



## Etiquette Express

By Madeline Zackery

Do you have an Etiquette question for Madeline? In future issues we will address our questions.

Send to: Community Voices, Attn: Madeline Zackery, P.O. Box 424, Kalamazoo, MI 49004, or e-mail Comvoices@aol.com.

### First Lady!

As the whole world celebrates the Inauguration of our 44<sup>th</sup> President Barack Obama, I along with many others, feel a pride that I've never felt before. I've always known that we, as Black Americans, are smart, powerful and possess great talent. But there was always the possibility that because of the color of our skin, we may not be given the chance to excel to the degree of which we are capable. After seeing our Black President and our Black First Lady confirm the words to a song, "All things are Possible, if you only Believe", I am intrigued with the fact that we have a "Black Family" now in the White House.

I am so impressed with our First Lady, Michelle Obama, because she exemplifies what a "Lady" is. Grace, Poise, Patience and Confidence were displayed during the Inauguration and all of the following events. It was a long day, where she was in the public eye for hours and hours, and yet it seemed effortless to her as she smiled and waved or extended her hand to shake the hand of hundreds of strangers until the end of that glorious day.

As a First Lady, I'm sure she realized that she must always be at her best. I've noticed whenever she's interviewed, she speaks with intelligence and confidence, she knows when to speak and when not. Many times she just smiles and stands with perfect posture in the background, out of her husband's lime-light. Watching her I couldn't help but think of all the young ladies that I've encountered. Many of these ladies could one day be "The First Lady" or even "The President". I can see them Dining with Dignitaries, Networking with the news media, presenting ideas to politicians and being watched by millions of people. But

I'd like to ask them....will you be ready? Will you have the charisma, character, class and conversation skills to be a "First Lady?" If not, now is the time to work on "You".

You can start by doing your best in school so you too can go to a good college and graduate. Also, work on your character, which means being dependable, dedicated, determined, honest, trustworthy, well-mannered, confident, considerate, courteous, kind and compassionate. Make sure you have good morals and values, because the negative behavior you display today, may haunt you in the future. Next, know what is going on in your community and around the world. Instead of playing video games and talking on the phone, use your spare time listening to the news, reading the newspaper, listening to the stock market reports, and Read ... Read ... Read! Set Goals for yourself and "Do not let anyone tell you that you can't do it!"

To prepare our young ladies for the future, starting in April 2009 P.L.O.T. (Preparing Leaders Of Tomorrow), an organization I founded in 1986, will be conducting a Leadership Program for young ladies ages 13 to 18. Topics will include -- Good Manners for Young Girls, Creating a Positive and Professional Image, The Importance of Being a Lady, Setting Goals and Achieving Them, Conversation and Conduct, It's All About Your Attitude, and various other topics.

For more information regarding this program, please contact Madeline Zackery at (269) 207-3286. Ladies must register no later than March 15, 2009. P.L.O.T. will also be offering a Leadership Program for young men, starting in June 2009. Our programs are also available to churches, schools, businesses and other organizations.



## DISH IT WITH TRISH

Need advice? Write me.

Address to Community Voices, Attn: Trish, P.O. Box 424, Kalamazoo, MI and only those printed will be acknowledged.

I have a problem because of you! You are always saying "go for it!" "Do you boo!" So what did I do? I did just that. I began to find activities that I liked to do. I was feeling good about myself and dressing to impress all the time. I speak my mind and don't take crap from anyone! My boyfriend hated it! He told me I am acting like the typical black woman (all attitude and nagging) and he didn't sign up for that. He said he was leaving me until I came to my senses and became the subservient woman that God said I should be. Now my man is gone and I love him so much. My problem is I love him, but at the same time, I love my new positive attitude. I want my man back so you need to lay out some of that wisdom you claim to give people and tell me how to fix the mess you caused! (Signed) New Woman, with a problem

OH, YOU GOT A PROBLEM! Ya first one was coming at Trish like you just did. I didn't shove you into dis new woman you claiming to be. You always had that in ya and all you needed was some encouragement to get there. I don't know how you acting to ya man but if it is anything how you just attempted to come at me then I can guess why you got problems with him.

Let me school you into a REALITY CHECK my sista. A strong, confident black woman is not a negative thing, you just have to have a real man who is comfortable with himself in order for him to stand with this great woman.

Look at Michelle Obama -- she is strong,

confident, efficient, successful in her own right and she is a black woman and proud to be just that (just like Trish, thank ya very much)! Yet it took a great man to have that great woman.

Now my boo may not be president, but he is a great man and that is the only reason he was blessed with this great woman (me)!

Being strong and confident is not bad as long as you let your man be the man. A lot of men try to use the Bible for their own purpose to down black women but I will tell you a secret my momma told me.... If he is a real man of God, then he knows how to treat his woman and give as he expects to get. See, Women are not the only ones who have a responsibility in a man and woman relationship, according to God. Unfortunately a lot of men leave that out and this is a key to a fake man.

Now that you have been schooled you can check Ya-self real quick on blaming me for your issues. I don't tell anybody what to do....I just tell the real and leave the rest up to those who can handle it....obviously you could not. But keep trying sista girl and one day you can do ya thang just like Trish!

SMOOCHES!

