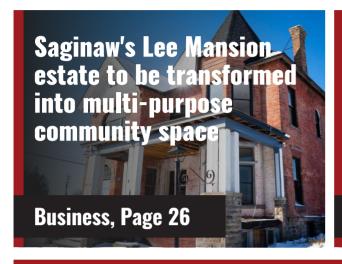
THE ICHIGAN BANNER Celebrating 17 years of Positive News





MCC Director of
Multicultural Student
Initiatives recognized
at SVSU for community
service

Education, Page 29

Garlin Gilchrist
becomes first African
American Lieutenant
Governor to sign a bill
into law
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La Union Civica Mexicana hosts 10th Annual Adelante Awards



LB Banner, Cover Story

Food giveaway in Flint continue through December



Health, Pg 15



Saginaw Chippewa Indian Tribe distributes around \$2.3 million in Isabella County



courtesy photo | Saginaw Chippewa Indian Tribe Council

Census preparations, after school programs and more were funded from casino gaming revenues on Thursday.

The Saginaw Chippewa Indian Tribe released its second 2% distribution of the year on Nov. 21. These biannual distributions come from slot-machine revenues at Soaring Eagle Casino to be distributed to local government entities In Isabella and Arenac counties, said Interim Public Relations Director for the tribe Erik Rodriguez.

This is part of a settlement reached between the state of Michigan and the tribes in Michigan back in 1993. The tribe distributes 2% of gaming revenues in lieu of paying taxes, Rodriguez said.

In total, around \$2.3 million was distributed in Isabella County, with around \$1.2 million going government and around \$1.05 million going to education and schools.

The City of Mount Pleasant received \$257,965 for programs and equipment like:

- Partners Empowering All Kids (PEAK), an after school program
- Preparation for the 2020 U.S. Census
- Mid-Michigan Investigative Narcotics Team
- Cold water rescue suits
- Technical rescue team equipment
- Septic receiving station
- Jetscan sewer camera

Isabella County itself received \$325,000 for PFAS sampling at the Isabella County Landfill, the Isabella Recycling Program and the Isabella County Commission on Aging.

Mount Pleasant Public Schools received \$430,546 in funds for many different services, items and programs, including:

- Therapy dogs
- Library books
- Musical instruments
- Study trips
- Reading programs

Bay City Political Election updates

Mayor Kathleen Newsham was re-elected Mayor of Bay City. She will serve until 2024.

Kristen McDonald Rivet, 2nd Ward and **Chris Girard**, 6th Ward were newly elected to the Bay City Commission and will serve until 2024.

Brentt Brunner, 4th Ward and **Ed Clements**, 8th Ward were also re-elected to the commission and will serve until 2024.

We wish them all great success during their service to Bay City and look forward to working with them to continue the community's positive momentum.



Mayor Kathleen Newsham



Commissioner Kristen McDonald Rivet



Commissioner Chris Girard



Commissioner Brentt Brunner



Commissioner Ed Clements





THE MICHIGAN BANNER

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MISSION

The Michigan Banner operates and serves as a print and online media venue committed to educating, informing and enlightening our readership regarding events and news that directly and indirectly affect the communities regionally and globally. Furthermore, to serve as a catalyst and a link for cultivating young adults as entrepreneurial and business leaders for the future.

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DEADLINES

2 weeks before each publication date of the 1st and 16th of each month

SUBMISSION PROCEDURE

Mailed or e-mailed Preferred format: Jpeg or PDF

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- We are the **repository** for Saginaw County's history.
- We maintain a building listed on the National Register of Historic Places.
- We **educate** the children of Saginaw County.
- We **safeguard**, **document** and **display** items from our collection of over 150,000 artifacts.

WE NEED YOUR VOTE IN AUGUST 2020

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MICHIGAN YOUTH BANNER

VOLUME 1 • NUMBER 7



Welcome to "Navigating the Narrative" w/Mr. Clark! Where we will examine variations of life and it's "Story" of our "Journey" as it pertains to youth development and the many factors thereof.

During this article we will continue with an ongoing work on protective factors based on using WISDOM in protecting your values. As we reflect on the last article, encompassed with information on protecting your values ... we recall personal values reflect the fundamental choices of who we want to be. In our network of connected decisions, our core values provide the goals and criteria that should influence all our other personal decisions. In addition to this recollection, we also derive a sense of fulfillment when living our personal values because our motivations and actions are in alignment with the aspirations of who we want to be.

In other words, we will examine how to protect our values by identifying what those "Fundamental choices"; "motivations"; and "aspirations" are, in regards to "WHO we want to be." The term fundamental choice comes from the work of Robert Fritz (1989). He tells us that a fundamental choice has to do with our state of being or our basic life

orientation. It is a choice to live in a certain way. It is different from what he calls primary and secondary choices. Primary choices are about specific results. "There are many people who have chosen the religious path (primary choice), without making the fundamental choice to live in accordance with their highest spiritual truths. There are many people who have chosen to be married (primary choice), without making the fundamental choice to live from within a committed relationship...Fundamental choices are not subject to changes in internal or external circumstances. If you make the fundamental choice to be true to yourself, then you will act in ways that are true to yourself whether you feel inspired or depressed, whether you feel fulfilled or frustrated, whether you are at home, at work, with your friends, or with your enemies...When you make a fundamental choice, convenience and comfort are not ever at issue, for you always take action based on what is consistent with your fundamental choice [Fritz, 1989, p.193]." The driving force behind every fundamental choice is what is referred to as "motivation."

Motivation is defined as the process that initiates, guides, and maintains goal- oriented behaviors. Motivation is

what causes you to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge. Motivation involves the biological. emotional, social, and cognitive forces that activate behavior. In everyday usage, the term motivation is frequently used to describe why a person does something. For example, you might say that a student is so motivated to get into a psychology program that she/he makes a foundational choice to spend every night studying. Motivation is the "why" behind human actions. Motivation doesn't just refer to the factors that activate behaviors; it also involves the factors that direct and maintain these goal-directed foundational choices. What exactly lies behind the motivations for why we act? The reality is that there are many different forces that guide and direct our motivations. One of those forces are aspirations.

Aspirations are our dreams, the things that we long to achieve. Our aspirations create powerful emotions and are deeply embedded within us, they are aligned with our values, and the very core of who we are. If the goal we are seeking is aligned with our aspirations this will give us a very strong desire to see it achieved. To aspire is to rise up to a great plan, an abundant hope of fulfilling a worthwhile mission.



MYB Cover Story, Navigating the Narrative

Aspiration is about something that happens internally-a person aspires to do something. It is an internal motivation. We all have dreams and hopes for different accomplishments in our lives. Sometimes we may be able to achieve them, but sometimes we might not be able to. However, it does not stop most of us from dreaming or aspiring for our future goals somehow or another.

In conclusion, foundational choices, motivation and aspiration are interchangeable and go hand in hand with "protecting your personal values" towards becoming who you want to be or what you want to achieve. Anyone who has ever had a goal (like wanting to lose 20 pounds or run a marathon) probably immediately realizes that simply having the desire to accomplish something is not enough. Achieving such a goal requires the ability to persist through obstacles and endurance to keep going in spite of difficulties. Hence, the determination driven by foundational choices which are motivated by the aspirations of being more physically fit or healthy.

If you want to be successful in life, focus on making solid foundational choices which are rooted in motivated aspirations that are in alignment with your personal values producing your desired outcome for your life. Until next time, keep "Navigating(planning, directing) the Narrative(story)" during your personal Journey(life).

Grace and peace be multiplied to you all, Beloved.

In Service, Mr. Corey Pritchett, MA









ATINO BANNER

LIDER EN LA DIVERSIDAD

Vamos Adelante





Seen on the Scene: 10th Annual Adelante Awards

LB Pg. 2

Submit your news at themichiganbanner.com

La Union Civica Mexicana hosts 10th Annual **Adelante Awards**



On Saturday, November 30, 2019 La Union Civica Mexicana hosted the 10th Annual Adelante Awards.

In 2010, La Unión Cívica Mexicana presented their 1st annual Adelante Awards to recognize the contributions of Latino individuals in five categories: Faith, Culture, Business, Education and Legacy. With Latino icon Dolores Huerta as the events keynote speaker, these premier awards were highly successful. Organizers set the bar for the organization to continue to bring forth this special event each year. We hope to continue for years to come and recognize outstanding individuals who call Saginaw home.

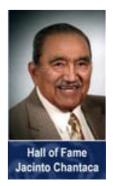
In 2014, we inducted the inaugural Saginaw Hispanic Hall of Fame. It was time that Hispanics in our community will posthumously be inducted into our own "hallow halls." Their exemplary contributions are applauded and spotlighted in a video showcasing their life's contribution to our community. There are many who I can think of who deserve such recognition.

The Adelante Awards fulfill an obligation the founders of the non-profit organization set in 1945 – to promote cultural identity of awareness in the Saginaw Community. For the past seven years, a night of accomplishment and inspiration accompanies recipients and attendees alike. It's a wonderful celebration for our people.

