

# 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

**Study Shows Regular Exercise Might Prevent Onset of Diabetes in Black Women**

By Dr. George T. Rowan

Taking a brisk walk several times a week for exercise appears to reduce Black women's risk of developing type 2 diabetes, according to a study published this month in the American Journal of Epidemiology, Reuters Health reports. Few studies have been conducted on the benefits of exercise among black women, according to Reuters. For the study, Julie Palmer of Boston University and colleagues used data from the ongoing Black Women's Health Study that followed 45,000 Black women from 1995 to 2005.



Researchers found that those who said they walked for a minimum of five hours weekly for exercise were one-third less likely to develop type 2 diabetes than those who did not walk. The risk of being diagnosed with the disease was significantly lower among women who said they regularly took a brisk walk even when taking into account possible contributing factors such as age, income and diet. The study included a large number of obese women and they too appeared to have a lower risk for developing diabetes if they exercised regularly.

Palmer said, "This is important, because it suggests a way to reduce diabetes risk even among the women who are at highest risk of the disease," adding, "The finding that brisk walking for a few hours a week or longer reduces diabetes risk may be the most important finding of all. This is something almost all women can do in the course of their daily lives."

Researchers also found that women who watched television for five or more hours a day were 86% more likely to develop diabetes than those who watched less than one hour per day (Norton, Reuters Health, 12/18).

SOURCE: Kaiser Weekly Health Report. December 2008

George T. Rowan, PhD is a professor in the College of Agriculture and Natural Resources at Michigan State University. He is also chairperson of the Ingham County Board of Health.

## Blacks must accumulate wealth, the cycle of starting from scratch must end

By Robert James Taylor

Every problem or social pathology faced by Black people in America today would either disappear or become less of a problem if we, collectively, were a wealthier people. African Americans have made some progress in virtually every area of American society – from a full complement of Black elected officials to making great strides in closing the education gap between us and Whites.

Nevertheless, we still tend to languish at the bottom of society in one of the most fundamental of social areas – money! Compared to Whites, Asians and Hispanics, our median income and wealth accumulation figures are truly dismal. And it is our disproportionately low-level incomes and atrocious wealth accumulation which lie at the root of virtually every major problem we face as a people.

The most recent median household income data (2007 – latest year for which complete figures are available) from the Census Bureau show the following:

- Asian Household Median Income - \$66,103
- White Household Median Income - 52,115
- Hispanic Household median Income – 38,679
- Black Household Median Income – 33,916

Yes, the fact is that of the major racial and language groups we sit at the bottom of society. We even fall behind Hispanics – many of whom only recently arrived in the country. As a people we are too poor and that poverty (which tends to bring out the worst behavior in people) threatens us with permanent underclass status in America as well as the possibility of actual racial destruction.

Even worst is our inability to accumulate wealth. In its triennial report released last year measuring household wealth (Survey of Consumer Finances), the Federal Reserve found that as a group Black households have only 10 percent of the wealth (assets minus liabilities) of White households. This means that for every dollar in wealth held by Whites, Blacks hold just 10 cents. When the same survey was conducted three years earlier, we had 12 cents for every dollar held by Whites.

In other words, our wealth relative to Whites is deteriorating. The chief reason we are unable to accumulate wealth to grow and pass on to future generations is that we do not own enough businesses. Other surveys have shown that African Americans have a lower business penetration rate than any other major population group in the country. This means that relative to our size, we own fewer businesses than any other group.

The failure to accumulate wealth causes a host of social pathologies ranging from dysfunctional families to disproportionate incarceration rates as too many of our men turn to drug-dealing and other economic crimes and eventually end up in jail. From generation to generation, too many of us have to start from scratch just like our parents white young White couples frequently inherit houses, real estate, businesses and trust funds.

This cycle of starting from scratch must be ended. On a government level, the Obama administration must push some plan similar to one I proposed last year: a \$50 billion a year economic stimulus package targeting inner city America with business start-up loans, descent-paying jobs and improved education and training.

But we cannot rely totally on government. Our civil rights organizations must become "silver" rights organizations promoting Black economic development at every level. Individually, we must look for home-based businesses which can grow into second-income producers while encouraging our children and grandchildren to pursue business development and sound investments.

If we fail in this task, I do not believe we will last another 50 years. Use 2010 as the jumping off point for building Black wealth and saving the race.

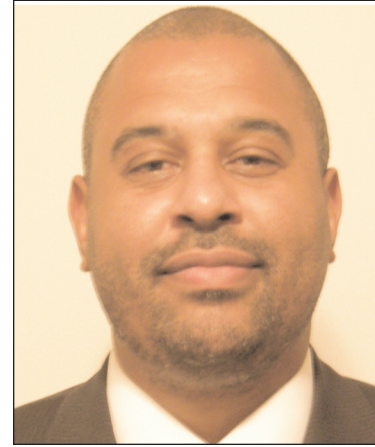
## Money Walk

By Rev. Randy E. Parlor

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

Godly wisdom should be regarded more than gold, silver, and precious jewels because it produces godly character and wealth to fulfill your purpose in life. This wisdom produces a correct knowledge of God, realizes the need for intimate fellowship with Him, and helps you understand the specific reason you were brought into this world. The fear of the LORD is the beginning of wisdom: a good understanding have all they that do His commandments: His praise endures forever.