**THAT'S THE DISH...**

**You know I just keeps it real!**

(Trish is a CV's Staff Writer)

## TRIPS with a Twist

Bill Truesdell is a longtime business and travel writer who also does grant proposal writing, technical writing and general business writing. To learn more, visit [www.billtruesdell.com](http://www.billtruesdell.com) and [www.tripswithatwist.com](http://www.tripswithatwist.com).

### A few personal favorites

Bill Truesdell

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Coffee -- Café Casa. 128 South Kalamazoo Mall. Even though I haven't worked downtown in quite some time, I still stop by to sample their house Colombian.

The original Water Street Coffee Joint, 315 East Water, Kalamazoo, MI 49007, [www.waterstreetcoffeejoint.com](http://www.waterstreetcoffeejoint.com). Good, strong coffee in a unique environment. Since the remodeling, it's roomier. Unless you were a regular in their cramped original quarters, it really doesn't count as much.

Any Panera Bread location. The coffee is consistently good, and they use half and half, not that make-believe stuff that almost everyone peddles nowadays.

Roast & Toast Café and Coffee, 309 E. Lake Street, Petoskey, MI 49770, [www.roastandtoast.com](http://www.roastandtoast.com). Just being in Petoskey wins this place bunches of points. The coffee is stout and the signature sandwiches are memorable—and reasonably priced.

Bakeries --

Sarkozy's Bakery, 335 North Burdick, Kalamazoo, MI 49007. Anyone who's been around Kazoo knows of Judy Sarkozy. I love the place because they always have special holiday things you won't find anywhere else in town. This is where I found the sweet bread bunnies that are now an Easter tradition in our house.

Dutch Oven Bakery, Main Street (U.S. 31), Alanson, MI 49706. Chocolate-dipped coconut macaroons and Dry Bones cookies—mmmm.

Molly's Cupcakes, 2536 North Clark Street, Chicago, IL 60614. The guy who started Molly's named it after his first grade teacher who always baked cupcakes for her students' birthdays. Go on a weekend and hang around to play the board games scattered about for your use. Check out the swing seats at the counter—a hit with kids of all ages and a must for pictures.

Eateries --

Yeah, I like fine dining as much as anyone, but these tend to be homespun stops. Nothing fancy, just good stuff.

Cunningham's Restaurant, 312 East Central Avenue, Mackinaw City, MI 49701. Famous for its lake perch and homemade pies. There's usually a big selection, but get there early.

Mr. Foisie's Pasties, 154 Leisure Road, Cadillac, MI 49601. Most people either love pasties or hate 'em. I'm in the former group. My wife and daughters discovered this place tucked away next to the Clark station.

Erbelli's Pizza and Italian Cuisine, 8342 Portage Road, Portage, MI 49002. What can I say? Scrumptious.

## GRANNY'S KITCHEN

### Grandma's Ribbon Cake

1 box commercial white cake mix prepared according to directions  
16 oz carton of sour cream  
3 - 6 different types jam or jelly. (Apricot, Green apple, raspberry, blackberry - the more colors the better!)

Two cookie sheets

Preheat oven to 350 or to setting indicated on cake mix package. Grease and flour the BACKSIDE of your cookie sheet. Pour 1/4 cup of batter on the back and spread evenly to a thin layer. Put in oven and check after five minutes.

Cake should be slightly brown on the edges. While cake is baking grease and flour the BACKSIDE of the second cookie sheet. When cake is done remove from oven and let cool a few minutes on the sheet.

Pour 1/4 cup on the BACKSIDE of the second cookie sheet, and spread as before. Pop this one in the oven and bake like the first.

While the second one is baking, spread a large piece of foil on the countertop. Remove the first baked layer, and place it on the foil. Spread the layer with 1/8 - 1/4 cup sour cream and 3 - 4 tablespoons of jam or jelly. (Depending on how much sweets you like!) It's OK if it's goopy or a little runny.

Using a dish towel or paper towels, wipe the crumbs and excess oil/flour from the first cookie sheet. (My grandma calls for washing the sheets completely between baking - but I found that just wiping them seems to do ok.) Grease and flour the BACKSIDE again.

When the second cake layer is done, remove from oven and let cool a few minutes, while you prepare the third layer as above. Place the second layer on top of the first - and spread sour cream and a different type of jam/jelly as above. Continue baking the layers, and stacking them with the sour cream/jam/jelly spread until the cake batter is use up.

Always bake the layers on the BACKSIDE of the cookie sheet, and remember to wipe, grease and flour the sheets before each new layer. When you are done, the stack will look a little raggedy, and probably lop-sided. Don't worry about it! It will be beautiful!

Wrap the finished cake stack in the foil. Wrap several more layers around it - making sure that it is securely sealed all the way around. Place on the floor in a cool room and set 5 heavy books on the stack. Nice big ones - like the Dictionary.

Leave overnight. In the morning, remove the books and take the flattened stack back to the kitchen to unwrap. Trim off the brittle brown edges. Frost the cake with your favorite cream cheese icing.

## Um-m-m!

I've learned that regrets over yesterday and the fear of tomorrow are twin thieves that rob us of the moment. -- Age 29

Complete Live and Learn and Pass It On



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