

# DETROIT NATIVE SUN

**Telford Telescope: Come to Sindbad's for our gala book signing!**

By Dr. John Telford, PhD  
SUN COLUMNIST



At 6:30 on Thursday evening, November 20, 2025, at Sindbad's elegant restaurant on the river, young Detroit author Omari Bayi and I will read from and sign our books--his novels 'Michael - A Detroit Saga', and my most recent poetry book 'Athletes, Activism, & Apple

Boughs - A Detroit Poetic Epic', which is basically my autobiography in verse (see photo of our book covers).

Omari will sign the first two of his ten-book series chronicling the wild and thrilling adventures of young Detroiters 'Michael'. and I'll share poems about the great runners I've raced, the good causes I've embraced, and the fair ladies I've chased. I will make anecdotal explicatory commentary regarding some of my poems.

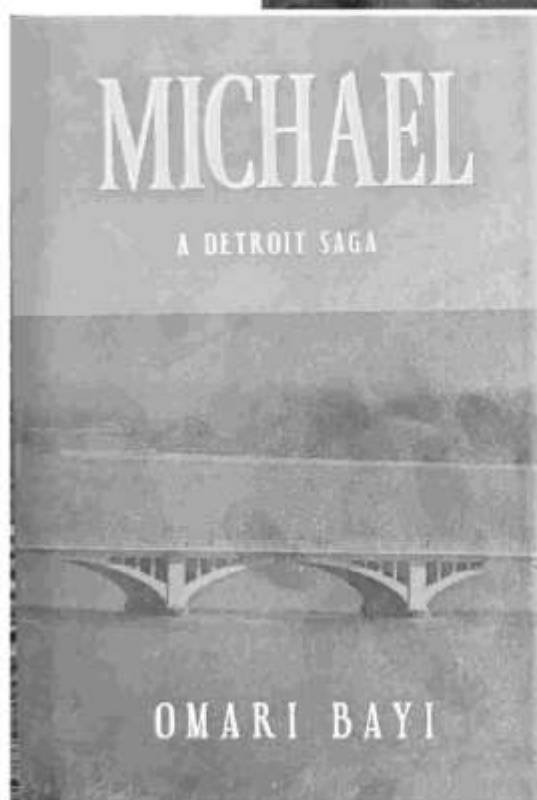
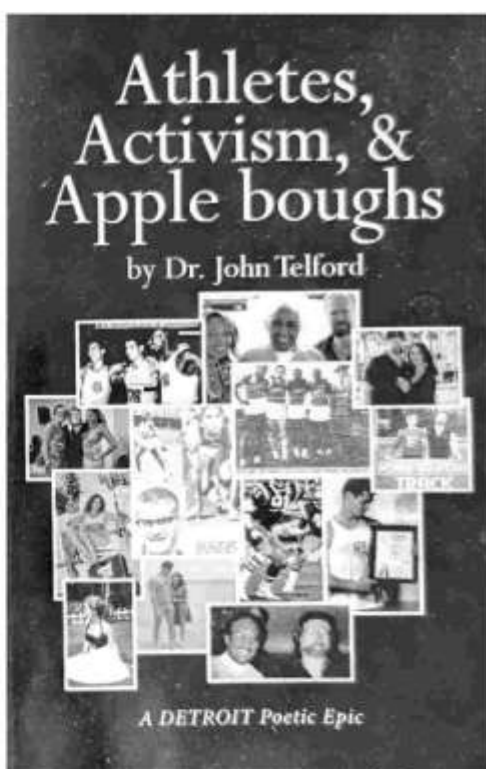
During our readings, those who also wish to dine can partake of the fine cuisine for which this historic restaurant has long been justifiably famous all throughout the Detroit metropolitan area. I suggest that you arrive a little early to be sure to get a front table.

Omari and I hope to greet all of you at Sindbad's on this coming November 20!

In addition to writing his monthly columns in this newspaper, Dr. Telford also writes the monthly 'Poet's Corner' columns in the 'Detroit Monitor.'

A world-ranked sprinter at WSU in his long-ago youth,

he served as the Detroit Public Schools superintendent in 2012/13. He is a lifetime member of the progressively activist National Action Network (NAN). Hear him on WCHB AM1340 Saturdays at 9:30 a.m. and Mondays at 6:30 p.m.--plus all week 24/7 on DETipTV.com. Contact him at DrJohnTelfordEdD@aol.com or at (313) 460-8272.



