

Capitol Correspondent



The Monthly Newsletter of the Lansing Junior Chamber of Commerce ● July 2010

Lansing Jaycees
PO Box 16150
Lansing, MI 48901

www.lansingjaycees.org

Region D
Population Division 7
Base Membership: 68

Relay for Life

For our Relay for Life event this year, our Lansing Jaycees team walked in East Lansing at the Soccer Complex.

The American Cancer Society is the “Official Sponsor of Birthdays.” In keeping with this theme, the Jaycees held a decorate-your-own cupcake fundraiser during the walk. We also sold donated plants to help raise more money for the prevention and cure of cancer.

Walkers had hourly events in which to take part, including Zoomba classes, frozen t-shirt competitions and of course the Luminaria ceremony and Survivor walk. Different teams also had lunch and dinner fundraisers, and a local dermatologist donated his services to check moles of those walking at this event.



Left: Andrew Hoard in one of the food eating contests!



Right: J. Zavadil with her parents for the Survivor Walk

Jaycee Jennifer Zavadil said, “Relay was a great time, and had a great turnout!” She was very happy with her fundraising and the donations she received from family and friends. Zavadil is a survivor and has been free of thyroid cancer for over a year. She and her parents took place in the survivor walk.

This year’s team raised \$983 towards the East Lansing Relay’s grand total of \$26,000.

*Submitted by: Abby Siegel, Chair,
queenpetunia@hotmail.com*

Lansing Jaycees

July 2010

Jaycee Creed

by C. William Brownfield

*We believe that faith in God gives meaning
and purpose to human life;
That the brotherhood of man transcends
the sovereignty of nations;
That economic justice can best be won
by free men through free enterprise;
That government should be of laws
rather than of men;
That earth's great treasure
lies in human personality; and that*
**SERVICE TO HUMANITY IS
THE BEST WORK OF LIFE**

The Lansing Jaycees is an organization of people ages 21-40 which promotes leadership training through community service. We meet the first Tuesday of each month at 7 p.m. (dinner from 6 p.m. to 6:30 p.m.) at Tripper's Bar and Grill in Frandor. Visit our website, www.lansingjaycees.org for more information.



In This Issue

President's Report	pg. 3
Membership Info	pg. 4
<i>Seen in Action</i>	pg. 6
Community Info	pg. 7
Individual Development Info	pg. 8
Chaplains Message	pg. 9
Management Info	pg. 13
Upcoming Events	pg. 15
Member Shout Outs	pg. 16
Business Directory	pg. 17

2010 Board of Directors

The Board meets on the 3rd Tuesday each month, 6:00 PM at the Jaycees Service Center

President

- Angela Fossi 586-484-7027

Chair of the Board

- Angela Clock 517-410-9527

Board Members

- Colleen Burton 517-281-6049
 - *Membership VP*
- Sheryl Soczek 517-862-6376
 - *Individual Development VP*
 - *Management VP*
- Alexandra Briseno 517-974-0965
 - *Secretary*
- Carrie May 248-756-3840
 - *Treasurer & Chaplain*
- Samantha Keeney 989-714-5272
 - *Director*
- Andrew Hoard 517-303-6643
 - *ID Director*
- Ilona Hajdar 517-667-4236
 - *Director*

Join us for our monthly membership meeting at Trippers! Every first Tuesday of the Month at 7:00 PM



President's Report

During the month of July I always revert back to one of my early interests, American History. I have a strong appreciation for the struggles and opportunities that have been presented during our nation's short history. I think it's important to understand how the past can impact the present. I wonder how future generations will discuss our current events (but that is topic for another day).

Over the years I have gained a tremendous amount of respect for the Civil War era. Carl Schurz was someone that does not attract as much attention as some of the other figures of that time, however, he was a talented orator and I enjoy reading some of his speeches and publications. Here is an excerpt from , "About Patriotism" from the *Harper's Weekly* on April 16, 1898.

I confidently trust that the American people will prove themselves ... too wise not to detect the false pride or the dangerous ambitions or the selfish schemes which so often hide themselves under that deceptive cry of mock patriotism: "Our country, right or wrong!" They will not fail to recognize that our dignity, our free institutions and the peace and welfare of this and coming generations of Americans will be secure only as we cling to the watchword of true patriotism: "Our country—when right to be kept right; when wrong to be put right."

His words still ring true today. Now if we could all just agree on what is right and wrong! But that is reason his words still have impact today. While the words are not exactly the same the message still applies. As a nation the American people keep proving themselves when met with a challenge. There will always be challenges and distractions but we have a solid foundation that gives us strength as a nation.

The Jaycees also have a strong foundation by focusing on Leadership Training through Community Involvement. Our Creed reminds of us this. "We believe... that government should be of laws rather than of men; that earth's great treasure lies in human personality; and that service to humanity is the best work of life."

Now is the time to get involved with your community! Let me know if there is a project or event that you would like to see the chapter conduct that will have a positive impact on the Greater Lansing area. Or take some time to learn about our history and government.

I leave you with one of our favorite quotes by Carl Schurz, "Ideals are like stars: you will not succeed in touching them with your hands, but like the seafaring man on the ocean desert of waters, you choose them as your guides, and following them, you reach your destiny."

Sincerely,
Angela M. Fossi
82nd President



A Message from the Membership VP



Hello everyone! I hope you are having a great summer and getting out to do more things! We've had a good summer so far with the Jaycees. The membership met our recruiting challenge, we had 7 new members in the first 8 days of June! This of course means that members of the Board of Directors who are attending August convention have to wear a prom dress reflective of the style that was popular when we were in high school.