This year, the following individuals were recognized: Leo Romo (Education), Damas De Guadalupe (Faith), Elvis Machul (Business), Mike Mendoza (Culture), Cruz & Joaquin Diaz (Legacy).

Manuela Ontiveros and Jacinto Chantaca were inducted into The Saginaw Hispanic Hall of Fame.





Seen on the Scene: 10th Annual Adelante Awards













Are you a High School Senior, undergraduate or graduate
Latina student seeking a scholarship to continue
your higher education next year? Then we
encourage you to apply for our scholarship!

Applicants should be leaders inside
and outside of the classroom.

Scholarship Timeline:

Application Deadline: January 17, 2020

> Annual Luncheon and Scholarship Presentations:

May 15, 2020 Scholarship amounts vary



More information available at

www.latinasfirstfoundation.org

Complete the application at:

www.latinasfirstfoundation.org/applications/

Questions? Email us at:

info@latinasfirstfoundation.org

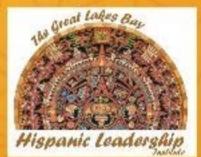
11th Graduation Celebration

Great Lakes Bay Hispanic Leadership Institute

Thursday, January 30, 2020

At Saginaw Valley State University 7400 Bay Road, University Center, MI 5 pm Networking - 6 pm Program

Key Note Speaker: Loida L Tapia Director Public Relations, MI Dept of Secretary of State



Tickets- \$30 per person
Tickets & Sponsorship Information Available at

www.glbhispanicleadership.org

Community Board

Submit your announcements and events at themichiganbanner.com/submit

Congratulations
to the 2019-2020
Unión Cívica
Mexicana Queen
and her Court!

Marisa Cardinalli Alejandra Fulgencio Gabriel Duron!





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We encourage readers to send letters, story ideas, comments and questions.

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www.GreatLakesBayHealth.org

FUNDRAISING GOOD TIMES

Does your nonprofit meet your community's needs?

We all believe in what we are doing. We believe in the mission and vision of the organizations we lead and are associated with. We have contributed to strategic planning and fundraising. We give of our time, talent and resources. We know we are making an impact.

The above is all well and good, but is it good enough? Is the health of your organization the most important aspect of your work? What if you are not meeting a community need – is organizational health still critical?

We suggest that you take time to truly consider the extent to which your organization is meeting community needs. A starting point is checking your understanding of community need against today's realities. If your organization has a long history, you may find that your hearts are in the right place, but that critical needs have shifted, and new needs have emerged. It may be that your mission and vision have become outdated. Changes in our culture, economy and demographics are constant and who is in need may not be who you think it is. Simply consider this: our "generations" now extend beyond Gen X. In fact, Gen Xers are now grandparents! If you are a Boomer, you are older than you think. The world around us is changing. The tools and

research for identifying needs and the methods or strategies for meeting those needs are continuously being updated.

The following are ways to gain information to help you anticipate the future.

- 1. Talk to those you serve and their family members to learn their needs from their perspective.
- 2. Talk to community stakeholders and listen to their perspectives.
- 3. Reach out to those you do not serve, especially those who may be marginalized in your community to learn what their needs are.
- 4. Look at the work and leadership of your "competitors" and collaborators.
- 5. Talk to professionals and civic leaders with knowledge of projected development and investments that may change demographics and economic conditions.

Ask yourself the following questions:

- 1. Are the mission and goals of your organization still appropriate? Are they clear and specific? Do they need to be updated?
- 2. What is the demand for your services? How does "demand" tie

- to the services you offer?
- 3. Does your organization contribute to duplication of services?
- 4. What does the path ahead look like, and who can you invite to join in your work and service?
- 5. To what extent do you and your organization value diversity, and how is this reflected in services, advocacy, leadership, and funding?

In the midst of all the hustle and bustle of the holidays and the coming year, take time to bring your team together to ask the hard questions. No matter what your answers, if you are honest, you will have signposts that will guide your work in the approaching decade.



Copyright 2019 – Mel and Pearl Shaw

Mel and Pearl Shaw are authors of four books on fundraising available on Amazon.com. For help growing your fundraising visit www.saadandshaw.com or call (901) 522-8727.



HEALTH

MDHHS recognizes Dec. 1 as World AIDS Day



courtesy photo

LANSING, Mich. – As part of World AIDS Day, the Michigan Department of Health and Human Services (MDHHS) is recognizing the importance of public health workers and HIV networks in preventing and reducing HIV transmission in our state.

"Communities make the difference" is this year's theme for World AIDS Day on Dec.

1. The observance will mark the 38th year of the first cases of HIV which garnered the world's attention.

As of July 1, 16,306 people were estimated to be living with HIV in Michigan. Of the reported 16,306 cases, more than half have a diagnosis of AIDS. Men who have sex with men remain as the group at highest risk for acquiring HIV and make up roughly

53 percent of all people living with HIV in Michigan. The highest rates of new HIV infections are occurring in Detroit and its surrounding counties.

MDHHS supports HIV/STD prevention services, risk reduction education and medical care services statewide, as well as training to support HIV and STD service provider

"Reaching people living with HIV who do not know their status and ensuring that they are linked to quality care and prevention services is essential to ensuring they can lead healthy and productive lives," said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health for MDHHS. "Our partners in public health and the HIV

community are vital to testing, treatment and suppression of the HIV virus."

MDHHS also promotes the Undetectable=Untransmittable (U=U) campaign as an effective prevention strategy. Based on the research, a person living with HIV taking antiretroviral therapy as prescribed with an undetectable viral load in their blood sample for at least six months has a negligible risk of transmitting HIV sexually. Viral load refers to the amount of HIV in a blood sample of a person living with HIV. According to several studies, once an undetectable viral load is achieved, individuals cannot transmit HIV to their partners. Undetectable viral loads must be sustained over two viral load tests spanning six months apart and be monitored on an ongoing basis, with retesting every six months.

In recognition of World AIDS Day, many agencies and health departments across the state are hosting events in collaboration with MDHHS staff. Contact your local health department or AIDS Service Organization in your area for more information regarding these events.

On Monday, Dec. 2, the World AIDS Day Community Committee will present "Thriving Beyond the Red Ribbon" a free event open to the public. The event will take place at The Eastern, 3434 Russell Street, Suite #501 in Detroit, from 10 a.m. to 4 p.m. This annual event highlights the voice of the community and publicly recognizes individuals who champion HIV prevention and care efforts.

To find testing sites in your area, visit Gettested.cdc.gov or call 800-872-2437

For additional information, visit Michigan. gov/hivstd.



Food giveaway in Flint continue through December Department distributes vitamin-rich food in time for the holidays

LANSING, Mich. – Flint families may get nutritious food that can limit the effects of lead exposure during mobile food pantry hours set for December at locations throughout Flint.

The Michigan Department of Health and Human Services (MDHHS) has provided the Flint mobile food pantries since February 2016 in partnership with the Food Bank of Eastern Michigan in Flint.

All mobile food pantry sites distribute foods rich in calcium, vitamin C and iron. Food available in December will include apples, potatoes, carrots and onions. Food distribution sites will remain open while supplies last.

"It's important to ensure individuals and their families have nutritious food to put on their tables, especially during the holiday season," said Erin Frisch, the MDHHS senior chief deputy director for opportunity. "We hope to provide not only food to Flint residents, but also ease as they enjoy time with family and loved ones."

December dates by location are:

Asbury United Methodist Church 1653 Davison Road

- Tuesday, Dec. 3, at 10 a.m.
- Tuesday, Dec. 10, at 10 a.m.
- Tuesday, Dec. 17, at 10 a.m.
- Monday, Dec. 23, at 10 a.m.
- Monday, Dec. 30, at 10 a.m.

Greater Holy Temple 6702 N. Dort Hwy

- Thursday, Dec. 5, at 10 a.m.
- Thursday, Dec. 12, at 10 a.m.
- Thursday, Dec. 19, at 10 a.m.
- Thursday, Dec. 26, at 10 a.m.

Flint Muslim Food Pantry 4400 S. Saginaw St.

• Friday, Dec. 13, at 10 a.m

Flint First Wesleyan Church 3825 Davison Road

• Friday, Dec. 13, at 9 a.m.



courtesy photo

Bethel United Methodist Church 1309 Ballenger Hwy.

- Monday, Dec. 2, at 10 a.m.
- Monday, Dec. 9, at 10 a.m.
- Monday, Dec. 16, at 10 a.m.
- Monday, Dec. 23, at 10 a.m.
- Monday, Dec. 30, at 10 a.m.

Salem Lutheran Church 2610 Martin Luther King Ave.

• Wednesday, Dec. 11, at 11 a.m.

St. Luke's NEW Life Center 3115 Lawndale Ave.

• Friday, Dec. 20, at 10 a.m.

Second Chance Church 5306 North St.

• Tuesday, Dec. 17, at 9 a.m.

Hispanic Tech Center 2101 Lewis St.

• Wednesday, Dec. 18, at 10 a.m.