**MDHHS directs SNAP vendor to issue full payment**

LANSING, Mich. - U.S. District Judge John McConnell of Rhode Island recently ordered the U.S. Department of Agriculture Food and Nutrition Service (FNS) to issue full November Supplemental Nutrition Assistance Program (SNAP) benefits by Friday, Nov. 7 for roughly 42 million low-income Americans. As a result, the Michigan Department of Health and Human Services (MDHHS) has directed its SNAP EBT vendor to begin issuing full SNAP benefits to Michigan SNAP recipients as soon as funding from FNS is received.

Absent a successful appeal by FNS, SNAP recipients who normally receive their benefits on the third, fifth or seventh of the month should receive their full SNAP allotment within 48 hours of MDHHS receiving the funds. All other SNAP recipients will receive their full benefit payments on their normally scheduled date.

"We applaud Judge McConnell's ruling requiring FNS to issue full SNAP benefits for November," said Elizabeth Hertel, MDHHS director. "Many Michigan families depend on SNAP to help put nutritious food on the table and today's ruling ensures they won't be left wondering how they will feed their children--especially with the upcoming holiday season."

In his ruling, Judge McConnell stated that the USDA failed to consider the practical consequences associated with its decision to only partially fund SNAP, and that USDA knew there would be a long delay in paying partial SNAP payments and failed to consider the harm individuals who rely on those benefits would suffer.

Earlier this week, MDHHS received communication from FNS indicating that FNS would reduce the maximum allotments to approximately 50% of the SNAP recipients' benefit payments for the month of November. FNS had previously directed MDHHS to hold November SNAP issuance and ongoing benefits until further notice due to the federal government shutdown.

To help feed families amid the federal government shutdown, Governor Whitmer recently announced the State of Michigan will provide \$4.5 million to the Food Bank Council of Michigan. This critical funding will help feed Michigan residents in all 83 counties and provide food delivery to those who can't drive to their local food bank.

Whitmer also recently led a group of governors in a letter calling on the Trump Administration to prevent disruption to SNAP during the federal government shutdown. Additionally, the Executive Office of the Governor and

state departments have helped Michigan residents feed their families by:

Continuing Double Up Food Bucks, a program that gives Michigan families money to purchase groceries, including fresh fruits and vegetables.

Supporting Hunters Feeding Families, a program that helps Michiganders get venison or other fresh game to feed their families.

Continuing to feed all 1.4 million public school students free breakfast and lunch.

SNAP recipients are encouraged to reach out to their local MDHHS office with any questions regarding SNAP benefits or can check MI Bridges for updates.

To find additional resources:

Dial 2-1-1 or visit [www.mi211.org](http://www.mi211.org) for free, confidential assistance and referrals to local food programs and support services.

Visit the Food Bank Council of Michigan to locate nearby food banks and learn about additional hunger relief efforts. Call the Double Up Food Bucks program hotline at 866-586-2796, 9 a.m. to 5 p.m., Monday through Friday. Until Wednesday, Dec. 31, the program, which matches SNAP purchases of fruits and vegetables, will expand access so families can build up savings on their Double Up cards. Find a participating location near you: [DoubleUpFoodBucks.org/find-a-location](http://DoubleUpFoodBucks.org/find-a-location). SNAP in Michigan

In FY 2024, the average SNAP household in Michigan received \$335.03 in SNAP benefits per month, which is about \$173 per person per month or \$5.68 per person per day. Households with very low incomes receive more SNAP benefits than households closer to the poverty line because they need more help affording nutritious food.

- 492,225 children benefit from SNAP.
- 38,513 veterans participating in SNAP.
- 36% SNAP households have older adults.
- 43% SNAP households have children.
- 51% households have a person with a disability.
- 78% of SNAP households include someone with earned income.

In Michigan, more than 9,700 retailers accept SNAP.

To be eligible for SNAP in Michigan, applicants must be a U.S. citizen (or acceptable non-citizen status) and must live in Michigan. Eligibility is based on the financial situation of all members of a household. Everyone who lives together, purchases and prepares food together is considered a member of the same household group. In order to determine if a household is eligible for SNAP, MDHHS will review a household's expenses, assets and income.



**Dr. JOHN TELFORD**

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also on WJZZ Internet TV  
Wednesdays, 10:00 a.m.

Read him in the Detroit Native Sun  
and the Downtown Monitor

Hear him on WCHB AM1340  
Saturdays, 9:30 a.m.  
Mondays, 6:30 p.m.