For some this is not so different from current styles, but for others, such as myself, there will be some fun throwback pictures for everyone to enjoy. I am wearing a lovely fitted black velvet number. Velvet! In August! Thank goodness for air conditioning! We have the camping trip coming up and that is always a good time for those who attend. Also, happy hour has been moved this month to Thursday, July 29 at Darb's in Mason. We will be enjoying the patio, but if it happens to be raining, we will still be having a good time inside, so don't let that keep you away. We also have a Lansing Lugnuts game we will be attending on July 25, and that's kids' day, so if you have children (or nieces, nephews, kids you mentor, etc.) come on out and enjoy the game with the Jaycees. If you have any ideas for a membership project, be sure to let me know and I will try to get it on the calendar. Have a great July!

Colleen Burton, 2010 Membership VP
colleen713@yahoo.com

New Member Orientation

On June 8, we had our second quarter New Member Orientation. For this NMO we decided to go a different route than we have in the past and had it in a conference room at the Capital Area District Library in downtown Lansing instead of holding it at someone's house. I'm not sure if we had such a good turnout because it was in a neutral place, but it was great! We had several people attend, including 2 people who had joined within a week before the NMO, as well as a group of prospects. Attendees learned more about the Jaycees including how the organization got started, the fundamental areas of the Jaycees and CPG's, to name a few things. We had 4 people join at the end of the evening! It was a great event and some insightful questions were asked by the attendees. If you have never attended a New Member Orientation, even if you are not a 'new' member, please feel free to do so, or ask Colleen Burton to give you some of the materials used in the presentation.

Submitted by: Colleen Burton,
2010 Membership VP, colleen713@yahoo.com

Membership Anniversary Dates:

July:

Jason Green, Matt Grossmann, Tracy Prush, Orion Smith, Felicity White

August:

C. Burton, S. Keeney, S. Nees, A. Ribby

Membership

June Happy Hour at El Azteco

Happy Hour in June was a small affair, but certainly enjoyable nonetheless. There were only 5 people in attendance, but we got to sit on the rooftop patio at El Azteco in East Lansing. The Jazz Fest was taking place in East Lansing so we could hear some good music while we enjoyed our drinks and food. We all felt lucky for having had a table up on the roof when we left and saw a line that curved all the way down the stairs and almost out the door of the restaurant. Don't forget, if you have a favorite place to hang out and want the Jaycees to have a Happy Hour there, let Colleen Burton know.



*Submitted by: Colleen Burton,
2010 Membership VP,
colleen713@yahoo.com*

July Birthdays

*Colleen Burton
Angela Fossi
Alyson Kechkaylo
King Kwapata
Amy Simon
Sheryl Soczek*

Happy Birthday!!!



July GMM

We braved the heat and had a great time at our July General Membership Meeting on July 7th. We ended up having over 30 people attend the picnic and enjoy great food and company. It looked like everyone was having a good time meeting new people or talking to others that they haven't seen in a while. We also enjoyed watching Amy and Blaine's dog, Hobart, chase pesky ducks. Thanks to everyone that attended including the Lansing Jaycees who enjoyed a well deserved break after playing a game on a very hot and humid night.

Beginning in August we will be back to our regular schedule. Our General Membership Meeting's normally take place on the first Tuesday of each month (except in July) at Tripper's meeting room with social hour at 6 PM and the meeting starting at 7 PM. This is a great way to learn more about the group and our upcoming events. We usually have several discussions about upcoming projects or hear suggestions regarding upcoming projects.

We also started to hand out membership discounts during our General Membership meeting but you have to attend to be eligible and stay for the entire meeting. The discounts can be applied towards renewals or new member dues. Our standard dues are \$65 a year and discounts are available in \$5-10 amounts. So it really does pay to attend the meetings!

Feel free to send me any suggestions or feedback regarding our meetings. They are intended for our members, so let us know if we should make any changes.

Submitted by: Angela Fossi, 2010 President, kitispart@gmail.com

Take Me Out to the Ballgame...

We have continued to have monthly visits to Cooley Stadium to cheer on the Lugnuts this summer - starting with the local battle between BigLug and Sparty, then a Thirsty Thursday, followed by a double header \$Dog Tuesday! We've had a great turn out for each of these games and have had a lot of fun getting to know fellow Jaycees and prospects better. It's not too late to get in on the baseball action this year - next up is Kids Day on Sunday, July 25th - bring the family out for a fun day at the ball park! For details about the upcoming game, contact Colleen Burton at colleen713@hotmail.com



Submitted by: Bridget Burnell, Chair, bridget.burnell@gm.com

Lansing Jaycees



A. Siegel at our Relay for Life tent!



I. Hajdar, C. Burton and C. May registering golfers at the Golf Outing



C. Burton at the Golf Outing



Andrew Hoard, N. Kechkaylo & A. Kechkaylo at Relay for Life

Seen in Action

Not Sure How to Help this Summer?

It's easy to figure out how to help our communities during the holiday season, but what about during the summer months? There are plenty of organizations in the community that need your help, ESPECIALLY during the summer months! Take a moment to help one of them today!

American Red Cross – Blood donations are historically low in the summer months – people are on vacation, they get out of their routine. Take a moment to head to www.redcrossblood.org to make an appointment to give blood. I did recently and got a free t-shirt! Plus, you can have cookies and juice!