Flint residents can also pick up free nutritional food at the three Flint Help Center locations.

They are Bethel United Methodist Church, 1309 N. Ballenger Highway, open from 10 a.m.-2 p.m. Mondays; Asbury United Methodist Church, 1653 Davison Road, open Tuesdays from 10 a.m.-2 p.m.; and Greater Holy Temple, 6702 N. Dort Highway, open Thursdays from 10 a.m.-2 p.m.

This schedule is subject to change, and information about additional food distribution dates will be announced as they are scheduled. For more information or to find out about any changes in the schedule, visit the Food Bank website at www.FBEM.org and find the updated schedule on the Mobile Pantry Distribution page, or call 810-239-4441.



Treatment at WellSport Allowed Her to Keep Up Her Active Lifestyle

Joann Beauchamp is retired from her job as a dental assistant, but is still living a very active, fulfilling life. She is excited to have extra time to spend with her three sons and six grandchildren. She also uses her extra time to take drumming lessons and play golf with her friends. Very recently, she got married, and is looking forward to a wonderful future with her husband.

However, a serious injury threatened to derail Beauchamp's retirement plans. Around Christmas two years ago, she was driving to work before 6 a.m., well before the sun had risen. Suddenly, her car hit a patch of black ice and flipped over in a ditch. Though she thankfully avoided life-threatening bodily harm, she landed hard on her hip.

After the accident, Beauchamp suffered severe pain in her injured hip, and eventually developed bursitis. Her hip became so stiff and sore that she had difficulty walking. Understandably, this interfered with her athletic activities, such as playing in her golf league. "A year ago, I had to ride on a cart the whole time," she said.

Beauchamp's chiropractor gave her a cortisone injection along the side of the hip to reduce the inflammation in her hip, and she was then referred to Non-Surgical Sports Medicine Specialist Daniel Diaz, D.O., with the WellSport Program at MidMichigan Health Park - Bay. "He is a very compassionate doctor," Beauchamp said. "He and his staff always treated me very well."

Dr. Diaz thoroughly evaluated Beauchamp's injury and physical capabilities and limitations. He also talked with Beauchamp to determine what her recovery goals were and what types of physical activity she hoped to participate in after she healed.

Taking this information into account, he devised a treatment plan for Beauchamp. The goal was to get her hip back to being strong and flexible enough to allow her to return to her normal activities pain-free and ideally, without needing surgery. First, he

had Beauchamp attend six weeks of physical therapy.

"I learned to do a lot of exercises," Beauchamp said. During her therapy, her leg did get stronger, but the pain in her hip worsened. "It got to the point where I couldn't even lay on my side."

Making matters worse, following the accident, Beauchamp broke the bones in her feet due to complications from osteoporosis. She underwent multiple surgeries to repair the fractures. "Every time you have to wear a boot, you walk funny," she said. She estimates she had to have her chiropractor put her hip back into place about once a week during her recovery from foot surgeries.

Upon her follow-up with Dr. Diaz, he recognized that Beauchamp needed a more extensive treatment to get her hip inflammation under control. He began with a cortisone injection, but unlike her last injection that was made along the side of the hip, Dr. Diaz injected the cortisone directly into the hip itself. In fact, to ensure proper placement, he used ultrasound to guide the needle so that he could pinpoint the area in her hip.

It took a few days for the injection to start working, but when it did, the pain and stiffness in Beauchamp's hip improved dramatically. When she returned to Dr. Diaz for a follow-up appointment, she said to him, "I am so happy I could hug you!"

Afterward, Beauchamp continued physical therapy at MidMichigan Health Park – Bay for a while to get her joint function and her gait back to normal. By building up her muscles she could reduce the strain on her hip joint and further relieve the pain. She was thankful that she could complete her therapy close to home. "The therapists were always very accommodating and scheduled times that were convenient for me," she said.

Today, Beauchamp can lead her life as actively as she wants. Once again, she can



courtesy photo

enjoy hiking or going for a bike ride. She does yoga on a regular basis and can play in her golf league unhindered. "Now I'm walking when I golf," she said. "And I golfed all season long!"

Beauchamp is especially glad that her renewed mobility allows her to spend more quality time with her family. She usually has at least one of her grandkids with her at any given time, and she frequently goes on walks with them.

Thanks to MidMichigan Health, Beauchamp has many more adventures to look forward to in the years to come. "I would definitely recommend them," she said. "I couldn't say enough good things about Dr. Diaz and the rehab staff."

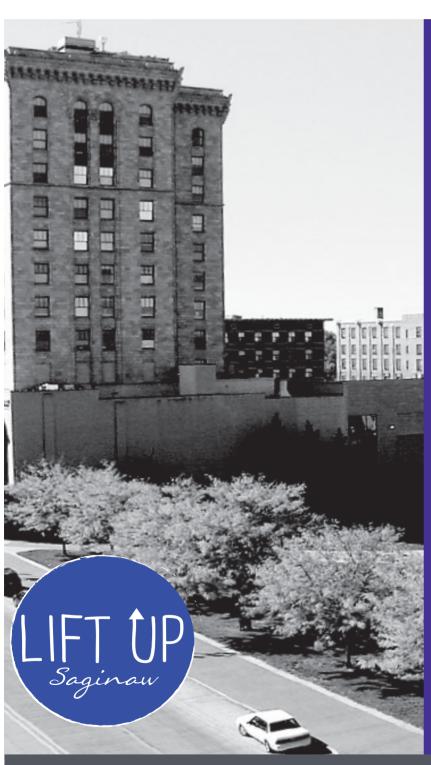
Those who would like to learn more about Dr. Diaz may visit www.midmichigan.org/diaz. To learn more about MidMichigan Health's WellSport Program, visit www.midmichigan.org/wellsport.



More than safe harbor in crisis, we come through, when others don't, with a path home. We **connect all people** based on their individual circumstances with the families and communities that will **empower them to live their fullest life possible.**

Potential fulfilled, those we serve then promote the dignity of others, launching into the community an unending ripple effect of transformation.

be the rock THAT STARTS A RIPPLE



- In 2018, Samaritas received the Outstanding Non-Profit Award at the 16th Heart of the City Community Awards Luncheon, presented by The Michigan Banner.
- This award kicked off a year-long Samaritas initiative called Lift Up Saginaw ... One child, one family, one neighborhood at a time.
- At the center of this initiative is the Samaritas Community Center, located in a resilient neighborhood from where a lot of Saginaw leadership are from.
- Samaritas will also provide a holistic approach to education by combining wraparound human services with an innovative academic approach.
- Also part of Lift Up Saginaw, a full-scale renovation to Samaritas Senior Living Saginaw completes the community, consisting of 40 private rooms in a new state-of-the art rehabilitation center, private long term care bedrooms, and a secure memory care.

the ripple effect

Transforming the lives of over 13,000 people in Michigan each year. Visit us at www.samaritas.org to learn how you can Be The Rock.



8131 E. Jefferson Ave, Detroit, MI www.samaritas.org



Fight Superbugs by Using Antibiotics Wisely



courtesy photo

MIDLAND, Mich. – Most experts agree that antibiotics – or bacteria-killing drugs – are one of the most valuable, life-saving inventions from the 20th century. For nearly a hundred years, we have relied on these drugs to protect us from deadly diseases. Yet we are now entering an era where overuse of these medications may leave us vulnerable to common but dangerous conditions, such as pneumonia, tuberculosis, and staph infections. The Centers for Disease Control has identified this as one of the most serious public health threats in the United States today.

We are fighting a new enemy known as "superbugs," but luckily, there are steps consumers can take to protect themselves and others from this serious threat. To raise awareness of this issue and encourage best practices, the World Health Organization has designated November 18-24 as World Antibiotics Awareness Week. MidMichigan Health is joining health leaders around the world to educate patients, providers, the policy makers and the public.

Utibe Effiong, M.D., specializes in internal medicine for MidMichigan Health. He serves as a clinical assistant professor at Central Michigan University and is also a senior global health fellow at the Aspen Institute. Dr. Effiong explains what superbugs are and what patients can do to protect themselves:

What are superbugs, and how did they get here?

Superbugs are bacteria that have adapted and evolved to resist multiple antibiotic drugs. Part of the reason they exist is because we have been overusing antibiotics, not just in medicine, but in agriculture and other fields. Every time we expose bacteria to these drugs, the ones that are tough enough to

survive have a chance to grow and multiply. They can even share their drug-resistant traits with other bacteria, and they can spread to other people.

Over time, the drugs become less effective or may not work at all against certain disease-causing bacteria. Each year these drug-resistant bacteria infect more than 2 million people nationwide and kill at least 23,000 people, according to the U.S. Centers for Disease Control and Prevention (CDC). So we have a serious duty to ensure that we are not using antibiotics except when it is truly necessary.

How do I know when I need an antibiotic? First, antibiotics do NOT work on viruses such as the cold or flu. They only work on bacterial infections. If you take antibiotics when they are not needed, you increase the risk of creating superbugs while killing off the good bacteria that your body needs to fight infection. Antibiotics also can also cause side effects, such as nausea or diarrhea. So we certainly don't want to take them when they are not needed and won't help us feel better.

