

Advocate for Your Children & Their Children

by Sandy Betten

Our nation, our state, and our local communities are increasingly assaulted with social, cultural and political pressure along with anti-science propaganda. In many school districts around the nation, our public school children are victimized with: early sexualization through Comprehensive Sex Education & Youth Assessment Surveys, divisive race relations rhetoric and politicizing of their education—where according to Michigan’s new Social Studies standards—our pupils are taught the art of social activism over civic engagement. We were lulled asleep by the golden era of the last half of 20th century and we now enter a seemingly new world, where every day seems uglier and more oppressive than the one before it with a new war on language, individualism, and truth. The media and government work in tandem to launch great shame campaigns against those who employ critical thinking skills and embrace one of our nation’s greatest principles—the lofty idea of self-governance. With a nation whose “Declaration of Independence” rests squarely on the “Laws of Nature and Nature’s God”, a constitution that outlines a balanced government founded on principles from Isaiah 33:22, and the exceptional proclamation that our rights of life, liberty and pursuit of happiness come from our Creator alone (not government) – many of us have gone from believing our rights and our rich heritage of liberty would never be at risk, to looking socialism square in the eye.

What can you do?

First, learn, research, and question.

Then, advocate for yourself and your children’s children.

Seek to understand and study our FOUNDING DOCUMENTS:

- CONSTITUTION OF THE UNITED STATES
- BILL OF RIGHTS
- CONSTITUTION OF THE STATE OF MICHIGAN
- Federalist Papers
- Work to understand who our founders were, what they read and why they pledged their “sacred honor” in the founding of America.

Take a class on the constitution (many resources online and on Youtube).

IDENTIFY and BUILD RELATIONSHIPS with your County, State & Congressional Representatives:

- Pick up a “Citizen’s Guide to State Government” from your State Representative or Congressman’s office, or view online.
- Identify your Representative’s “Coffee Hours” and meet with them on a regular basis. Affirm, disagree, and discuss as needed.

Understand that every decision you make is POLITICAL:

- Whether you’re buying clothes manufactured in a sweatshop, or buying American-made -- it involves politics.
- Whether your church requires masks or not -- it involves politics.
- Did you gas up? Politics is involved.
- Did your child’s high school organize a walk-out or do they plan to endorse National Day of Prayer? It’s political.

With lobbyists for almost every industry and issue, every choice we make has political implications regardless of whether we’re acutely aware or disengaged.

Understand that all politics starts LOCAL:

Choosing to be an engaged citizen starts at the ground level with your precinct, and weaves through your town, township or city, up through your county. Being active locally may have the greatest impact.

How do you do that?

- Run a campaign for School Board (critical), Municipality, or County Commissioner.
- Choose action over passivity. Be a citizen #Watchdog by logging on to your municipality or county’s website, read minutes and agendas, and be alert for the next board meeting. Bring your concerns up at public comment. Public Comment is usually one of the first- and also the last- orders of business, and many board meetings are now online.
- Understand that the August Primaries are likely more important than the general election. Working hard to promote and financially,

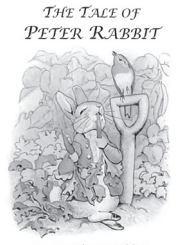
prayerfully and actively support a candidate that shares your values between May and August can increase the chances that your values will be represented in the general election.

• Become a Precinct Delegate. Each party employs Precinct Delegates and each precinct in Michigan may have 1 to 8+ Precinct Delegate seats open. Precinct Delegates are vastly under-represented and in almost all cases in recent years, many seats have simply been left open and available due to lack of citizen interest. For more information, visit: www.MuskegonGOP.com

NETWORK with like-minded individuals:

- Use Facebook, Instagram and Telegram to your advantage.
- Look for local meetings listed in a newspaper.
- Seek out individuals who have similar values and bravely initiate conversation.
- Evaluate your gifts and time, and volunteer in a capacity that blesses both you and the organization.
- Nurture civic engagement in your children.

In conclusion, in this highly divided, intensely political environment that we now live in, if you have grievances or concerns, the best way for you to make an impact is to seek knowledge and then become engaged locally.

 <p>THE TALE OF PETER RABBIT BY BEATRIX POTTER</p>	<p>Read Books Online FREE! Check out the children’s classic, “<i>The Tale of Peter Rabbit</i>” with beautiful illustrations by Beatrix Potter!</p> <p>Also, read the well-loved animal adventure by Thornton W. Burgess, “<i>Danny Meadow Mouse</i>” www.cybercrayon.net/readingroom</p>
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WITH ONE VOICE: Reducing Suicide

NEXT MEETING:

MAY 25, 2021

1:30PM-2:30PM

Our meetings are open to everyone

We encourage you to invite your local coalition members, first responders, youth serving organizations, CMHs, those who provide services to the older population, health system members, school staff, veteran serving organizations and anyone who has an interest in reducing deaths by suicide. Please share this meeting invite with others.