Boys and Girls Club Lansing – During the summer months, kids aren't in school! Boys and Girls Club needs volunteers to help with tutoring, mentoring, activities and physical education. Check out all the opportunities at www.bgclansing.org/volunteer.php

Greater Lansing Food Bank – Food donations are at a low during the summer months, and need increases due to kids being home from school. Locally, the GLFB distributes food to needy families. Take a minute to check out volunteer and donation opportunities at www.greaterlansingfoodbank.org

YMCA of Lansing – The YMCA has plenty of programs, especially in the summer months – check out their website at www.ymcaoflansing.org/volunteering.html to find out who to contact to get involved!

Submitted by: Angela Clock, 2010 Chair of the Board, fallingstar924@hotmail.com

Back to School Book Drive

Did you know that the most recent Kids Count report (<http://www.milhs.org/media/EDocs/KCREADpressMay2010.pdf>) shows that 70% of Michigan's public school 4th graders are not proficient in reading?

To help provide books to Michigan children, the Lansing Jaycees will be hosting a back to school book drive in August. We will be participating in Schuler's Book Days. Book Days is a program for non-profits which donates back 20% of purchases designated for the organization during an entire week.

What does this mean for you? Go into Schuler Books in Okemos or Eastwood Towne Center during August 8-14 and make sure to mention the Lansing Jaycees to the cashier when making your purchase. 20% of your purchase will then be given to the Lansing Jaycees!

We will be doing the book drive during this time in order to promote both projects at the same time. So make sure to pick up a new children's book to donate at Schuler Books also!

As of now, organizations that will benefit from the book drive are Reach Out and Read Michigan (www.reachoutandreadmich.org) and the Capital Area Literacy Coalition (www.thereadingpeople.org) If you have any other ideas, feel free to contact me. We are also looking for business locations around the area to have drop spots at. More information coming soon, so make sure to watch the Juice!

Submitted by: Angela Clock, 2010 Chair of the Board, fallingstar924@hotmail.com



Individual Development

A Message from the Individual Development VP

Happy Birthday USA (July 4th) and me (July 19th). I know, a relentless plug for everyone to celebrate my birthday....

Wow, can you believe the year is half over already. Amazing how time can fly when you are having fun. We have some great events lined up for you this summer. I led a group of adventurous travelers to Ohio to visit the Mansfield State Reformatory and Shawshank Trail and Andrew will be leading a WPA walk around the MSU campus on July 28th.

Get Your Food On is still going strong as we continue to visit a new restaurant each month. July 21st we will visit "Taste of Thai" in East Lansing. We do not have any definite plans for August or September yet so if you would like to suggest or plan a future GYFO, please let me know. If you have never planned your own event, GYFO can be a great event to start with. Andrew and I will offer all the help we can in order to make your event a successful one.

We are looking for volunteers for training sessions and/or ideas for professional development. If you have a special skill you would like to share with us, please let us know. If you have always dreamed of trying something, let us know that, too.

Some great family friendly events are in the works for late summer/fall. Who loves a parade? Ever wonder how they build all of those floats or where they store them? You can find out, we will be taking a road trip to Detroit to tour The Parade Company Studio to have all of your questions answered.

Woldumar Nature Center has a TRAC (Teambuilding Ropes & Activity Course) available, teamwork is one of the foundations that every organization and workplace is in need of. Please watch for a date in the future that we will be using this TRAC.

Enjoy your July and don't get too much sun!

Sheryl A. Soczek, 2010 Individual Development VP
soczek@msu.edu



Message from the Individual Development Director

Congratulations on completing half of 2010! July should be a great month and I have two great projects coming up out of the Individual Development area!

First, please join us on Wednesday, July 21 for a great taste of Thailand when we visit Taste of Thai in East Lansing. There are plenty of great things to try on the menu for those who like their food mild and those who are ready to enjoy the spicy side of Thai food.

Second, please join us on Wednesday, July 28 for a Michigan State University campus tour of works of art created as part of the Works Progress Administration (WPA). WPA was part of the New Deal relief programs during the Great Depression, and Michigan State University benefited from this project. There will be a special trip to the MSU Dairy Store at the end of our tour. Bring your walking shoes and be ready to learn a little bit about the past of MSU!

Finally, Sheryl and I are always interested in hearing what you would like to see in terms of ID projects for the remainder of 2010. Please feel free to e-mail either of us if you have ideas or are seeking a particular project. Enjoy the month of July and stay cool during this hot month!

Andrew Hoard, 2010 Individual Development Director, andrew.t.hoard@gmail.com



Individual Development

Chaplain's Corner

Carrie May,
Lansing Jaycees Chaplain
carriemay@aol.com
248-756-3840



This Chaplain's Corner is Brought to You By the Letter C.

C is for Chaplain. It's an odd role, and one that I wasn't quite sure I was cut out for. It's a crazy combination of hoping to inspire and motivate, while trying to be a sounding board and trying to make sure we are doing what's best for the organization. I've loved every second of it.

C is for Carrie. That's me. You may hear everyone call me Carrie May, since it seems my first and last names roll together so well in many peoples' opinion, but you can just call me Carrie. Or Carrie May. I've been writing these articles for a few years now, but I've never pulled in a Sesame Street theme. Here's to doing something different!

C is for Cookies. Mine rock. Dave Akens even started a Facebook page in their honor. I was very humbled by that, because sometimes it's the small things that may seem silly that make you realize you're somehow appreciated.

C is for Courage. It takes a lot of that to do what you know is right, and it's not by accident that the phrase "muster up the courage" came about. It's not always easy, especially the first time around, to stand up for what's right. But it often gets easier to do over time.