The first thing doctors consider when deciding whether or not to prescribe an antibiotic is whether your symptoms point to a virus or a bacterial infection. If your doctor suspects you may have a bacterial infection, they may also want to confirm that with a lab test before prescribing antibiotics. For viruses, they will typically advise that you get plenty of rest and fluids and let your body's own natural defenses do the job of fighting the virus. They can also give you some advice on how to relieve your symptoms in the meantime.

When antibiotics aren't needed, what can I do to feel better?

The most important thing you can do is give your body plenty of rest and fluids and time to fight the virus. It often takes 10-14 days – or more – for your body to fight off a virus. There are some home remedies or overthe-counter solutions that can relieve your symptoms while you wait, For example, for sore throat you can use ice chips, honey, gargling with salt water or lozenges. For

runny nose or sinus pressure, you can use saline nasal sprays or over-the-counter decongestants. For fever, body aches or earaches, there are over-the-counter pain medicines, such as ibuprofen or Tylenol. And for cough, you can use a room humidifier or lozenges. Of course, you should not give medications to young children without first consulting your child's doctor, and if you have high blood pressure, consult your doctor before using decongestants.

What else can I do to help fight superbugs?

Avoid antibiotics when you don't need them. When you do need them, follow the directions exactly and don't stop taking them early, even if your symptoms go away, because that increases the chance for resistant bacteria to survive and thrive. You can also prevent bacteria from spreading through frequent hand washing either with soap and water or a hand sanitizer with at least 60 percent alcohol.

Dr. Effiong recently co-authored an article in Scientific American about this topic and has issued a podcast with more advice for patients and consumers. Links to these items along with other information about superbugs and proper antibiotic are available at www. midmichigan.org/superbugs. Those interested in more information about World Antibiotic Awareness Week may visit www.who.int/campaigns/world-antibiotic-awareness-week.

MidMichigan Health is a non-profit health system headquartered in Midland, Michigan, affiliated with Michigan Medicine, the health care division of the University of Michigan. MidMichigan Health covers a 23-county region with medical centers in Midland, Alpena, Alma, Clare, Gladwin, Mt. Pleasant and West Branch. In addition to its Medical Centers, MidMichigan Health also offers both home health care and physician services, and has a strong commitment to medical education. MidMichigan Physicians Group provides urgent care and medical offices in more than 30 specialties and subspecialties including cardiology, hematology/ oncology, orthopedics, vascular surgery, family medicine and more. Currently, MidMichigan has more than 8,700 employees, volunteers, physicians and other personnel, and provided more than \$90 million in community benefits in fiscal year 2019.



Free Community Program to Provide Information on Aortic Stenosis Diagnosis and Treatment



courtesy photo

Aortic Stenosis (AS) is a disease that narrows the opening of the heart's aortic valve. Under this condition, the heart must work harder to pump blood to the aorta — the body's main artery. The heart muscle eventually weakens with AS, which can affect a person's overall health. To further educate community members on this

condition, MidMichigan Health will be hosting a free community program in West Branch.

The program will be held at the Quality Inn, Forward Conference Center, Deep River Room, on Tuesday, Dec. 3 at 6 p.m. Speakers will include Interventional Cardiologist Maged Rizk, M.D., Ph.D., and Cardiologist Femi Showole, D.O.

Program participants will learn about AS symptoms and diagnosis techniques, as well as the latest advancements in AS treatment, including TAVR. The TAVR procedure is less invasive than surgery, as the artificial aortic valve is inserted through an artery in the neck, leg or between the ribs, and placed inside the diseased valve while the heart is still beating. The treatment is proven to consistently lengthen a patient's life and improve his or her quality of life. Severe AS, left untreated, increases the risk for heart failure and is a life-threatening condition, with a two-year mortality rate between 50 and 60 percent, and a three-year rate less than 30 percent.

Those interested in registering for the lecture may register online at www.midmichigan.org/ as or call MidMichigan Health Line at (989) 837-9090.







Great Lakes Pace: Pharmacy Services

Great Lakes PACE is a Program of All-Inclusive Care for the Elderly. Our mission is to help seniors remain safe in their homes as long as possible. Those enrolled in PACE have a medical team assigned to address changes in their medical needs. This team consists of Doctors, Nurses, Social Workers, Certified Nursing Assistants, a Dietitian, Activity Director, a Center Manager, a Transportation Coordinator, a Physical Therapist and an Occupational Therapist. The pharmacist is also part of the PACE Team.

Our Pharmacist is key to the success of PACE. Proper management of prescribed meds is vital for health and quality of life. Some come to PACE taking up to thirty pills a day ordered by multiple doctors. Often more than one medication is prescribed for the same problem. This creates more problems! Our Pharmacist and medical team unite to address medication issues. Medical records are kept in one location and accessed by the on-call medical team even after hours.

PACE Pharmacy does home delivery. Bubble packs, medication discs and med planners are examples of options. Everyone is assessed for the approach that works best for them. A Homecare Nurse revise medication plans as needed. PACE also offers a med dispenser that will release medications at scheduled times while announcing, "It is time to take your meds." This is helpful for those with memory problems.

Great Lakes PACE enrolls those 55 or older and who live in our service area (see zip codes below). You must be able to live safe in the community with PACE services. There are also medical guidelines. Our intake staff will meet with you to assess eligibility. PACE is covered by Medicaid and/or Medicare for many. If not eligible for Medicaid, there is a private pay option. Those enrolled in PACE are charged the cost of medical services received from out-of-network providers without prior approval- except for emergencies.

Would you like to learn more about Great Lakes PACE? Call today! We are open Monday-Friday from 8AM-5PM. Walkin tours are welcome or schedule a group



courtesy photo

tour of any size for your family, church or organization.

Great Lakes PACE services available in these Zip Codes:

Saginaw County

48415, 48417, 48601, 48602, 48603, 48604, 48605, 48606, 48607, 48608, 48609, 48614 48616, 48623, 48626, 48637, 48638, 48649, 48655, 48663, 48722, 48724, 48734, 48787

Overlap with Saginaw and Another County

48457, 48460, 48747, 48757, 48768, 48807, 48831, 48841

Bay County

48604, 48611, 48623, 48631, 48634, 48642, 48650, 48706, 48708, 48732, 48747, 48757

Shiawassee

48449, 48460, 48616, 48649, 48817, 48831, 48841, 48867

Gratiot

48615, 48637, 48662, 48807, 48831

Tuscola

48415, 48435, 48701, 48723, 48733 48734, 48744, 48746, 48757, 48767, 48768

Midland County

48640, 48642, 48620

Arenac

48650



BUSINESS & WEALTH

Consumers Energy Foundation Provides \$250,000 to New Effort to Create Housing Opportunities in Flint



courtesy photo

Flint, Mi - The Consumers Energy Foundation celebrated its commitment to Michigan's communities today by providing \$250,000 for a new effort to upgrade and sell over three dozen vacant homes to first-time homebuyers in Flint.

Metro Community Development will provide new housing opportunities in the north part of Flint through the grant, which is part of the Foundation's first-ever Prosperity Awards. Officials with the nonprofit organization, the Consumers Energy Foundation and the Genesee County Land Bank announced the award at Mount Tabor Missionary Baptist Church, near the first home that will be renovated.

"We are excited to play a role in the revitalization of Flint, which is part of Consumers Energy's commitment to people, the planet and Michigan's prosperity," said Brandon Hofmeister, president of the Consumers Energy Foundation. "Our Prosperity Awards represent that commitment in action, working with great organizations to help Michigan continue to be a great place to

live, work and innovate."

"This funding will enable us to strengthen neighborhoods by transforming abandoned houses into affordable and attractive residences for first-time homebuyers," said Brian Glowiak, CEO of Metro Community Development. "It is literally the gift that continues to give as we will leverage the proceeds from each home sale to purchase and renovate additional homes. This will multiply the momentum for cultivating pride, ownership and reinvestment in our community."

The \$250,000 grant will support the organization's Acquisition and Rehabilitation Program by facilitating the purchase and rehabilitation of vacant homes into safe, affordable housing for resale to incomeeligible homebuyers. The program will support up to 37 homes over the next decade.

Metro Community Development and other community leaders are working to improve housing and create housing and employment opportunities for Flint residents. The new program will work with a local building contractor and deploy young people from Metro Flint YouthBuild, a national workforce readiness program funded through the U.S. Department of Labor, to rehabilitate homes.

"The Genesee County Land Bank is pleased to partner with Metro Community Development to see abandoned tax foreclosed structures transformed into safe and affordable homes for Flint families," said Michele Wildman, executive director of the Genesee County Land Bank.

"I applaud this partnership to help strengthen neighborhoods in Flint and ensure that first-time home buyers have access to affordable housing," U.S. Rep. Dan Kildee said. "I thank the Consumers Energy Foundation and Metro Community Development for their partnership on this project, which will hire Flint residents and bring new economic investment to our city."