You were created to glorify God by loving and respecting Him through fellowship with Him in praise, worship, and prayer and by fulfilling the



mission He gave you on this earth. The fear of the LORD is the instruction of wisdom and those who are humble are the ones truly honorable. A righteous man makes plans for the life and work he will pursue, yet he allows the LORD to direct and change his steps as He sees fit.

Solomon, the richest king upon the face of the earth, abandoned his relationship with God by allowing his pursuit of the greatest possible wealth, fame, and lustful worldly activities to

take priority over God's will for his life. Alcoholic beverages, wild feasts, many women, and vast riches did not fill the void in his heart. He was unfulfilled even though he achieved earthly greatness in all these areas! See then that you walk cautiously and not as a fool but with godly wisdom; redeeming the time because the days are evil. Move forward in the way God would have you to and at all times stand on the foundation of truth and righteousness of our Lord Jesus Christ.

Otherwise, you will have wealth without spiritual health, which is no good!!! At the end of his days Solomon was disappointed in all that he had and achieved and concluded that the entire duty of man is to love God and keep His commandments. Honoring the LORD is the beginning of wisdom and He

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## THE CIVIL RIGHTS REVIEW

By Bettye Thomas-Gilkey

### A CHANGE IS GONNA COME

As we step into this New Year and decade, it's time to make some changes in our lives. You can call them resolutions, goals, plans or whatever, but President Obama's presence in the Black House signals CHANGE. His motto of "YES WE CAN" applies to every one of us. Something you did last year, you needn't do this year. Promises you once made must not be repeated, especially if you can't keep a promise. What you couldn't forgive now you should forgive because change is liberating. Back in the day, Parliament Funkadelic wrote a song that said, "Free your mind and your behind will follow...the Kingdom of Heaven is within."

I need to take this opportunity to thank all the loyal readers of THE CIVIL RIGHTS REVIEW who have encouraged me with their comments, suggestions and recommendations. As many of you know, I've been writing this column for nearly ten years but with much prayer and guidance, I have been compelled to move into a new direction.



Initially, my first column with the Michigan Bulletin was THE NAACP REVIEW. I chose that name because I was actively involved on the local, state and national scene by serving on committees, planning conventions and pursuing my dream deferred of serving on the NAACP National Board of Directors. But experience and insight have expanded my vision beyond the civil rights focus albeit not against the struggle for social justice and equal treatment for all people. Of equal interest now are spiritual growth, historical preservation, health care reform (the new civil rights issue), communities, families and global warming, among others.

When I first joined the Lansing Branch NAACP in 1979, I was a single woman responsible only to my parents and myself. I was idealistic and wanted to change the world by any means necessary. Even though I worked under the wise tutelage of Rudy Wilson, Dr. Clinton Canady, Attorney Stuart Dunning, Jr., Mrs. Georgia Brown, et al., it took many bumps and bruises for me to gain some wisdom of my own.

The late Dr. William Harrison was a loyal confidante and I was enamored by the way he and the others survived within the system but I still didn't get it. Doc and I had begun recording recollections and memoirs on how he became the first Black doctor to practice at Sparrow Hospital. He'd given me permission to write a book about his life, however, due to failing health, time would not permit us to complete that historical piece.

At this juncture, I want to capture stories of our great "Lansing Legends", as WQHH-96.5 so accurately describes them and begin chronicling their contributions for future publication. Lansing has a rich history and the time will come when we can say, "we wrote a story about it, wanna read it?" All I need is community cooperation to help identify these graying individuals upon whose shoulders we stand. YOU can submit names, addresses and phone numbers to me at Thomasgilkey@aol.com and I will do the rest.

I believe I have proven my ability to take on this venture. Over the years, I have been blessed with the opportunity to write for almost every black community-based newspaper in Lansing. I was one of the premier writers for the late Conrad Parrish when he began his publication some thirty years ago and was also the first writer for Larry and Carolyn Carter (Jay Price) with the Capitol Chronicle. I appreciate the confidence and creative freedom granted me by the Michigan Bulletin for nearly twenty years. God has allowed me to spread the written word to readers throughout the mid-Michigan area. Although I will be charting this new course, I will continue to write on topics that impact our community but the name of the column will be changed to "THE VILLAGE DRUM".

Why the "Village Drum?" Several reasons come to mind, but my bottom line is "because we all are a part of one village, yet we march differently to the same drum that is the heartbeat of our community."

Let's just see what tomorrow brings with this new direction. Until next time...God Bless!