to provide recommendations. Their strength lies in their ability to analyze trends, develop strategic roadmaps, and offer a broad perspective on industry developments.

### Theorist Consultant

**Characteristics of a Theorist Consultant:**

- Provides conceptual frameworks and strategic planning
- Utilizes academic research and industry benchmarks
- Focuses on high-level problem-solving and theoretical applications
- Strong in consulting reports, whitepapers, and strategic recommendations
- May lack hands-on experience in executing solutions

### Characteristics of a Theorist Consultant:

**Consultant of Discipline**  
A consultant of discipline, on the other hand, is a practitioner with hands-on experience in a particular field. These professionals have executed strategies in real-world scenarios and can provide practical insights based on direct involvement. They understand the nuances of implementation, potential roadblocks, and how to adapt strategies to specific business environments.

**Characteristics of a Consultant of Discipline:**

- Possesses direct experience in execution and implementation
- Offers pragmatic solutions tailored to the business environment
- Can provide tactical guidance and actionable insights
- Typically works closely with teams to drive measurable outcomes
- Has a deep understanding of industry-specific challenges and operational realities

### Characteristics of a Consultant of Discipline:

**Which One Do You Need?**  
When deciding between a theorist consultant and a consultant of discipline, it's essential to analyze your specific needs. Consider the following factors:

### Which One Do You Need?

**1. Nature of the Problem**

- If your challenge requires high-level strategic planning, competitive analysis, or industry insights, a theorist consultant may be the right fit.
- If you need hands-on support, implementation strategies, or operational improvements, a consultant of discipline will likely be more beneficial.

### 2. Stage of Your Business or Project

- Startups or new initiatives may benefit from a theorist consultant who can help establish foundational strategies.
- Businesses looking to improve execution, optimize operations, or solve existing issues should consider a consultant of discipline.

### 3. Level of Internal Expertise

- If you have a team capable of execution but need guidance on direction, a theorist consultant can provide the necessary frameworks.

### 3. Level of Internal Expertise

- If you lack the expertise or manpower to execute a plan effectively, a consultant of discipline can be instrumental in driving action.

**In many cases, businesses benefit from a combination of both—leveraging theory to shape strategy and discipline to ensure successful execution.**

**In many cases, businesses benefit from a combination of both—leveraging theory to shape strategy and discipline to ensure successful execution.**

**4. Outcome Expectations**

- If you're seeking innovative ideas, market trends, or strategic insights, a theorist consultant offers valuable perspectives.
- If you need immediate solutions, process improvements, or implementation support, a consultant of discipline will provide the hands-on expertise required.

### 4. Outcome Expectations

**You Decide!**  
Choosing the right consultant is about aligning their expertise with your business needs. While theorist consultants excel in strategy and

### You Decide!

ing the nature of your challenge, your business stage, internal capabilities, and expected outcomes will guide you in selecting the best approach.

In many cases, businesses benefit from a combination of both—leveraging theory to shape strategy and discipline to ensure successful execution. As a practitioner, we begin with analysis and benchmarks to determine the execution strategy and therefore, we function as a hybrid; both by discipline and theory! Can we help you?

ing the nature of your challenge, your business stage, internal capabilities, and expected outcomes will guide you in selecting the best approach.

In many cases, businesses benefit from a combination of both—leveraging theory to shape strategy and discipline to ensure successful execution. As a practitioner, we begin with analysis and benchmarks to determine the execution strategy and therefore, we function as a hybrid; both by discipline and theory! Can we help you?

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# Embracing African and African American Business Practices for Long-Term Success

In today's globalized business world, the divide between European and African business cultures—and by extension, African American business practices—highlights a fundamental difference in values. While European business practices often prioritize



SIMONE LIGHTFOOT

profit and competitive greed, African and African American business cultures take a more human-centered approach, emphasizing relationships, respect, and hospitality.

In many European business centers, the driving force is profit, sometimes at the expense of human connections. Efficiency and rapid financial returns take precedence, often with little regard for the long-

**In many European business centers, the driving force is profit, sometimes at the expense of human connections. Efficiency and rapid financial returns take precedence, often with little regard for the long-term consequences of decisions.**

term consequences of decisions. Greed, disguised as ambition, can create a high-pressure environment where relationships are secondary to bottom lines. In this system, employees are often treated as mere tools, and business transactions can feel transactional and impersonal.