The Consumers Energy Foundation will contribute \$500,000 to Michigan nonprofits through its Prosperity Awards, which are the second of three \$500,000 grant allocations this year totaling \$1.5 million. Planet Awards winners were announced in April, and applications for People Awards that support job readiness are being reviewed.

The Consumers Energy Foundation is Consumers Energy's charitable arm. The Consumers Energy Foundation enables communities to thrive and grow by investing in what's most important to Michigan – its people, our planet and Michigan's prosperity.

In 2018, the Consumers Energy Foundation, Consumers Energy and its employees and retirees contributed more than \$18.5 million to Michigan nonprofits. For more information, visit www.ConsumersEnergy.com/foundation.



Carly Purdy – newly appointed Director of Admissions and Placement Services for the Greater Michigan Construction Academy



courtesy photo

Carly Purdy – newly appointed Director of Admissions and Placement Services for the Greater Michigan Construction Academy.

The Greater Michigan Construction Academy (GMCA) welcomes new staff member Carly Purdy to the roll of Admissions and Placement Services Director. Carly will be working out of the Midland area office and is looking forward to working with our Training Partners as well as our students as they continue their education in the trades.

Carly will be responsible for the admissions process for our apprentices as well as be a resource for those students who are looking for employment. "We are excited about the experience Carly brings to GMCA. Her role will continue to build the caliber and quality of GMCA." says Stephanie Davis, current Vice President of GMCA.

As a graduate of The Evergreen State College in Olympia, WA, Carly brings 13 years of office experience. Her excellent administrative and communication skills, plus her willingness to learn and grow will help The Greater Michigan Construction Academy advance to the next level.

Michigan Ranked a Top State for Business Tax Climate



courtesy photo

Up five spots from last year, Michigan is one of only two states in the Midwest to be in the top half of the rankings. Combined with a cost of living that is 10 percent below the national average, Michigan has repeatedly earned its reputation as a business-friendly state.

Designed to show how well states structure their tax systems, the Tax Climate Index is based on five components including individual income tax, sales tax, corporate income tax, property tax and unemployment insurance tax. Compared to 2019, Michigan showed the most improvement in the unemployment insurance tax component, moving up 32 spots to #17. The state also rose up 10 spots in the rankings for sales tax from #19 to #9.

"The business environment we have created here in Michigan, including a favorable tax climate, provides a recipe for success as companies are looking to expand their operations here in the state," Josh Hundt, MEDC's Executive Vice President and Chief Business Development Officer. "From a competitive cost of doing business – reaffirmed by this most recent Business Tax Climate Index ranking –to a high quality of life that still costs 10 percent less than the national average, Michigan is making a compelling case for growth."

These are just the most recent accolades the state has received. In other good news, Site Selection just released the 2019 Business Climate Rankings . Overall Michigan rose in the rankings to #16 from #18 in 2018.

50 percent of the ranking is based on a survey of corporate site selectors (Executive Survey). For the executive survey rank, Michigan improved seven spots, indicating an increasingly positive experience for site selectors doing business in Michigan. In the survey, participants were asked to rank the states based on their recent experience of locating facilities in them.

And Michigan was recently ranked #4 nationally on the list of top states for manufacturing employment in Business Facilities 15th annual Rankings Report, and was recognized for its excellence in economic development by the International Economic Development Council (IEDC) with five IEDC Excellence in Economic Development Awards.

Together, these types of acknowledgements further underscore the state's strong economic growth and effective business attraction and job creation efforts. Big changes are taking place in the world and once again Michigan is at the forefront.





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Executives from five Michigan companies are graduating from ExporTech Mid-Michigan



courtesy photo | Saginaw ExporTech Group

LANSING, Mich. – The Michigan Economic Development Corporation (MEDC) announced that executives from five Michigan companies are graduating from ExporTech Mid-Michigan.

Developed by the U.S. Department of Commerce, ExporTech is a national program that helps U.S. manufacturers and service-based companies develop their international growth strategies. ExporTech Mid-Michigan was organized by the U.S. Commercial Service, Saginaw Valley State University and MEDC.

ExporTech features three day-long workshops spanning 10-12 weeks. Training and individualized mentoring is provided from a wide range of experts on export financing, payment risk, compliance, sales and distribution, country selection and more. Featured speakers included East & West Michigan District Export Council members, EXIM Bank, the U.S. Small Business Administration, FedEx and Foster Swift Collins & Smith PC. Teams of students were assigned to each company to assist in market research.

The current class brings the total number of companies completing ExporTech in Michigan to 45 since the program was first launched in 2010. Companies have participated in nine separate programs organized in Detroit, Troy, Plymouth, Lansing, Saginaw and Marquette.

The five companies successfully completing ExporTech Mid-Michigan are:

CIGNYS (Saginaw) – Manufacturer that provides CNC machining services, welding and fabrication to numerous industries including defense, aerospace and automotive.

Global Automation Technologies, LLC (Rochester Hills) – Offers engineering services and systems integration for automated manufacturing, including OEM and Tier 1 suppliers in automotive and non-automotive industries.

Tool-Craft Industries (Sterling Heights) – Manufactures premium quality cutting tools. Designs, manufactures and inspects custom cutting tools to the tightest of tolerances.

U.S. Ski Poles (Cheboygan) – Only manufacturer of 100% carbon fiber ski poles in the U.S., with industry-leading quality, comfort and performance standards.

Zero Gravity Filters (Brighton) – Manufactures advanced, automatic liquid filtration and magnetic separation systems for automotive and non-automotive industries.

Michigan's State Trade Expansion Program (MI-STEP), funded through a grant from the U.S. Small Business Administration and administered by MEDC's International Trade Program, reimburses 50% of the cost of ExporTech to participating companies. In addition, participating ExporTech companies are eligible to apply to FedEx for export grants and can utilize services offered by a network of federal and state agencies to take the export strategies developed during ExporTech to the next level.

For general information on exporting, companies can go to www.export.gov or www.exportmi.net. To apply for export assistance, including MEDC's MI-STEP grants, visit www.michiganbusiness.org/export.





The Class was developed by Terry Duperon; an entrepreneur, inventor, author and speaker who has taught over 1000 students through Duperon Education.

Each one of us was born with the ability to create, and The Class will help you rediscover who that person is and how to unfold a world of endless opportunities and possibilities. Whether you want to create a product, a business, a book or a life you love, the how-to will always show itself.

The Class, as it exists today, takes us through the skills and practices to bring something into the future that hasn't been done before. As Terry says, "never be the one who limits you".

The Class is for anyone looking for the next step. People walk out with more of themselves than when they entered and leave with the tools to create, lead and fulfill their dreams.

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Saginaw's Lee Mansion estate to be transformed into multipurpose community space

\$25,000 needed to win matching grant through Public Spaces Community Places initiative

LANSING, Mich. – Saginaw will soon have a community welcome center and gathering space through a new crowdfunding campaign, the Michigan Economic Development Corporation, Saginaw Community Foundation and 633 South Washington Avenue L3C announced today. The dilapidated Lee Mansion estate will be transformed into an indoor and outdoor multi-purpose community space, creating an anchor for the neighborhood. The campaign is being offered through Michigan-based crowdfunding platform Patronicity.

If the campaign reaches its crowdfunding goal of \$25,000 by December 31, the project will win a matching grant with funds made possible by MEDC's Public Spaces Community Places (PSCP) program. For project details and to donate, please visit: patronicity.com/lee.

"Saginaw is doing some great redevelopment work and The Lee Commons is a wonderful example of a grassroots led and communally demanded redevelopment," said MEDC Community Development Regional Director Sarah Rainero. "We are pleased to provide resources for this effort through our Public Spaces Community Places program."

The project will focus on preserving the priceless historic character of the Lee while making it accessible to all. Once finished, The Lee Commons will provide a variety of assets to the public and broaden access to Saginaw heritage – a place to foster social, economic and environmental self-determination.

"The Saginaw Community Foundation (SCF) is proud to partner with The Lee Commons as it aligns perfectly with our mission to fulfill donor wishes and enable community initiatives to come to life. SCF is supporting the fundraising efforts by connecting with the broader community and providing a space for donors to contribute directly through the Foundation," said Renee Johnston, president & CEO of SCF.

The campaign will allow for the completion of three main community spaces within The



courtesy photo

Lee Commons; The Commons, The Pop-Up Locale and The Welcome Center. These spaces will provide an indoor, year-round space for people to meet, have a coffee, shop local and relax. The Commons gives casual access to a historic and inspiring piece of the city. Outside, the park will give Saginaw residents and visitors a new green space to appreciate the environment as well as create a corridor to the Saginaw River Walk.

"The Public Spaces Community Places grant is heaven-sent for projects like ours. Sparing the Lee Mansion from demolition was an effort that took nearly a decade, and thanks to the help of Ann Arbor Builders we were able to stabilize the estate and prepare for what's next," said Alex Mixter, project manager for the Lee Mansion Restoration Project. "Today, we are working to open the space to the community. The matching funds from MEDC would push us over the finish line to make all this possible. It helps us to be able to tell donors that their gift is being matched dollar for dollar, allowing us to keep this a community project from start to finish."

