

# Local life coach to bring Women's Success Conference to Capital City

LANSING, MI - Dr. Stacia Pierce is slated to host the Women's Success Conference, May 21-23 at the Lansing Center. This year's conference is titled "Your 30-Day Makeover." The conference invites women to be personally coached for three impactful days by Dr. Stacia, a life coach to the nation's most successful entrepreneurs and celebrities. Participants can expect to make best life investments and experience high-energy, success day workshops, and experience impactful evening sessions with the women

who make it happen every day - Hollywood's most accomplished celebrities! During the weekend, Dr. Stacia and guest speakers promise to share secrets and strategies to make over habits and build dream life. This year's speakers include actress Tasha Smith, who has starred in Tyler Perry films including Why Did I Get Married and Daddy's Little Girls. Smith will co-star in this fall's Couple's Retreat with actor Vince Vaughn. Alongside Smith is philanthropist and entrepreneur DeShawn Snow.

Snow starred in the first season of Bravo's Real Housewives of Atlanta, and is the wife of NBA player Eric Snow, who led at Michigan State University prior to his professional career. DeShawn is also an alumna of MSU. In conjunction with the Women's Success Conference, Ariana Pierce, daughter of Dr. Stacia Pierce, will be hosting the Young Men & Women's Success Conference May 21-22. Ariana, an accomplished author, entrepreneur and a freshman at MSU, will bring together a panel of today's hottest young celebrities and

business professionals. With past attendance of over 600 young people from around the country, Ariana and her guests are expected to inspire young attendees with success strategies, motivation for being accomplished at a young age and innovative ideas for young entrepreneurs in the making. Saturday, May 23 will feature the exclusive Project Makeover Style Event. Join industry insiders and view the season's latest fashions in an unforgettable runway show.

To register or for more information on conference schedules, speakers and accommodations visit [www.lifecoach2women.com](http://www.lifecoach2women.com) or call (517) 393-9860.

## Ask Ms. Dee

### OVERWEIGHT CHILDREN

Dear MB Readers,

In the African-American (AA) community, more and more children are becoming overweight and obese which is leading to the dangerous disease of hypertension and diabetes.

As AA adults become more aware of their health and getting diagnosed earlier, it is sad to think that some of the children of these parents are not getting the help they need. This is to say that many of these adults are not choosing healthy lifestyles for themselves or their children. Without physical education in many of our inner-city schools, the children that need exercising the most don't receive it. Gone in many inner-city neighborhoods is the freedom of being able to trust that your school aged children will be safe while playing outside. Meaning that they are inside more working on computers or watching TV more than they need too.

It is important that your child get tested for hypertension and diabetes after the age of three (3) if it runs in your family history and your child has a tendency to be overweight, they should be tested by a Pediatrician regularly. Also, some of the signs of hypertension vary from child to child, but can include headache, dizziness, and shortness of breath, visual disturbances and fatigue.

There is much more to this complicated subject, but it is imperative for you and your family to practice a healthy lifestyle by eating foods that are well-balanced and full of the nutrients that are necessary for healthy living. Also it's best if you lower their saturated fats and salt intake. They must exercise even if you have to take them outside yourself. Make it a point to scout the Internet for more information at the Library if you lack a computer at home. It is up to you to always be in charge of their health. Read all the materials you can get your hands on regarding hypertension and diabetes in children. Remember, they are the future generation.

Good Luck,

Ms. Dee

## Money Walk

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order to have victory over the enemy!

You must commit to following God's money management plan and let the Lord shape your prayers to take on a warlike tone to overcome negative habits. Potentially costly situations will face you in the early stages of this war because the enemy wants to try to turn you to his side by influencing you to choose money over God. Once you've overcome mammon and recognize that God can richly provide you with all things that you need as you seek His kingdom and righteousness, complacency, pride, and arrogance will face you in the later stages because the enemy wants to strip you of humility to make you think it was God who blessed you but solely the work of your own hands. He believes he might be able to convince you to come back to his side.

Remember, you aren't wrestling against people, banks, and creditors, rather you're wrestling against satanic principalities and powers that want to keep you from fulfilling God's awesome plan for your life. Place your attitude under submission, agreement, and obedience to God's money management standards and your eternal and financial burdens will be relieved because God will rebuke the devourer for your sake. Keep the word of God in your mouth and He'll give you the ability to use it to bind the devourers of your money to loose prosperity for the pursuit of your vision and goals. Also, He'll protect you with spiritual armor that will allow you to face the enemy head on and defeat the enemy in every battle. So wage war against the dishonor the enemy has or is trying to bring into your life. Only then can you win the war being waged against you. May God bless you richly as you follow His plan!!!

Malachi 3:8-12, Matthew 6:33, 16:18-19, 2Corinthians 10:3-6, Ephesians 6:10-18

## Body & Soul

African-American Southern Style Restaurant  
3015 S. Martin Luther King, Jr. Blvd., Lansing, MI

Body & Soul is the Capital City's new up-scale African-American southern style restaurant.

Located on the site the former Point After Restaurant, (across the street from Popeye's), has been remodeled into a white table cloth dining adventure.