C is apparently for Citigroup. When I did a google "I Feel Lucky" search for the letter C, this is where it sent me. Apparently, it's their NYSE abbreviation ☺

C is the Roman numeral for 100. Speaking of Roman numerals, I heard a funny joke once about someone being pulled over and asked to count from 1 to 10, and they used Roman numerals: i, ii, iii, iv...guess you had to be there!

Thanks for letting me share a little bit of the Letter C with you.

3/50 Project for July: Fiesta Charra

Looking for great Mexican food at a decent price and a colorful atmosphere? You can certainly find it at Fiesta Charra, with locations in East Lansing and DeWitt.

I personally have been to the location in East Lansing at 2800 East Grand River Avenue, which is across the street from IHOP and Hobby Lobby. There is also a location in DeWitt at 13157 Schavey Road, where one of my former co-workers has went at least once a week for a few years.

Every time I enter I am invited by the wonderfully designed chairs and much of the same when I enter the dining room. The waitstaff are very friendly and attentive to details, such as refills of drinks and the wonderful warm chips and salsa (also a great spicy sauce on the side, too!).

The food created is always fresh and full of flavor. The fajitas always look good when they arrive hot and sizzling out of the kitchen. My personal favorite is the shrimp enchilada entrée served with Mexican rice (\$9.99). The enchiladas are cooked in a spicy nacho cheese sauce and filled with moist and tasty shrimp. Rice is always cooked perfectly and made with various vegetables in it. There are plenty of great dishes, such as combination plates that include tacos, burritos, chalupas and many other Mexican favorites.

Take a day this month and enjoy food that feels like it came from south of the border at Fiesta Charra!

Submitted by:
Andrew Hoard,
2010 Individual Development
Director,
andrew.t.hoard@gmail.com



Individual Development

Talk Derby To Me

It was 11:30 p.m. on a Tuesday night and my partner was staring at me with a look of mild horror. “Did someone kick you during practice?” she asked. “Because it looks like you got a wheel tattooed on your back.”

I peered over my shoulder and looked at the reflection of my back in the mirror. If I squinted, I could see the outline of spokes on the three-inch circular bruise. I smiled. It was my first real injury from roller derby and I intended to wear it like a badge of honor.

It was late-April and I had just joined the Lansing Derby Vixens, the city’s premiere roller derby team. The team itself had only just formed after a grassroots groundswell around a Facebook group. The Vixens are not the only team in Michigan, or even in Lansing. The league roster has over forty committed skaters, women who lace up their skates three times a week and hip check their way to happiness. Roller derby for many people conjures images of Raquel Welch as the “Kansas City Bomber”, or the staged bouts of the 1970s. But make no bones about it, roller derby is a real sport which requires athleticism, hard work and takes a serious amount of blood, sweat, and even tears. Practices, both on-skates and off, can take up half of your evenings.

The rules of the game are simple, in theory. Two teams of five skaters each dash around an oval track trying to score points by lapping their opponents. The Jammer is the scorer for the team and her main goal is to pass the opposite team as much as possible. Blockers make up the other four skaters. Their job is to help their own jammer through the pack while punishing the other team with hip checks, booty blocks, and shoulders to the chest. When a jam, the two-minute period of play, goes well it can look like poetry on eight wheels. Other times, it’s a mess of wheels, bodies slamming into walls, and still looks like a derby masterpiece. Although the occasional elbow gets thrown, fighting on the track is forbidden by the Women’s Flat Track Derby Association (WFTDA) derby’s main governing body in an attempt to legitimize the sport. Girls throwing punches won’t just go to the penalty box, they’ll get evicted from the game after just one swing. One carryover from the early days of derby is the names. These alter egos range from the clever (Dawn K. Kong) to the threatening (Ivana Rollovya) to the ridiculous (Disco Lemonade). A skater takes her derby name after showing a strong commitment to the team and passing several skills tests.

The Vixens have already begun scrimmaging and will begin their regular bout season this winter. We practice at the Westside YMCA but are still looking for a place to hold our major bouting events. We welcome spectators at practice. For those looking for a full derby experience, our next Derby 101 will be held on July 18th from 9-11 a.m. at the Westside Y. A little nervous about the rough and tumble jams? You can join us as a Referee, Statistician or Penalty Box Warden. We’re always looking for fresh meat, so lace up some skates, pop in a mouthguard and derby up!



Submitted by: Lil’ Hitaly (Gina Calcagno), rbcalcagno@hotmail.com

Get Your Food On

Get Your Food On has been a Lansing Jaycees tradition for at least the last 5 years. Although the restaurants change monthly, the concept is the same. We try to go to a different restaurant (ethnically different if we can) each month to introduce both the restaurant and cuisine to our membership. The restaurant does not have to be in the Lansing area, or in the state for that matter. Over the past few years we have traveled to Grand Rapids, Detroit (area) and even Pottsville. This year alone we have had cuisine from: Jamaica, Brazil, America, Mongolia, Scotland and Ethiopian. Do you have a food you have been craving or one you think our members would love to try? Let me know, we are always looking for new ideas and a few road trips.

Most recently, we visited Jamaica via Lansing. Palace of Jamaica, located at 424 S. Washington Square in Lansing is a small restaurant with a lot of flavor. Seating is available for 4 people outside or about the same inside. The spices are evident and the music is playing to create an atmosphere of actually being in Jamaica. Whether you choose Jerk Chicken or Curry Goat, you will be full as the portions are plentiful and accompanied with red beans and rice and fried plantains. Hours are 11 AM – 10 PM. Plan to stay to chat with some of the locals.