In contrast, African and African American business cultures prioritize building personal relationships and trust before entering into business dealings. Meetings are often framed with warm greetings and light conversation, fostering a respectful and collaborative environment. Much like in African businesses, African American entrepreneurs recognize that decisions are more effective when made consensually, with input from various stakeholders. This contrasts sharply with European models where decisions are often

made by a select few at the top.

Negotiations also differ. In European circles, the focus is on quick, efficient deals, but in African and African American businesses,

**Much like in African businesses, African American entrepreneurs recognize that decisions are more effective when made consensually, with input from various stakeholders. This contrasts sharply with European models where decisions are often made by a select few at the top.**

negotiations tend to be slower and more indirect, focusing on nurturing relationships. The goal isn't just to close a deal quickly; it's to create a mutually beneficial, long-lasting partnership. This approach leads to a win-win outcome rather than the zero-sum mentality that often prevails in European markets.

Moreover, African and African American business owners

place significant importance on ethics and community. The philosophy of Ubuntu, which emphasizes interconnectedness and mutual care, guides many African business leaders and is echoed in the African American business community.

Both groups see business success as not only about profits but also about contributing to the welfare of their communities and treating employees with respect and fairness. This communal ethos contrasts with the more individualistic focus of European businesses, where personal gain often overshadows collective well-being.

Today, as the global economy faces uncertainty, African American and women-owned businesses encounter unique challenges. However, this moment also presents an opportunity for growth, especially through embracing sustainability

and strong Environmental, Social, and Governance (ESG) policies.

Entrepreneurs, especially in African American and women-led businesses, are increasingly prioritizing self-care and resilience. In an age where "grind culture" encourages relentless work, the focus on persistence—sustained, consistent effort—has proven more beneficial than exhaustive overwork.

For African American entrepreneurs, focusing on cash flow management, leveraging sustainable practices like decarbonization, and integrating ESG principles can set them apart. These strategies help them remain financially sound and appeal to a

growing market of consumers and investors who prioritize social and environmental responsibility.

Moreover, prioritizing self-care, avoiding burnout, and nurturing community connections will not only help businesses weather economic volatility but will also ensure their long-term success. By embracing these practices, African American entrepreneurs can position themselves for growth—both financially and socially—creating a future that is sustainable and rewarding for all.

*Simone Lightfoot is an energy, conservation, and environmental leader. She is the founder of parent company Light Green Energy LLC and its affiliate Light Green Energy Mississippi, LLC, an energy and environment consultancy based in Ann Arbor, MI and Jackson, MS. She can be reached at Simone@lightgreenenergy.org or 313.585.1052.*

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# Debunking Nutrition Myths to Make SMART Choices for Better Health

In today's digital age, nutrition advice is everywhere—from social media and trending topics to well-meaning



LYDIAH MPYISI

friends. However, much of this information can be misleading, which makes it challenging to make informed health decisions.

As a physician-in-training, I am dedicated to promoting health literacy and self-advocacy. While I am not providing medical advice, my mission with "The Medical Dots" is to clarify med-

eat fiber-rich foods, and limit processed junk for real health benefits (LiverTox, 2020).

**3. Eating Fat Makes You Fat**  
Fat isn't the enemy—healthy fats support brain function, hormones, and vitamin absorption. Avoid trans fats and excess saturated fats in processed foods, and opt for healthy sources like avocados, nuts, seeds, and olive oil (Harvard Health Publishing, 2022).

**4. High-Protein Diets Damage the Kidneys**  
High protein intake is only a concern for those with kidney disease. For healthy individuals,

**While I am not providing medical advice, my mission with "The Medical Dots" is to clarify medical concepts, helping individuals understand the reasoning behind medical recommendations.**

ical concepts, helping individuals understand the reasoning behind medical recommendations. *Let's debunk common nutrition myths so you can confidently make SMART choices for better health.*

**Myths:**

**1. Carbs Are the Enemy**

Carbs are often wrongly blamed for weight gain. While processed carbs like white bread and sugary drinks can spike blood sugar, complex carbs in whole grains, fruits, and vegetables provide essential nutrients and energy. Instead of cutting carbs, opt for whole, nutrient-dense options that fuel your body (Slavin, 2013).

**2. Detox Teas and Juice Cleanses "Flush Out Toxins"**

Your liver and kidneys naturally detoxify your body—no tea or cleanse can replace them. Instead of expensive, often dehydrating detox products, stay hydrated,

protein supports muscle repair, immunity, and overall health. Include lean meats, beans, eggs, and dairy in a balanced, varied diet (Martin et al., 2005).

