

# Choice Biz Chronicle

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## I Know Now...

If you got through January without making any changes in your life, you haven't missed your chance. Every day we have the opportunity to make small changes in the way we treat and present ourselves. And let's face it...there is always room for improvement.

Just start with something small like a gesture of kindness to a co-worker, a friendly smile to someone you walk by, or giving someone a long overdue call. You will be surprised how this gesture will make someone's day and give you positive energy.

~ Deb



*"You will never change your life until you change something you do daily."*

~ Mike Murdock



## Choice Executive Suites

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## Mark Your Calendar

February 14

Valentine's Day

## Black History

In 1518 when King Charles of Spain sanctioned the African slave trade, at least 10 million Africans were forcibly brought to America.

They were subjected to new laws ensuring political rights and economic opportunities wouldn't be granted to them. After the Revolutionary War, many freed blacks tried to improve conditions with efforts like the Underground Railroad.

President Lincoln issued the Emancipation Procla-

mation in 1863, freeing slaves continuing to be held by southerners, which lead to the 13th Amendment prohibiting slavery.

After winning their freedom, many blacks found it nearly impossible to gain independence and faced growing terrorism from the Ku Klux Klan.

World War I marked a cultural movement known as the Harlem Renaissance. World War II provided a stimulus for change in national racial policies, increasing black

labor and heightening the sensitivity of whites to the dangers of racist ideas.

In 1954, a Court ruled in Brown v Board of Education that "separate educational facilities was unequal," which inspired blacks to launch a movement to integrate all public facilities.

Great strides have been made in the 20th century and continue into the 21st century, but America still has a long way to go.

## Black History Month



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## On The Town

### Art of Africa

*Frederick Meijer Gardens*

Come see more than 80 objects representing the rituals and religious ceremonies of approximately 30 cultures of sub-Saharan Africa. For more info, visit [www.meijergardens.com](http://www.meijergardens.com)

### Blood Drive

*Feb 12, 7am-7pm*

Donors will be offered food from Papa Murphy's Pizza and a chance to win a gift certificate from Design 1 Salon & Day Spa. STAR 105.7 will be broadcasting live. Visit [www.miblood.org](http://www.miblood.org)

### West MI Golf Show

*Feb 22-24*

With the area's top equipment dealers, courses and resorts, you can plan your entire summer of golf, and even tee off for the first time this season. Visit [www.devosplace.org](http://www.devosplace.org)

## Hot Tip from Tech Support



Is your computer running slower than usual? You may need to clean up your hard drive.

By running Window Disk Cleanup you

can increase the free space on the hard disk. It searches for unnecessary programs and files that you can delete, including temporary internet Files, downloaded program files, and

recycle bin.

To run the Disk Cleanup utility, Click on the Start button, Select Programs, and go to Accessories. Click on System Tools and select Disk Cleanup.

## Fight Identity Theft

No person or product can prevent identity theft. As long as criminals can benefit from stealing, there will be theft. Sensitive personal information is everywhere. You can reduce access to it and improve safeguards by doing the following:

1. Watch for people standing entirely too close when your using your credit or debit card in public.
2. Keep your Social Security Card at home.
3. Physically remove the hard-drive

from an old computer before getting rid of it.

4. Choose "Forget Me" instead of "Remember Me" on automatic logs.
5. Review your credit report once a year on AnnualCreditReport.com

## Quick Hits

### Saving Energy

Techlogg.com carried out some basic tests with a few monitors and found, particularly with LCD screens, that the power consumption can be as much as halved by simply dropping the brightness of your computer screen.

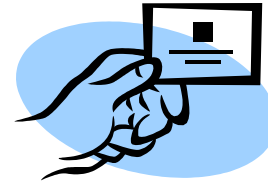
By pushing the contrast to 70%, they were able drop the power consumption

to just 14,7w—a saving of 17.7w—so there are some serious power savings to be made here.



### Business Etiquette

A business card should never be exchanged while dining. This is true for even the during the most informal of dining situations.



## Tenant Spotlight



**DEB LEMMONS**  
Falcon Business Enterprises  
Virtual Tenant

Deb's company provides business services and support including business planning, financial strategies, organizational support, and marketing to name a few.

She is currently developing E-learning internet safety programs that teach parents and children about new and

dangerous online trends and how to avoid these threats and risks, such as cyber bullying.

Deb has been married to her husband, Mark, for 24 years. They have two sons, Kyle (19) and Drew (14).

Her favorite quote is by Mahatma Gandhi: "Live as if you were to die tomorrow. Learn as if you were to live forever."

## Did You Know...

George Monroe was one of the first black Pony Express riders. At one point he was also a stagecoach driver for President Ulysses S. Grant and would navigate through the curving Wanona trail in the Yosemite Valley. Monroe Meadows in Yosemite National Park is named after him.

Thomas L. Jennings was the first African American to receive a patent in 1821. He used the many earned from the patent to purchase relatives out of slavery and support abolitionist causes.

In 1988, Washington Redskins' Doug Williams was the first African American quarterback to play in a Super Bowl game. He was named MVP in Super Bowl XXII.