Submitted by: Sheryl Soczek, 2010 Individual Development VP, soczek@msu.edu

Individual Development

10 Things You Can Get for Free

In these difficult economic times, it's always a good idea to look for bargains. What could be a better bargain than free? Here are 10 things you can get for free, or close to it.

Education. Have you ever wondered what it would be like to go to an Ivy league school or even MIT? Many universities, such as MSU, MIT and Yale, offer their courses online as podcasts and seminars. Although they won't normally give you college credit just for watching, it is still free and useful knowledge. Other venues include the vast holdings of the library of Congress, and museums, such as the Smithsonian. Take online language lessons or courses on how to run a better business. There is a wealth of free knowledge available on the internet.

Photos. Using an online picture service not only allows you to share your photos electronically with friends and family, but some offer as many as 50 free prints of photos when you register for an account. There may be some shipping costs involved as well so, as always read the fine print.

Music. A lot of music is available legally for free. Besides youtube, you can find many of your favorite artists online. Sites such as Pandora, and Tuberadio let you create your own playlists and give you access to entire albums for free. Then play them where ever you have a computer. A google search will also turn up several sites having free music giveaways to download mp3s. There are also many sites that offer indy band music for free. A Google search for free legal mp3 should give many interesting results.

Straws and condiments. The next time you go to a fast food place, grab an extra straw. They never say one per customer. Soon you'll have a handy collection of straws, ketchup or hot sauce at your home.

Plants. Do you have friends and neighbors who have nice plants? Ask them about a plant you may like. Gardeners are generally very friendly people and often they will be willing to take a cutting which can grow an entire new plant. Some outdoor plants are easy to divide so they may even be willing to give you a much larger plant. It never hurts to ask. If you don't know any gardeners look online, sites such as Dave's garden and gardenweb have large memberships and many plant exchange opportunities.

Food. Do you live around a college campus? Often during the school year there will be fairs and events where there will be free food. Other options, take a class to learn about native wild foods. Many plants in the wild are edible such as young dandelion shoots and even some tree bark are edible. Be very careful to learn the native plants in your area first as lots of plants look like other plants, but deadlier. A carrot and hemlock look very similar to the untrained eye and can have disastrous results.

Software. If you're interested in software try a Google search for freeware or shareware. Find games, office software, etc. A lot of it is very high quality and have better features than commercial software. You can also find a lot of games streaming over the web as well. Google has made Pacman a permanent part of it's webpage, by going to google.com/pacman. A lot of classic games and new ones are even available by flash on Facebook or sites like http://tripletsandus.com/80s/80s_games/arcade.htm

commercial products. A handy way of testing some consumable products is to write to companies and ask about them. Some will provide free samples of their products to potential customers. This won't always work, but often they will at least send you back coupons for significant discounts. Now you won't get a free ipad through this, but many companies will give away samples of consumables, like soaps or deodorants.

Lumber/firewood Depending on the time of year you can find many great deals on college campuses as well. At the end of the school year, many students are unable or unwilling to take with them furniture and lofts. Of course the quality will vary greatly, but at the very least you could find a lot of cheap or free lumber from students getting rid of lofts.

Miscellaneous. The ultimate free finder, check out craigslist and Freecycle websites for the Lansing area. These sites are community based that allow people to post things they just want to get rid. Although competition can be fierce at times, you can usually find some interesting items for no more cost then just going to pick it up. Daily lists include things like building materials, TVs, clothing, and more.

Submitted by: Dave Akens, drakens1@netzero.net

Individual Development

Which SPF Product is Right for Me?

Source: <http://blog.dermadoctor.com/2009/05/which-spf-product-is-right-for-me/>

Have you visited the sunscreen aisle at your local drugstore lately? If so, you will notice a wide range of SPF protection, some as high as SPF 70+ and even SPF 85. So does that mean that the higher the SPF level the better the sun protection? While these mega-high SPF products offer a slight advantage at protecting from a sunburn (UVB rays) they don't necessarily do a stellar job protecting from UVA rays. So how does one know which SPF is best for them? While there isn't ONE best of the best for everyone, the following information will help you learn more about how *sunscreen ratings* work, which should in turn make sunscreen shopping easier for you.

It is important to note that SPF, or sun protection factor, only measures UVB rays (the rays mostly associated with burning, but they also contribute to early signs of aging). The FDA wants to make changes regarding labeling for both UVB and UVA light. The agency has proposed amending its existing rule on UVB products to increase the maximum sunburn protection factor from SPF 30+ to SPF 50+.

Jim Miller of California North explains "a rating of 15 blocks 94-95% of rays, and still allows some tanning. But SPF 30 blocks 97.6 – 97.7% of rays, and the percentage stays roughly the same as you move up to SPF 40, or even 60."

That said, those who suffer from extremely sun sensitive skin conditions such as lupus or rosacea, have been diagnosed with skin cancer; who are undergoing chemotherapy treatments; or who are currently taking medications that increase sun sensitivity, may need to use a product that helps block infrared and visible light along with normal UVA and UVB screens such as Ti-Silc GT SPF 60+, Total Block UVA/UVB SPF 65 or Vanicream Sunscreen Sensitive Skin SPF 60. This is not the time to rely upon a simple SPF of 15.