Public Spaces Community Places is a collaborative effort of the MEDC, the Michigan Municipal League and Patronicity, in which residents can use crowdfunding to be part of the development of strategic projects in their communities and be backed with a matching grant from MEDC. Communities, nonprofits and other business entities can

apply at https://patronicity.com/puremichigan.

"Preserving a community's culture and heritage is key to great placemaking," said Dan Gilmartin, CEO and executive director of the Michigan Municipal League. "This project will not only keep a beloved historic building in place, it will bring it back to life as a destination that the whole community can enjoy."

"The Saginaw Community Foundation is committed to preserving the legacy of our donors; this project is an opportunity to preserve the legacy of Saginaw. Through our partnership, SCF aims to bring together our dedicated community to breathe life back into Lee Mansion as a focal point for a neighborhood and as a communal space for residents," said Channing McKay, SCF program associate and Lee Commons volunteer.

The Public Spaces Community Places initiative started in 2014 with MEDC providing matched funding of up to \$50,000 for community improvement projects throughout Michigan. As of October 28, 2019, MEDC has provided \$7,010,196 in matching grants. Since the launch of the program, 230 projects have been successful in reaching their goal, with more than \$8.3 million raised from 42,702 individual donors.





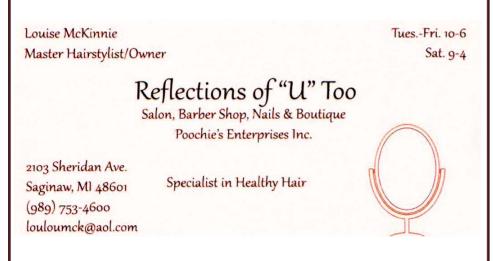


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EDUCATION

Mott Community College's Director of Multicultural Student Initiatives recognized at SVSU for community service

During his 28 years at Kettering University, Ricky Brown has made a career of enabling student success in his role as Director of Multicultural Student Initiatives.

Now, Brown has been honored by his own undergraduate university for his commitment to helping students of color graduate from Kettering University and his dedication to community service and the success of children and young adults outside of his job.

On Nov. 8, Saginaw Valley State
University (SVSU) presented Brown
with the Distinguished Alumni Award in
acknowledgement of his years of leading,
mentoring, working and volunteering with
organizations such as Kettering University,
Genesee Intermediate School District and
the Genesee County Juvenile Court System,
Big Brothers Big Sisters of Greater Flint,
Kingdom Academy and Linden Charter
Academy.

"To be recognized by my alma mater for the work I've done since leaving SVSU means a lot to me," said Brown, who received his bachelor's degree in Speech Communications in 1985 and followed it up with a master's in Higher Education Administration and Community Leadership from Central Michigan University. "It started here (SVSU) with being a leader and having a winning attitude, and I wanted to go up from there, not down."

That winning attitude was exemplified by Brown's achievements in both academics and athletics. An All-American track star whose team netted two National Championships, he was inducted into the SVSU Athletic Hall of Fame three times for Track & Field (2011, 2013 and 2015).



courtesy photo

Brown credits his own college experience as an inspiration to lead by example and to give back to both the workforce and the community.

At Kettering University, Brown oversees initiatives and programs tailored to provide multicultural student success. As Director, he facilitates collaboration between faculty, staff and leadership to provide tutoring, mentoring, scholarship information, career guidance and more. He also is the Director of the Academically Interested Minds (AIM) Program at the University. This five-week residential summer experience, specifically for rising high school seniors of color interested in the STEM (science, technology, engineering and math) fields. Students are enrolled in college-level courses with labs to develop functional, quantitative and qualitative skills including Business Management, Computer Programming, Applied Mathematics and Applied Physics.

During his evening hours, Brown works with the Genesee Intermediate School District and the Genesee County Juvenile Court System as a CHILL (Civility Helps Individuals Live Longer) Facilitator. This role requires him to teach young people conflict resolution, decision making and social problem-solving skills.

SVSU isn't the only institution that has recognized Brown's many contributions personally and professionally. In 2009, he was awarded Kettering University's first-ever Pillar of Excellence Award, a high honor for a staff member to receive. He is also the recipient of multiple academic accolades, including the 2016 Pre-College Director of the Year Award presented by the National Association of Multicultural Engineering Program Advocates. This award is given to the top pre-college STEM program director in the United States.

"Ultimately, I love seeing and believing in the success of the students I work with at Kettering and playing even a small part in changing the lives of the youth of our community for the better," Brown said.



courtesy photo



Davenport University develops nationally recognized system to offer veterans maximum course credits for military experience

(GRAND RAPIDS, MICH. – Nov. 11, 2019) Davenport University, with the help of a Military Credit Equivalency Grant, has created new pathways for veterans to fast-track their second career and earn a degree. These new pathways enable veterans to leverage military experience for academic credit and earn a four-year degree in as little as 3 years.

According to 2017 data from the U.S. Department of Veterans Affairs, more than half a million U.S. military veterans reside in Michigan. Less than 25 percent of these individuals have attained a bachelor's degree or higher. More shocking yet, the VA reported earlier this year that less than 13 percent of post-9/11 veterans were using their educational benefits.

"At Davenport, our mission is to offer a path of minimal resistance for service members, veterans and their dependents to reach their education and career goals," said Dr. Richard Pappas, Davenport University president. "Through a Military Credit Equivalency Grant by the Michigan Veteran Affairs Agency, we're able to transfer a service member's military experience and training toward their degree in business, technology or health professions – highly soughtafter skills in our state."

Davenport University is one of only seven universities in Michigan to earn the Military Credit Equivalency Grant, providing funds to propel Davenport's already-established and valued program forward.

Davenport University first launched its Military Credit Equivalency program nearly 5 years ago through its Veterans to Bachelor of Science in Nursing (VBSN) academic pathway. Through this work, the team has achieved significant results, including:

- Increased retention of military medical nursing students from 75% to 90%
- Increased graduation rates to 60%, exceeding the national rate of 53% (NVEST)
- Enabled a 100% pass rate of the nursing board exams (NCLEX)

"Davenport has taken a unique approach to recognize all of the experience, training and responsibilities an individual had or has in the military," said Christopher Marx, Davenport University Registrar. "As a result, we are able to create more than 600 course equivalency credits for military personnel and veterans — making it that much easier for them to earn a degree toward their next career."

Marx has been asked to speak nationally on Davenport's program. He'll speak of the university's learnings and unique credit matrix at the National Association for Student Personnel Administrators (NASPA) in Seattle in February and at the Council of College and Military Educators (CCME) in Philadelphia in March.

To serve its students holistically, Davenport University also developed a Military Simulation Program that educates administrators, faculty, staff and students about military student experiences and how to support them in an educational setting. This program has been in place for multiple years and strengthens the relationship of all students and employees throughout the university.

Pappas said, "It's incumbent upon us leaders in higher education to recruit and retain veterans – our nation's heroes – addressing the barriers they face to ultimately combat income inequality and increase economic growth and global competitiveness in our state."

DELTA COLLEGE FULL-RIDE SCHOLARSHIP OPPORTUNITY

Applications are now open for full-ride President's Honors Scholarships to Delta College.

The President's Honors Scholarship is an academic-based scholarship for 2020 high school graduates in Bay, Midland or Saginaw County. The scholarship covers two years of tuition, fees, required books and more, enabling recipients to earn an associate's degree cost-free. Twenty scholarships will be awarded.

"Each year, 20 of our district's brightest students are able to attend Delta College cost-free on the President's Honors Scholarship," said Dr. Jean Goodnow, President of Delta College. "At Delta, thy will have an opportunity to receive a high-quality education at one of the best community colleges in the United States, without worrying about how to pay for it."

The deadline for applying is November 11 at midnight.

Eligibility Requirements

- Be a resident of Bay, Midland or Saginaw County
- Graduate from high school in 2020
- Have a G.P.A. of 3.5 or higher on a 4.0 scale or 4.1 or higher on a weighted scale
- Have a composite SAT score of 1200 or higher
- Plan to earn a transfer degree or an occupational degree in two years

Award Criteria

- Complete the federal aid application FAFSA (financial need not a requirement). Our Financial Aid Office will assist you if needed.
- Attend Delta College fulltime beginning in the 2020 Fall Semester
- Seek and complete an associate degree in two years
- Maintain a minimum 3.25 G.P.A.
- Become a member of the Honors Program and complete the Honors Certificate requirements. The Honors Program has a specially designed curriculum, as well as opportunities for leadership, volunteerism and travel study through the Honors Academic Travel Study (H.A.T.S.) program.
- Complete 10 documented volunteer hours prior to your final semester

Interested? Need more information?

Call the Honors Program at 989-686-9091 or email honors@delta.edu. To begin the application process go to scholarships.