Body & Soul menu signature dishes include: Chicken & Waffles; Fried Lobster; Fresh Grilled Salmon; Shrimp & Grits; Sweet Potato Cheese Cake; and a special corn bread served with every meal.



Head Chef, Rev. Thomas invites everyone come and enjoy his cooking. He says the restaurant will "feed the body and inspire the soul."

Dr., Rev. and Head Chef Freddie Thomas

**Body & Soul Restaurant**  
business hours are:  
Wednesday and Thursday  
4 pm - 10 pm;  
Friday and Saturday  
4 pm - 11 pm  
Sunday 1:30 pm - 6 pm.  
Closed Monday and Tuesday

## In Memoriam

Please join the Riley Funeral Home in extending condolences and prayers to the following families we served in January, February and March of 2009:

- |                          |                        |                     |
|--------------------------|------------------------|---------------------|
| Mrs. Yeah Momoh          | Ms. Betty Cox          | Mr. A.D. Jordan     |
| Ms. Annie Johnson        | Ms. Sherill Pittman    | Mrs. Sarah Moore    |
| Ms. G. Charlotte Kennedy | Mrs. Nancy Thompson    | Mr. Clyde Darden    |
| Ms. Claudia Shawa        | Mr. S. T. Robinson     | Mr. Melvin Taylor   |
| Lorelei Isbell (Infant)  | Mr. Lebron Blackman    | Mr. Leonard Robbins |
| Mr. Maurice Williams     | Mr. Homer Barker       | Mrs. Addie Bishop   |
| Mr. William Waldon       | Mr. John Ibrahim       | Mr. Kenneth Donald  |
| Mrs. Ernestine McMullen  | Mr. Francisco Lopez    | Mr. Rickey Taylor   |
| Za'Miyah Thomas (Infant) | Faith Flowers (Infant) | Mrs. Deborah Verser |
| Mr. Frank Townes         | Mrs. Charlotte Allen   | Mrs. Marie McIntyre |
| Ms. Mazie Tate           | Ms. Wilma Brooks       | Mrs. Betty Roberts  |
| Mr. Gegertha Washington  |                        |                     |

We would like to express our sincere sympathy and appreciation to these families for placing their trust in us. May the Lord continue to send his strength to them in their time of need.



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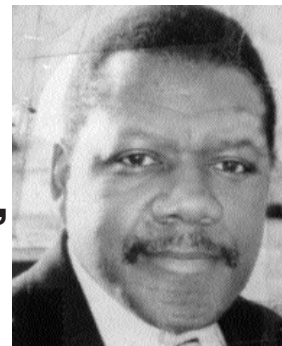
**517-372-6009**

Lansing, Michigan 48933

[www.rileyfuneralhome.com](http://www.rileyfuneralhome.com)

## From The Pastor's Desk:

by Elder  
**Albert L. Kelley, Jr.**



### LIAR LIAR

PEOPLE IN OUR SOCIETY BELIEVE THAT TELLING A LITTLE WHITE LIE IS NOT WRONG, OR SHADING THE TRUTH IS ALSO ACCEPTABLE.

SEVERAL YEARS AGO, JIM CAREY MADE A MOVIE CALLED LIAR LIAR. IT WA ABOUT A LAWYER WHO LIED TO EVERYONE, INCLUDING HIS NINE YEAR OLD SON, SO AT HIS TENTH BIRTHDAY PARTY THE YOUNG BOY MADE A WISH THAT HIS FATHER COULD NOT LIE FOR SEVENTY-TWO HOURS. IT WAS A VERY FUNNY MOVIE. IN THE END THE LAWYER FOUND OUT THAT TELLING THE TRUTH WAS ALWAYS THE BEST THING TO DO. NOW THERE IS A NEW SHOW ON THE FOX NETWORK CALLED "LIE TO ME" IT'S ABOUT A TEAM OF EXPERTS WHO KNOW HOW TO GET TO THE TRUTH.

I ALWAYS HAVE BELIEVED THAT A PERSON OF CHARACTER WILL TELL THE TRUTH NOT MATTER WHAT THE OUTCOME, NEVER ACCEPT A LIE TO SPARE YOUR FEELINGS, BECAUSE, IT THEY LIE TO YOU ONCE, THEY WILL LIE AGAIN.

THE BIBLE SAYS, YE ARE OF YOUR FATHER THE DEVIL, AND THE LUST THERE YE WILL DO. HE WAS A MURDERER FROM THE BEGINNING, AND ABODE NOT IN THE TRUTH BECAUSE THERE IS NO TRUTH IN HIM, WHEN HE SPEAKETH A LIE. HE SPEAKETH OF HIS OWN FOR HE IS A LIAR AND THE FATHER OF IT BUT JESUS SAID AND YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL SET YOU FREE!

ST. JOHN 8:44

ST JOHN 8:32

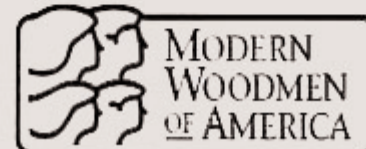
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