While many sunscreens contain ingredients to protect against UVA, no rating system or testing requirement has existed to measure the ACTUAL level of UVA protection. That being said, the FDA is working on that as well. According to (<http://www.fda.gov/consumer/updates/sunscreen082307.html>), proposed legislation will require that sunscreen manufacturers use a Four Star System to rate the level of protection from UVA rays in addition to the SPF level for UVB protection.

With the proposed UVA rating system:

One star will represent low UVA protection; Two stars, medium protection; Three stars, high protection; Four stars, the highest UVA protection available in an over-the-counter (OTC) sunscreen product.

If a sunscreen product does not rate at least one star, FDA is proposing that its labeling bear a "no UVA protection" marking on the front label, near the SPF value.

In addition to the new rating system, FDA wants sunscreen labels to advise consumers that using a sunscreen is just one way they can protect themselves against the sun. Limiting time in the sun and wearing protective clothing as part of a comprehensive sun protection regimen are other recommendations that would be prominently displayed on labels. Using sunscreens liberally and reapplying frequently would also be advised.

Some U.S. Manufacturers are not waiting for the FDA to come out with a system to rate the level of UVA protection. So the existing Japanese PA rating system is used to accurately evaluate UVA protection. PA rankings are listed as PA+, PA++ or PA+++ . The more +'s, the more protection from UVA rays. Examples include DERMAdoctor Ain't Misbehavin' skin clarifying & mattifying sunscreen spf 30/PA+++ , Bliss Best of Skintentions daily moisturizer spf 15/PA++ or L'Occitane Immortelle very precious fluid spf 40/PA++ .

Consumers should worry more about wearing enough sunscreen, rather than how high their SPF is. No matter the SPF number, skimp and you lose. To get the SPF advertised, you must use a full shot glass (1 oz) on your body. So make sure to apply all SPF products liberally and re-apply them every 90 minutes or so when out in direct sun.

If you need additional help in selecting a sun protection product for you or your family, consider using our DERMAwizard Sunscreen Selector, which will make a custom recommendation.

Enjoy your summer!



Submitted by: Sheryl Soczek, 2010 Individual Development VP, soczek@msu.edu

A Message from the Management VP

July is on its way to being half over and we have two of our three Texas Hold'em dates under our belt. Thank you to everyone that worked our weekend in June. With your help, we were able to raise \$2,693.00. For any of you that do not know, our fund-raising efforts help support not only our chapter, but also many of the community service events you love to participate in. Without this income we would have many more out of pocket costs. That being said, we need more fund-raising. I need your help to make this happen. This year has been a banner year for our fund-raising efforts; we have held more events than in years past thus putting more money in our chapters account. If you have any fundraising ideas, please let me know, I would love to help make them happen.

The cookbook committee led by Regina Calcagno is still hard at working getting the cookbook put together for upcoming sales. I know they could still use more recipes so make sure to get them in.

As we begin our 2nd half of the year, we need to start thinking about our fall transition. If you or someone you know is interested in being a part of the 2011 Board of Directors, please let a current board member know. We would love to have you at one of our board meetings to show you what we do to make things happen.

Haunted House is right around the corner. Committee meetings are on the calendar and we are ready to go to get our house built. Don't worry if you can't make one of the meetings, you are always welcome at a later date!

Enjoy your July,
Sheryl A. Soczek, 2010 Management Vice President, soczek@msu.edu

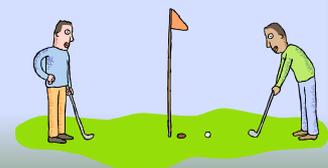
Bob Pancost Memorial Golf Outing

The 2nd Annual Bob Pancost Memorial Golf Outing took place on Saturday, June 5th at Highland Hills Golf Club in DeWitt. The weather cooperated for us this year and everyone had a great day of golf and camaraderie. The Lansing Jaycees host this event to raise funds for the many projects we put on throughout the year and to provide an opportunity for past presidents and members to interact and remember our good friend, Bob Pancost.

The day of golf and a tasty steak and chicken dinner was enjoyed by 25 golfers and a number of volunteers from the chapter. Everyone had a very enjoyable day of golf on the beautiful Highland Hills course and everyone took home a prize of some sort from the generous donations of our many local businesses.

A big "Thanks!" goes out to all of the golfers who played, volunteers from the chapter and businesses that donated goods for making the event a success! Keep an eye out on the Jaycees calendar in the early part of 2011 for the date of next year's event! We hope to make next year's outing bigger and better!

Submitted by: Eric Dobry, Chair, dobesbsoon@hotmail.com



2010 Region D Meetings

Sunday, August 8th: Time: TBD

**Trainers: Dave Worthams, 2010 MIJC
Management VP, Potential Officers Training**

Sunday, October 3rd: Time, TBD, Ionia

**Trainers: Darlene Dresch, 86th MIJC President,
Transition to 2011**

**For more information or any training
recommendations, contact 2010 Region D
Director Angela M. Clock at
fallingstar924@hotmail.com or 517-410-9527**

A note from the Capitol Correspondent Editor:

Thanks to the contributors of the July newsletter:
*A. Fossi, S. Soczek, A. Clock, A. Briseno, C. May,
R. Calcagno, C. Burton, Andrew Hoard, B.
Burnell, D. Akens, E. Dobry*

**Follow us on Twitter - @LansingJaycees
Follow us on Facebook – Lansing Jaycees**

ANYONE CAN BE AN AUTHOR!