Career and Tech Education Programs, Program Completers Grow Significantly









courtesy photo

LANSING – Michigan's number of students completing career and technical education (CTE) programs has increased by over 75 percent in the past four years, with additional but smaller growth in CTE enrollment, number of programs offered, and college credits earned, the Michigan Department of Education (MDE) released today.

The number of CTE program completers has increased from 27,014 in 2014-2015 to 47,314 in 2018-2019. A CTE completer is a student who has successfully completed courses covering all of the CTE program standards in a state-approved CTE program, and has taken the required technical skills assessment for that program.

"Every Michigander deserves a path to a good-paying job that they can support themselves and their families on," said Governor Gretchen Whitmer. "This progress is great news for our families, our businesses, and our economy. "Earlier this year, I announced a plan to reach 60 percent of Michiganders with a postsecondary degree or certification by 2030," Whitmer said. "To reach that goal, we must continue to ensure people across the state have access to great CTE programs that can prepare them for future success. I'm proud of the work we've done, and I'm ready to continue working with everyone who wants to help us take more steps toward 60 percent."

"More students are finding their path and accomplishing their goals through our expanding career and technical education programs," said State Superintendent Dr. Michael Rice. "The growth is exciting and encouraging as we continue to build on our educational progress."

CTE student enrollment has grown from 104,038 students in the 2014-2015 school year to 110,506 in 2018-2019, representing 23.4 percent of the state's students in 9th to 12thgrade.

The number of Michigan students who have earned one or more college credits through a CTE course has increased to over 5,000 students in Michigan in the 2018-2019 school year, with students earning an average of 5.6 college credits.

The number of CTE programs offered to students has exceeded 18 percent growth over the past four years, from 1,754 in 2014-2015 to 2,078 in 2018-2019.

CTE programs are offered in career clusters, or specific areas of career focus. The career clusters with the most students enrolled in the 2018-2019 school year were Marketing, Sales and Service (14,258 students), Business, Management & Administration (12,678), Health Science (12,071), and Information Technology (9,822).





About Saginaw ISD HE/EHS

Established in 1965, Head Start promotes school readiness for children, ages three to five, in low-income families by offering educational, nutritional, health, social and other services.

Head Start programs promote school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families.

Early Head Start, launched in 1995, provides support to low-income infants, toddlers, pregnant women and their families.

EHS programs enhance children's physical, social, emotional, and intellectual development; assist pregnant women to access comprehensive prenatal and postpartum care; support parents' efforts to fulfill their parental roles; and help parents move toward self-sufficiency.

Together Head Start and Early Head Start have served tens of millions of children and their families.

At Saginaw ISD Head Start our attentive staff is available Monday through Friday to answer all your questions and make every effort to ensure you are 100 percent satisfied. Saginaw ISD Head Start
Claytor Administrative
Building
3200 Perkins Street
Saginaw, MI 48601
Phone 989.752.2193
Fax 989.921.7146

Office Hours

Monday: 8 AM - 4:30 PM Tuesday: 8 AM - 4:30 PM Wednesday: 8 AM - 4:30 PM Thursday: 8 AM - 4:30 PM Friday: 8 AM - 4:30 PM Saturday: 8 AM - 4:30 PM Sunday: 8 AM - 4:30 PM

For additional information concerning Saginaw ISD Head Start visit: www.saginawheadstart.org

Source: www.saginawheadstart.org



Saginaw ISD Head Start/Early Head Start Program Director

"Head Start
graduates are more
likely to graduate
from high school
and less likely to
need special
education, repeat a
grade, or commit
crimes in
adolescence."

Joe Baca, former Dem. Calif. Congrmn., Dist. 43.

"Our mission is to provide high quality services, developing school readiness and family empowerment for prenatal to age five children and families by working in partnership with parents and the community."

-Saginaw ISD HE/EHS





Mott Community College Board of Trustees approves bond proposal



courtesy photo

The Mott Community College Board of Trustees voted Nov. 25 to submit to voters a ballot proposal that would continue the College's authority to issue bonds for capital improvement projects. The proposal will appear on the March 10, 2020 ballot.

The new bond millage being requested is estimated to be .79 mills, for the life of the bonds. This means a homeowner whose house is valued at \$80,000 would pay \$31.60 per year under the proposed bond millage levy, a home valued at \$140,000 would pay \$55.30, and a home valued at \$200,000 would pay \$79 per year, according to Larry Gawthrop, Chief Financial Officer for the College.

"The College has historically been a good steward of fiscal resources. We are pleased to be able to offer the voters a slight reduction of the levy of the current debt levy. Without the past support of the community in bond authorizations, MCC would not have been able to maintain and improve its facilities to best serve our students," said Gawthrop.

The bond proposal for \$80 million, over 20 years, will be used make permanent improvements to, renovate, remodel, improve, equip and re-equip College buildings and sites and other buildings to

be used by the College for instructional purposes; acquire buildings and sites for buildings; and construct buildings and additions to buildings. The maximum number of years each series of bonds may be outstanding, exclusive of refunding, is 20 years.

The College relies on bonds to finance a majority of its capital needs and bonds are an integral part of the overall college budget.

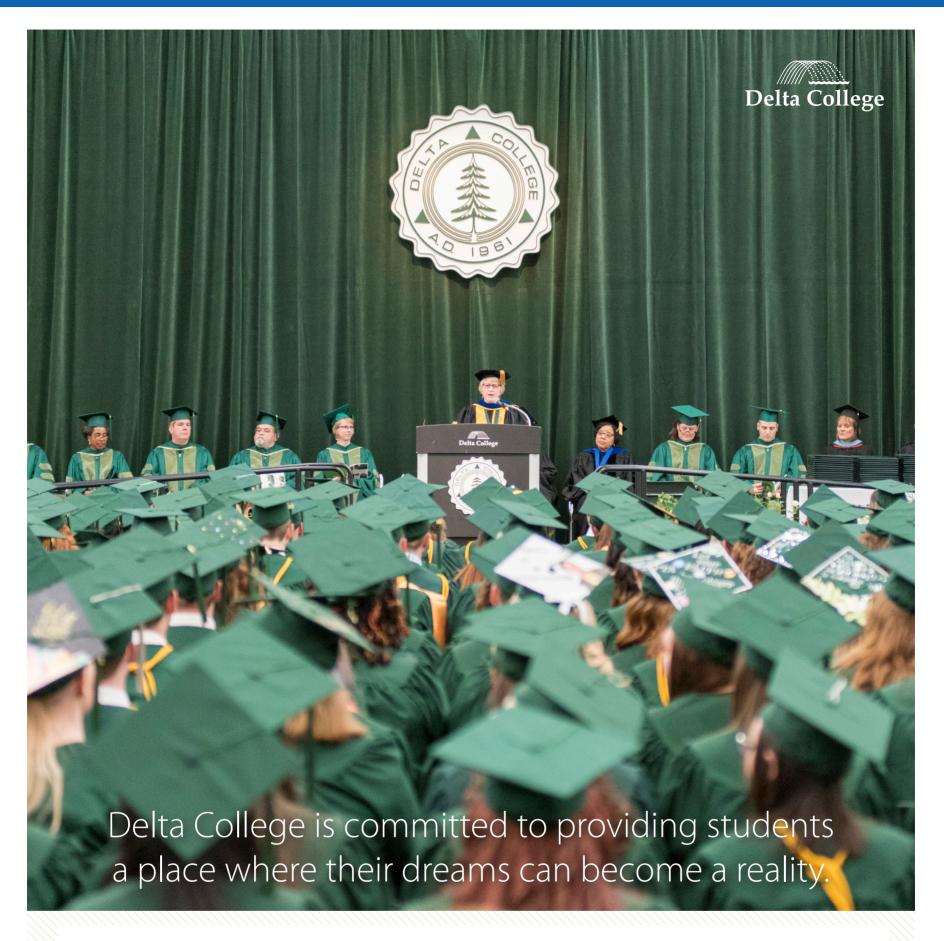
Previous bond proposals approved by voters helped fund projects such as renovation of the College's Southern Lakes Branch Center and Law Enforcement Regional Training Academy (LERTA) in Fenton, the Culinary Arts Institute in downtown Flint and the Family Life Center adjacent to the main campus in Flint, in addition to repair and maintenance projects.

LERTA is sanctioned and under contract with the Michigan Commission on Law Enforcement Standards (MCOLES), preparing students for jobs in law enforcement and criminal justice. The Academy holds two sessions per year, graduating approximately 25 officers each semester. The MCC Culinary Arts Institute, at the corner of Second and Saginaw streets in downtown Flint, enbles the College to expand its Culinary Arts program to help meet market demand for professionally trained chefs and bakers. Boasting a fully-renovated, 36,000 square foot, state-of-the-art facility, the Institute features multiple culinary and baking laboratories, garde manger classroom, chocolates and confections laboratory, and an upscale casual restaurant to give students experience in all aspects of the food service industry.

The Lenore Croudy Family Life Center, named after the late Lenore Croudy, long-time MCC Trustee, is the latest service MCC is able to provide students. Currently under renovation, the former Woodside Church will house the College's Early Childhood Learning Center, in addition to the Mott Eats Food Pantry and Ellen's Closet, a clothing bank for students needing clothes for job interviews.

