

# News, Views & Commentary

"God makes three requests of his children: Do the best you can, where you are, with what you have, now." African American folklore

## Health Notes

DEALING WITH SWINE FLU

By Dr. George Rowan

Swine flu is indeed contagious. It is not an epidemic at this time but we, as humans, must not nudge it along. Below is information from an MSU Extension Specialist about how to reduce transmission of the swine flu virus.

Many people believe that washing your hands with water alone to remove visible dirt and germs is sufficient to ensure clean hands. However, because hand washing with soap is the single most cost-effective health intervention, there is a critical need to educate people regarding the benefits of adding soap to their personal hygiene regime. The recent flu outbreaks underscore the importance of good hand hygiene.

When it comes to washing their hands, Americans say they are getting the message, but their actions speak otherwise. A hand washing study conducted by the American Society for Microbiology (ASM) found that 95% of people say they wash their hands after using a public restroom but only 67% of people actually do.

According to the Centers for Disease Control and Prevention, hand washing is the single most important thing we can do to keep from getting sick and spreading illness to others.

Good hand hygiene can reduce your risk of infection. The friction and rubbing of your hands together with soap and water helps remove micro-organisms. If wash your hands for 15 seconds you can reduce the bacterial contamination by 50 to 90% and washing for 30 seconds reduces the microbes by 90 to 95%.

Always clean your hands:

- o After using the restroom
- o Before, during and after preparing food-especially raw meat, poultry or seafood
- o Before and after meals and snacks
- o After touching animals or handling animal waste
- o After changing a diaper
- o Before and after caring for someone who is sick or injured
- o After blowing your nose, coughing or sneezing

It is important to remember that hand washing is only one step in the whole process. Hands are magnets for bacteria and viruses. We spread germs without realizing it. Minimize hand contact with the face, mouth, nose and hair during food preparation and during eating. Also be sure to thoroughly clean hard surfaces such as countertops, faucets and handles on doors, cabinets, refrigerators, microwaves and stoves.

SOURCE: Ann Nieuwenhuis, MSU Extension Specialist

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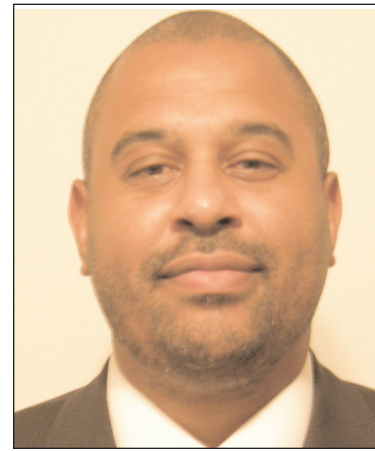
## Money Walk

By Rev. Randy E. Parlor

This column deals with the biblical principles needed to obtain freedom from financial bondage.

Getting yourself in debt, failing to tithe, and spending more than your income are all ways that you dishonor God. Not to mention you dishonor yourself because you're not operating in accordance with who God made you to become: a lender not a borrower; a giver not stingy; a leader and example not a follower being led by the blind!

You must make war against these poor money management habits because they rob you of the potential to fulfill God's purpose and have financial peace in your life. When you fail to follow godly



money management habits such as eliminating debt, tithing, and living within your means you are being set up by satan for a great fall. He cannot take God's throne and become God and is destined to live out eternity in the pit of hell, so he is intent on taking as many people with him as possible through deceit, lies, trickery. Others who have accepted Jesus Christ as Savior, he wants to influence them to halt Christ's lordship in their

lives so they fail to be an influence for Christ on earth to other men, women, and children around them.

One avenue he has used as a negative influence in a great way in finances. By convincing Christians that God has no money management standards and instructions, nor special blessings for those who adhere to them. In such Christians, giving to spread the gospel is almost null and void when measured against the income they receive. Not only are they not spreading the gospel with their mouths, they're also not involved in giving to a local church and missionary endeavors. This is an all out war and we must recognize it in

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### THE LAW

#### WHAT HAPPENS IN A POLICE ENCOUNTER BY ATTORNEY CHUI KAREGA

Q. Me and three of my friends were walking down the street doing nothing when the police just pulled up and stopped us for nothing. Did they have a right to do that?

Most of the time, police will ask for your consent to enter or search your home, car or person. You never have to consent to any search. So what rights do you have in a police encounter?

Once inside the police can conduct a warrantless search of anyone arrested and the area close by the person arrested. Close by usually means the room in which the person is arrested.

The answer depends on where you are physically located when you're encountered by the police.

To be continued in the next edition.

ATTORNEY  
 CHUI KAREGA

CHUI KAREGA is a well known civil rights and civil litigation lawyer in the state of Michigan. His offices are located in Detroit. But he represents people throughout the entire state, including Lansing.

KAREGA is a former long time resident of Lansing where he met and married his wife, Teusi (formerly Heidi Richie).

For the past thirty three years Karega has been representing people in the federal and state courts in Michigan with a strong emphasis on the protection of individuals rights.

Karega has graciously agreed to keep Michigan Bulletin readers informed on important legal issues affecting all of our lives.

A. ONE OF THE MOST FREQUENT questions being asked by young and old is "what are my rights when stopped by the police." You should not only be focusing on your rights but also your responsibilities when confronted by police.

Let's start with your home. A person's home is truly his or her castle in the United States.

Before getting to the specific issues; you should know the source of rights and responsibilities of police and individuals are the Constitution of the United States and the Constitution of the state of Michigan. There are specific laws that implement the rights and responsibilities of the police as well as those of individuals; but those laws must comport with our constitutions.

Except in some emergency situations, if the police come to your home seeking entry; you don't have to let them in unless they have a search warrant signed by a judge or magistrate. If they don't have a search warrant; most of the time you can tell them no, they can't come into the house or apartment.

An example of an emergency situation include the police hearing a gunshot or someone screaming inside your house or apartment. Police cannot ignore the probable commission of a crime. So if they hear or see something indicating ongoing or threat of criminal activity, they can enter without a warrant.

All of us, individuals and police officials, must realize the need for effective law enforcement. We must also realize everyone has the right to courteous and respectful treatment by the police.

In his weekly address, President Obama urged the Senate to follow the House's lead in passing comprehensive credit card reform, with a goal of signing the bill into law by Memorial Day. He

**"Americans know that they have a responsibility to live within their means and pay what they owe. But they also have a right to not get ripped off by the sudden rate hikes, unfair penalties, and hidden fees that have become all-too common in our credit card industry. You shouldn't have to fear that any new credit card is going to come with strings attached, nor should you need a magnifying glass and a reference book to read a credit card application.**

**...It is past time for rules that are fair and transparent. That is why I have called for a set of new principles to reform our credit card industry. Instead of an "anything goes" approach, we need strong and reliable protections for consumers. Instead of fine print that hides the truth, we need credit card forms and statements that have plain language in plain sight, and we need to give people the tools they need to find a credit card that meets their needs. And instead of abuse that goes unpunished, we need to strengthen monitoring, enforcement, and penalties for credit card companies that take advantage of ordinary" Americans."**

**"I'm calling on Congress to take final action to pass a credit card reform bill that protects American consumers so that I can sign it into law by Memorial Day." -- President Obama, 5/10/09**