Please submit your articles, photos, or ideas for
future newsletters to:

**Angela Clock
2010 Lansing Jaycees
Newsletter Editor
fallingstar924@hotmail.com**



Michigan Jaycees Career & Education Fair

Seeking the next great career opportunity? Looking to build on your job search skills? This fair can certainly help you get further ahead!

In conjunction with our August convention, the Michigan Jaycees are conducting the first ever Career & Education Fair on Friday, August 13 from 2:00 P.M. to 6:00 P.M. in Red Cedar Rooms A&B at the Kellogg Center in East Lansing. The 2010 Michigan Jaycees Career Fair will provide job-seekers with the opportunity to meet potential employers, ask questions, gather helpful information and submit resumes. It will also feature educational resources, such as resume review, to assist job-seekers.

This fair is open to your friends and family who may be seeking work or another great opportunity. We will bring the employers and educational resources. Please be professionally dressed and bring plenty of resumes and be ready to learn something. There is no cost for job seekers.

Visit our website at www.jayceecareerfair.com and follow us on Facebook!

**Submitted by: Andrew Hoard,
2010 Individual Development Director,
andrew.t.hoard@gmail.com**



Eat Your Noodles and we Earn 25%

That's right; the Lansing Jaycees will earn 25% of your food purchases at Noodles & Company on July 14th and 27th. Our fundraising event will run from 4 PM -7 PM each of our nights at the Noodles & Company located at 1965 W. Grand River Avenue in Okemos. In order for us to receive credit for your purchase, a coupon will need to be presented. Coupons are in the works right now and are expected to be delivered soon. As always, please do not distribute these coupons in the parking lot or on site. Doing so may result in forfeiture of sales. <http://www.noodles.com/>

Submitted by: Sheryl Soczek, 2010 Management VP, soczek@msu.edu



Calendar of Events

Lansing Jaycees Activities...

- July 14th – Noodles & Company Fundraising Event** – Noodles & Company, 1965 W. Grand River, Okemos (Details = S. Soczek @ 517-862-6376)
- July 14th – Constitution/Bylaws Review Committee** – Noodles & Company, 1965 W. Grand River, Okemos; 5:15PM (Details = S. Soczek @ 517-862-6376)
- July 15-18th– Annual Jaycees Camping Trip** – Silver Lake State Park, 9679 W. State Park Rd., Mears, MI (Details = C. May @ 248-756-3840)
- July 20th– Board of Directors Meeting** –All members welcome; 6:00 PM at the Michigan Jaycee Service Center, 534 S. Walnut, Lansing (Details = A. Fossi @ 586-484-7027)
- July 21st – Get Your Food On** –Taste of Thai, 1105 E. Grand River, East Lansing; 6:00PM (Details = Andrew Hoard @ 517-303-6643)
- July 25th – Lansing Lugnuts Kids Day** – Cooley Law School Stadium, 505 E. Michigan Avenue; 2:00PM (Details = C. Burton @ 517-281-6049)
- July 27th – Noodles & Company Fundraising Event** – Noodles & Company, 1965 W. Grand River, Okemos (Details = S. Soczek @ 517-862-6376)
- July 28th – Works Progress Administration (WPA) Walk** – Start at Grand River Parking Ramp, East Lansing; 6:00 PM (Details = Andrew Hoard @ 517-303-6643)
- July 29th– Happy Hour** – Darb's, 117 S. Cedar St., Mason; 5:30-7:30 PM (Details = C. Burton @ 517-281-6049)
- August 3rd– General Membership Meeting** – Tripper's, 350 Frandor Ave., Lansing; 6:00 PM Social Hour, 7:00 PM meeting (Details = A. Fossi @ 586-484-7027)
- August 9th– Website Planning Committee Meeting** – Grand Traverse Pie Company, 1403 E. Grand River, East Lansing; 6:00 PM (Details = S. Soczek @ 517-862-6376)
- August 11th– Meet & Greet** – Schuler Books, Eastwood Town Center, Chapbrook Cafe, 2820 Towne Center Blvd., Lansing; 5:30-7:30 PM (Details = C. Burton @ 517-281-6049)
- August 13-15th: Michigan Jaycees Summer Assembly** – Kellogg Center, East Lansing (Details = A. Fossi @ 586-484-7027)
- August 13-15th: Great Lakes Folk Fest Beer Tent** – East Lansing; TBD (Details = S. Keeney @ 989-714-5272)
- August 17th– Board of Directors Meeting** –All members welcome; 6:00 PM at the Michigan Jaycee Service Center, 534 S. Walnut, Lansing (Details = A. Fossi @ 586-484-7027)

Watch the Juice weekly for other events yet to be planned!

Other Chapter Events:

July 22-24: Taste of Kalamazoo – Kalamazoo Jaycees – will need volunteers to help serve beer. Please contact Niki Worthams at crikiw@yahoo.com for more information.

July 27: Charlotte Meet the Candidates of the 71st District – Charlotte Jaycees. Come meet the candidates vying for a shot to meet in the general election for the 71st House District. This Eaton County seat does cover some of our member! Contact Dr. Heidi Hansen at doubleh00@juno.com for more information.

August 28: Delta County Duck Races – Delta County Jaycees. Looking to take a trip north – check out the Duck Races fundraiser for the Delta County Jaycees! Contact Alyssa Nugent at alyssanugent@gmail.com for more information!

Member Shout Outs

Those of us who will soon inhabit warmer climates wish you all the best parts of: shoveling snow, driving in blizzards, sliding on icy sidewalks and enjoying “predictable seasons” like “spring.” Oh, and hanging out with freakin’-cool Lansing Jaycees. Keep the home fires burning! – Orion Smith

To all those moving to Texas (Rachel, Felicity & Orion), we’ll miss you and we hope you’ll never forget the Lansing Jaycees!