There is no “room limit” on our Zoom account and all can be accommodated.

Topic: With One Voice

Time: May 25, 2021 01:30 PM Eastern Time (US and Canada)

Join Zoom Meeting:

<https://healthwest.zoom.us/j/96252489026>

Meeting ID: 962 5248 9026

One tap mobile

+13126266799,,96252489026# US (Chicago)

+19292056099,,96252489026# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago) Meeting ID: 962 5248 9026

+1 929 205 6099 US (New York) Meeting ID: 962 5248 9026

Beyond Beef Burger	Beef Burger
Ingredients	Ingredients
Water	<h1>Beef</h1>
Pea Protein Isolate	
Expeller Pressed Canola Oil	
Refined Coconut Oil	
Cellulose from Bamboo	
Methylcellulose	
Potato Starch	
Natural Flavor	
Maltodextrin	
Yeast Extract	
Salt	
Sunflower Oil	
Vegetable Glycerin	
Dried Yeast	
Gum Arabic	
Citrus Extract	
Ascorbic Acid	
Beet Juice Extract	
Acetic Acid	
Succinic Acid	
Modified Food Starch	
Annatto	

@drgabriellelyon / Range Magazine

The Little Things

By Caleb Holtrop

Life slows down. You don’t get the opportunity to go out and do as much as you used to. The world is moving in a different direction than you are. Health concerns abound, and for unexpected reasons. You experience greater uncertainty, fear of loss, and helplessness.

These things, being experienced throughout the COVID-19 pandemic, feel wrong and out of the ordinary, but they are not unique to our present situation. They are all familiar concepts for elderly people. Things falling out of our control happens naturally during the aging process. Ask any elderly person, and they’ll tell you that life is frequently uncertain. Circumstances change. Bad things happen. How have they handled losing control of the events of life? What keeps them going, when all these big things crumble around them?

The little things.

We should take lessons from our elderly population. If something is good for those who have lived through worse times, whose strength has now faded, shouldn’t it be good for all of us? Shouldn’t we all learn to live a simpler life, thankful for every moment we have? And why should we wait until we have less time left to start enjoying the time we have left, regardless of circumstances? Here are some things that elderly people do to live their best life, that, perhaps, should not be exclusive to them. Maybe we can learn from them during this time in our lives.

• Take time to enjoy the important things: In this current situation, there’s more time to do things that are truly important, and would normally get ignored, such as praying and reading scripture, or being a meaningful part of your family’s life. Tell your family you love them more often. Pass on traditions, tell stories to the younger people in your life. If you’re a child, you have an opportunity to get to know your parents better. Take walks, and take special notice of all the good things you would normally pass by.

• Find joy in every moment: Take up a new hobby, or continue an old one, from woodworking to stamp collecting to painting to car repair, and everything in between. Get out into nature; watch the daffodils and tulips poke up from the ground; go hiking or stargazing. Make crafts. Schedule a time all your friends can watch a favorite show together, and chat while you’re watching. And don’t forget to share the joy that you find in every moment.

• Stop worrying: Turn off the news. Sing. Sing your favorite songs, whether anyone can hear you or not. Play the piano or guitar or even bassoon. Making music helps you relax, and encourages those around you, whether you have any talent or not. Read books or hone your coloring skills to relieve stress.

• Be productive: Spend dedicated time with your kids cleaning or tidying some needy areas in your house or yard. Finish that project you’ve been working on (or putting off). Grow house plants or do some serious gardening. Exercise to the best of your ability; get fit or just get stronger.

• Expand your knowledge: Always keep learning. Information is a life-saver for those who have too much time on their hands. You can watch millions of free tutorials online; learn something you’ve always wanted to learn, a game, a skill, or a series of fun facts. If you have time, find a wiki or forum online where your knowledge would be valuable, and contribute. You’ll be surprised how much you learn from sharing.

• Help and encourage others: Call extended family members and friends; ask how they’re doing, and how you can help them feel better. Send them handwritten notes in the mail; it will encourage them. Plan a surprise group video chat event for a loved one’s birthday. Offer to pick up groceries for neighbors that can’t go out as often. While you’re out, tell essential workers how important they are. Buy gift cards to support local businesses. If you can, consider donating to charities that provide for people in need.

Above all, talk to the elderly people in your life; not only will it be necessary socialization for them (and you), but you can learn so much from their experiences, how they still live their best life in the worst circumstances. Ask them for advice; learn about the little things that keep them going.

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