**5. Fresh Produce Is Always Better Than Frozen**

Frozen produce, picked at peak ripeness and flash-frozen, retains nutrients just as well—sometimes better—than fresh produce, which can lose nutrients during transport. Eat a variety of fresh, frozen, or canned fruits and veggies (without added sugars or preservatives) (Bouzari et al. 2015).

At **The Medical Dots**, I emphasize understanding the why behind health decisions. Nutrition myths often lead to unsustainable eating habits that do more harm than good. Instead of following trends, ask: Does this align with science? Does it support long-term health?

**Making "SMART" Choices Mean:**

Staying informed—questioning myths and seeking credible sources. Making sustainable changes—focusing on lifelong habits. Asking the right questions—understanding the reasoning behind health advice. Recognizing balance—moderation over restriction. Tracking what works—choosing foods that nourish your body. Knowledge is your best asset. By debunking myths and staying informed, you take control of your well-being—one smart step at a time. Join me on "The Medical Dots" YouTube channel, where we simplify medicine one dot at a

time, and follow me on Instagram @lydiah\_mpyisi for more insights on health literacy and self-advocacy. Let's keep creating and connecting "The Medical Dots"!

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## The Difference Between Home Internet Data and Mobile Data

Understanding the difference between home Internet data and mobile data is essential for effectively managing your connectivity and avoiding unexpected charges. While both allow you to access the Internet,



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they function differently and serve distinct purposes depending on where you are and how you're connected. One important consideration is ensuring your devices are properly connected to your home Internet network when at home; otherwise, they will default to using mobile data, which could deplete your plan quickly. **What is Home Internet Data?**

Home Internet data is delivered via a fixed broadband connection, such as Fiber, cable, or DSL, directly to your home. This connection typically comes through a modem or router that creates a Wi-Fi network accessible to multiple devices. Most home Internet plans provide higher data caps or even unlimited usage, making it the preferred option for activities like streaming videos, online gaming, video conferencing, and downloading large files or software updates.

Home Internet is also more stable because it doesn't depend on cellular towers or fluctuate with network congestion. It's a reliable and cost-effective option for households with multiple users. **What is Mobile Data?**

Mobile data is what your smartphone or tablet uses to connect to the Internet through a cellular network when you're not on Wi-Fi. It's ideal for accessing the Internet on the go,



whether you're checking emails, navigating with GPS, or scrolling through social media. Mobile data plans, however, usually come with a set data limit. Exceeding that limit can result in slower speeds or extra charges.

It's important to note that if your device isn't connected to Wi-Fi at home, it will automatically use mobile data. For instance, streaming a movie while your device is not con-

**While both allow you to access the Internet, they function differently and serve distinct purposes depending on where you are and how you're connected.**

nected to your home network could consume a significant portion of your mobile data allowance. Ensuring you switch to Wi-Fi at home can prevent this.

### Key Differences Between Home Internet Data and Mobile Data

**Home Internet:** Delivered via a wired or fiber-optic connection, creating a stable and fast network for your home.

**Mobile Data:** Uses cellular networks, which rely on towers to provide signal coverage. While

this enables Internet access on the go, connection quality can vary depending on your proximity to a tower, network traffic, or environmental obstacles.

### Data Allowances

**Home Internet:** Typically offers significantly higher data caps, often measured in the hundreds of gigabytes or even unlimited usage. For example, many home Internet plans provide 500GB to over

1TB (1,000GB) per month, ensuring ample bandwidth for activities like streaming, online gaming, and video conferencing.

**Mobile Data:** Generally has lower caps, averaging between 2GB and 50GB per month, depending on the plan. This means mobile data is better suited for lighter tasks like browsing and checking emails. To put it in perspective, a single hour of HD video streaming uses approximately 3GB, which could easily exhaust a 10GB mobile data plan in just a few hours.

### Cost Effectiveness

Home Internet is usually more cost-efficient for heavy Internet users or families with multiple devices. Mobile data is better suited for occasional on-the-go use but can become expensive if used for high-bandwidth tasks like streaming or large downloads.

### Speed and Reliability

Home Internet generally provides faster speeds and a more reliable connection, especially for bandwidth-intensive activities. Mobile data speeds depend on your location, network congestion, and signal strength.

### Devices and Usage

Home Internet supports multiple devices at once, such as smart TVs, gaming consoles, and laptops. Mobile data is typically tied to individual smartphones and tablets, making it ideal for solo use while traveling.