Abby, Camping, Geocatching. Be there!

Amy Miller: The blog world misses you!

The Smiths are leaving?! Boo!! Good luck in Texas. Stay cool.

I thought that Orion’s note said “home fries.” I’ll miss you both.
– Abby Siegel

Best wishes and safe travels for the Smithe Family! You will be missed. – Amy Miller

Hey Colleen and Mike! You ROCK! You are my new besties! - anonymous

***Have something to say?
Email Angela Clock,
Newsletter Editor at
fallingstar924@hotmail.com
to make your contribution!***

Kathy Hausbeck-Miller, Andy Miller & big sister Alaina: Congratulations! I can’t wait to meet Baby Bella! – Amy Miller

Conclave Assemble?

Dave Akens – Here’s a carrot for ya! – Amy Simon

Hey Carrie & Fossi – is it 3:15pm yet? - Clock

Colleen – Keep up the fantastic work!!!

Ms. Carrie, may I come over for a sleepover party? ~ Caydence

Remember to join the group “Carrie May’s Cookies” on Facebook!

Blaine and Arya – Do you miss the vuvuzelas?

Hey AC, I can't wait to sweat and work it hard with you! I mean at kickboxing! :) ~IH



Madam President, will you go on a date with me? ~anonymous

Hey Mike, your chair doesn't want to leave my little chair family! ~ You know who

No Money & Nothing to Do?

Even with today's economy there are some free events in the Lansing area to keep you busy during the summer months without spending a lot of cash:

Concerts at Eastwood Towne Center – Every Tuesday - 6p-8p until August 17th
Concerts in Downtown Lansing – Every Wednesday – 7p-9p until August 11th
Blues on the Grand – Lansing at Lansing City Market – Every Thursday – 6p until August 12th
Lansing Live – Lansing at Tavern on the Square – Every Thursday – 3p-7p - www.lansinglive.org
Music in the Garden – Holt at Veterans Memorial Gardens – Every Thursday 7p-9p
Concerts – East Lansing at Fountain Square – Every Friday – 7p-9p until August 6th
Concerts – East Lansing at Ann Street Plaza – Every Saturday – 7p-9p until August 7th
Sounds of Summer Concerts – Haslett at Lake Lansing – Every Friday – 7p
14th Annual Muelder Summer Carillon Series – MSU Beaumont Tower – Wednesdays in July at 6p - http://news.msu.edu/story/7877/&topic_id=3
Play in the Park – East Lansing at Valley Court Park – Every Tuesday in July at 7pm
Moonlight Film Festival – East Lansing at Valley Court Park – Every Thursday – 9p until August 26th
East Lansing Farmer's Market – at Valley Court Park - Sundays from 10a-3p - <http://www.cityofeastlansing.com/FarmersMarket/>
Meridian Farmer's Market – Okemos – Wed & Sat – 8a-2p - <http://www.localharvest.org/farmers-markets/M13548>
Stockbridge Terquasquicentennial – Stockbridge – July 11-17th - <http://stockbridge175.com/>
Jeff Baumann Annual Cardboard Canoe Race – DeWitt at Granger Meadows Park – July 16th – 5:30p-7:00p
Ag Expo 2010 – MSU at Mt. Hope – July 20-22nd - www.agexpo.msu.edu
13th Annual Great Dairy Adventure – MSU Pavilion – July 21st – 9:30a-3:00p - http://anrcom.msu.edu/press/060110/062510_greatdairyadventure.htm
LCC's Summer Stage Under the Stars Festival – July 21-25th – 8p - <http://www.lcc.edu/hpa/events/Summer-Stage.aspx>
2010 Ionia Free Fair – Ionia – July 22-31st – www.ioniafreefair.com
4th Annual Westside Summer Fest – Lansing – July 24th – 1p-10p - www.westsidesummerfest.com
1940s Radio Variety Show – Ledges Playhouse – July 30-Aug 8th – 10p - <http://www.capitaltheaterworks.org/>
Lansing Jazz Fest – Old Town Lansing – Aug 6-7th - www.jazzlansing.com
Great Lakes Folk Festival – East Lansing – August 13-15th - www.greatlakesfolkfest.net

Submitted by: Alexandra Briseno, 2010 Secretary, xandrab@hotmail.com

Jaycee Business Directory

ClockRocks

One of a kind, handmade jewelry!
Contact Angela Clock at for information or to see samples, or visit:

http://www.etsy.com/shop.php?user_id=5189064 H: 517-410-9527

Keller Williams Realty

I pride myself and the Robert Dowding Team at Keller Williams realty with excellent customer service in the representation of sellers, buyers and investors in the entire Greater Lansing Area. Leverage yourself by hiring a true professional to assist you, your friends and family in achieving your Real Estate dreams and goals.

Ph: 517.853.6390

Email: Sold@RobertDowding.com

Website www.RobertDowding.com

Blog:

www.RealestateRealresults.com

Website Design Services

Vieth Consulting provides development services for organization and commercial websites. Contact Chris Vieth for more information or for a quote.

H: 627-7145

W: 930-3611

ccvieth@viethconsulting.com

Relief Massage Therapy

Pain and stress relief by Certified Massage Therapist. Contact Sasha Fournier at 517-410-4251. By appointment only.

To advertise your business here, submit your information to fallingstar924@hotmail.com