When at home, it's crucial to connect your devices to your home Internet to avoid unnecessarily using mobile data.

### Managing Your Internet

#### Data Usage

Both home Internet and mobile data have their unique advantages, but managing your usage wisely can save you money and prevent connectivity issues. Regularly monitor your data usage through your service provider's app or settings to ensure you stay within your limits.

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## Bonny's either gonna sink or swim. Now we want to beef with analysts? Sucka move or caring father?

The recent confrontation between LeBron James and ESPN analyst Stephen A. Smith has garnered significant attention in the sports world. During a Los Angeles Lakers game against the New York Knicks on March 6, 2025, LeBron approached Smith courtside between the third and fourth quarters. Eyewitnesses described the exchange as tense, with LeBron expressing frustration over Smith's public criticisms of his son, Bronny James, a rookie for the Lakers.



DESHAWN HOLMES

Smith later addressed the incident, acknowledging that LeBron confronted him about comments made regarding Bronny. Smith noted that LeBron's approach was not as a basketball player but as a concerned father defending his son.

This incident has sparked discussions about the pressures Bronny faces, especially with his father's high profile status. Former NBA star Dwyane Wade commented on the situation, suggesting that LeBron's public remarks have added pressure on Bronny, making his transition into the NBA more challenging.

LeBron has been vocal for years about wanting to share the court with his son. It's a storyline unlike any in NBA history a father son duo playing together in the league. It's easy to see why that would be special for him, both as a father and as an athlete who has controlled much of his narrative.

However, Bronny's path to the NBA hasn't been as clear cut. He's a solid prospect, but not considered a generational talent like his father was. A cardiac arrest incident last year



further complicated his journey, raising concerns about his long term durability. Scouts project him as a role player rather than a future superstar, and some question whether he would be in this position without his last name.

If an NBA team drafts Bronny with the knowledge that signing LeBron could come with the package, may not be in the best interest of Bronny's development. Would he be better served spending more time at the collegiate level or developing in the G-League rather than being thrust into an NBA system where expectations will be high, perhaps unfairly so?

LeBron has always been about control of his career, his narrative, and his brand. Playing with his son would be a unique addition to his already historic résumé. But does that mean Bronny's career arc is being influenced by LeBron's personal desires rather than what's best for him as a player?

At the same time, LeBron is a dedicated father who has consistently placed family at the forefront. It's hard to believe he would jeopardize

Bronny's career for a personal moment of glory. If anything, he likely believes his presence in the league could help Bron-

ny develop, shielding him from media pressure while mentoring him in a way no other father has had the opportunity to do.

It's likely a combination of both. LeBron's legacy is already cemented, but this would be a fairytale ending to his career. Meanwhile, Bronny's future is still uncertain, and the challenge will be distinguishing how much of this is about his actual basketball potential versus the weight of being a James.

Regardless, if Bronny finds himself on an NBA roster next season, the debate won't end. Whether he thrives or struggles, the conversation will always circle back to one question: Did he earn this opportunity on his own, or was it orchestrated for the sake of LeBron's farewell tour?

### Selma Re-Visited

The commemoration of the 60th anniversary of "Bloody Sunday" at the foot of the Edmond



Pettus Bridge in Selma, Alabama attracted news media from across the country,

Two permanent historic plaques were installed near a visitors center which tell the story of the pervasive racial segregation, the Montgomery bus boycott and the march from Montgomery to Selma where police and rioters attacked black marchers.

It was on this day that the late Congressman John Lewis suffered critical injuries at the hands of police who beat him mercifully; thus the name Bloody Sunday.

Attendees were able to hear from some of the living participants who were just teens when the march took place in 1965. There was also



Charlene Mitchell-Rodgers, Lyn Vaughn-Vann and Wesley Vann.

an event at the historic Tabernacle Baptist Church in Selma where the very first mass meetings took place for the voting rights movement.

It is an historic moment chronicling systemic racism that many would like to erase, but will forever be part of American History. The series of events was a collaborative effort by the City of Selma, The Historic Tabernacle Baptist Church Legacy Foundation, The National Park Service, and the John and Lillian Miles Lewis Foundation with the support of Wells Fargo. It was indeed an honor to attend the events and to submit this article for Detroit Smart Pages.



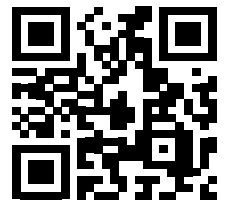
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