MCC is a community college district comprised of the Genesee Intermediate School District boundaries excepting any territory located in Saginaw County, and operating under Act 331, of Michigan Public Acts of 1966, as amended.





Congratulations to Dr. Jean Goodnow and all the other honorees!

404

Dr. Jean Goodnow

Delta College president, 2005 – present

Doctor of Philosophy Degree in Higher Education Administration - University of Iowa | Master of Arts Degree in Rehabilitation Counseling - University of Iowa | Post-Graduate Studies - Harvard University



COMMUNITY

City Market in Bay City is open for Sundays in the City



courtesy photo

Bay City, Mi – Join us at City Market for Sundays in the City & Story Time with a Local Celebrity.

City Market is gearing up for the upcoming Sundays in the City. Each Sunday from now until Christmas, City Market will open its doors noon to 4:00 pm. In celebration of the holiday season, City Market will be having Story Time with a Local Celebrity every Sunday at 1:00 pm. You will not want to miss out on hearing a Christmas story read by the current reinging Miss Michigan, Bay City's own Mallory Rivard (Dec 8). Check out our website citymarketbc.com for the full lineup of local celebrities scheduled including Mayor Kathi Newsham (Dec 1), Jodi K of 94.5 The Moose (Dec 15) and Ashlyn Hill of WNEM TV5 (Dec 22). All of the details are also listed on the City Market Facebook page!

Plan to bring the kids to Santa's Workshop on Saturday, December 7th for photos with Santa along with kid friendly activities and crafts. Santa will also make special appearances on Sunday, December 15th and Sunday, December 22nd at 1:30 pm.

Be sure to swing into City Market this holiday season and shop over 20 locally owned small businesses including pop up businesses throughout the month of December. Bring the family for FUN and celebration while supporting your favorite local non-profit Market!

About City Market

City Market is a 501©(3) nonprofit organization with a mission to promote local farmers, growers and small businesses through partnerships and educational programming

in historic Downtown Bay City. City Market is dedicated to bringing fresh quality food to Downtown Bay City. We participate with food assistance programs including SNAP/EBT, Double Up Food Bucks, WIC Project Fresh and Senior Project Fresh. With community as a top priority, every weekend City Market offers free educational classes in its fully licensed Community Teaching Kitchen. Each of the programs focus on health, wellness, food, community, culture, and environment. The Community Teaching Kitchen is designed to bring neighbors together, while promoting health and well-being from infancy to seniors. City Market is located at 401 Center Avenue in Historic Downtown Bay City.

For more information, contact Executive Director, Becky Hortop at (989) 415-8866 or Becky@CityMarketBC.com or visit www.CityMarketBC.com.



'Midnight on Main' Returns to Dow Diamond Doors open at 8pm in Midland for the New Year's Eve bash



courtesy photo

MIDLAND, Mich. - The Great Lakes Loons and Sound Productions are excited to announce the 8th annual Midnight on Main celebration will be held at Dow Diamond to ring in 2020! This year's party will be on Tuesday, December 31, with doors opening at 8 p.m.

Dow Diamond's concourse will be transformed into two separate nightclubs featuring live music and DJ's, along with a lounge for watching the night's biggest sporting events. Sound Productions will be providing the hottest dance music, as well as an amazing sound and light show. Jedi Mind Trip be performing live inside the enclosed concourse. The event will feature cash bars

stocked with beer, wine and mixed drinks. Food will also be available for purchase.

TICKETS AT MIDNIGHTONMAIN.INFO

"We're happy to be back at Dow Diamond for another year and we're very excited to have Jedi Mind Trip as our band this year." owner of Sound Productions Jim Paetschow said. "They played here for Midnight on Main two years ago and the party was sold out. Tickets are already selling fast for this

General admission tickets are \$25 and will be sold right until midnight on New Year's Eve. VIP tickets are \$125 each and include

drinks, strolling dinner, hors d'oeuvres, and access to the VIP area in the Great Lakes Reserve. VIP tickets will be sold until 2 p.m. on December 31.

All tickets are on sale now at the Dow Diamond box office and online at Loons.com. Guests must be 21 years of age or older.

The box office will open at 5 p.m. on the day of the event and will remain open throughout the night for attendees to purchase tickets.

Parking will be free and bus shuttles will be available for transportation following the event to and from Dow Diamond's rear parking lot. A coat check will be available.





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Saginaw Art Museum Welcomes New Exhibition: For the Love of Gourd



courtesy photo

Gourd art is an ancient tradition in Africa and Asia as well as among the indigenous peoples of the Americas. Evolving from early hand carvings, to how featured artist Bonita Miner creates her masterpieces, utilizing electric wood burners and high-speed pen-shaped rotary tools that can be used to inscribe almost any design.

Miner obtains all of her guards from Southern California, as the walls are much thicker than Michigan gourds. The thicker walls allow for the masterful open designs you see in her pieces, as seen with The Mighty Oak.

For the specific design of each piece, Miner allows the gourd to take the lead. Playing with the shape and natural markings created by mold during the drying process, each piece is one of a kind. After a design is lightly sketched onto the gourd, the gourd can then be wood burned, carved, painted, or whatever Miner is inspired to do!

The exhibit started at November 19, 2019 and will end on February 15, 2020.

For more infomation on the exhibit visit: www.saginawartmuseum.org/exhibition/fortheloveofgourd

Mott Community College music majors place 2nd & 3rd at Michigan National Association of Teachers of Singing (NATS)



courtesy photo

Two Mott Community College Music majors placed second and third in the 2019 Michigan National Association of Teachers of Singing (NATS) auditions at Hope College Nov. 2. NATS is a professional organization for teachers, coaches and collaborative pianists who work with singers. Students compete in categories based on their age and/or academic level.

RayMond Field, of Flint, placed second, and Bianca Thorn, also of Flint, placed third in the adult category for the Michigan competition. Field will graduate from MCC in May and pursue a bachelor's degree in Music. Thorn also plans to earn a bachelor's degree in music. Her goal is to perform and open her own studio

"We are so proud of these students," said Dr. Townes Osborn Miller, Coordinator of the Music program at MCC. "They have worked hard and it shows.

Field and Thorn study with Dr. Rachel Andrews, a classically trained singer with a doctorate in voice performance from the University of Michigan. Dr. Andrews has been teaching at the college level, and privately for more than 20 years. Her students have gone on to pursue music degrees at the University of Michigan, Oakland University, De Paul University (Chicago), and many have careers in music, as teachers, church musicians and performers.

The National Association of Teachers of Singing celebrates the art of singing through a series of competitions and programs that are designed to showcase the talented singers and performers who are soon to be rising stars in the profession. Events are held annually or biennially, some in conjunction with the NATS National Conference and others in conjunction with the NATS Summer or Winter Workshops.





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Community Invited to Dec. 5 Love Light Trees Ceremony in Midland

Midland invites the community to its 38th annual Love Light Trees ceremony and candle lighting remembrance event set for Thursday, Dec. 5, 2019.

The event will begin at 6 p.m. with a holiday open house. Festivities include greetings by MidMichigan's therapy dogs, the Cosmic Canine Cure Service. The offering of a special holiday discount in the Gift Shop and complimentary popcorn for guests freshly made by the Popcorn Service volunteers will be included. Outside the Spiritual Care Center, guests will be able to pick up their remembrance candles, which will be lit during the formal ceremony.

At 7 p.m., Gregory H. Rogers, president of MidMichigan Medical Center – Midland, will begin the formal program, which will include an invocation by Rev. Wallace H. Mayton, III, associate pastor of Memorial Presbyterian Church. As part of his remarks, Rev. Mayton will pay tribute to those who were memorialized through gifts made to the Love Light Trees signified by the lighting of the remembrance candles. Singer, Sarah Schieber, will follow and share her talents by singing Christmas in Heaven.

Additional holiday songs will be sung by students of Lyrica from the Center Stage Youth Choirs at Midland Center for the Arts and the young children from Memorial Presbyterian Preschool. Door prizes offered by the Gift Shop Service Volunteers of MidMichigan Medical Center – Midland, along with refreshments with Santa are also part of the evening's festivities. Pianist Lenin Brenes, a Medical Center employee, will provide background music as guests enjoy refreshments.

Contributions to the MidMichigan Health Foundation from this event will support Compassionate Needs Fund that supports patients served at MidMichigan Medical Center – Midland with items such as medications, transportation, and other necessary equipment.

Those interested in more information or who



courtesy photo

wish to donate to the MidMichigan Health Foundation for Midland's Love Light Trees program may visit www.midmichigan.org/lovelighttrees or contact the MidMichigan Health Foundation at (989) 839-1932.

Love Light Tree Lighting Ceremonies

MidMichigan Medical Center - Alpena Thursday, December 5th, 5:30 p.m. in the Main Lobby

MidMichigan Medical Center - Clare Tuesday, December 10th, 6 p.m. in front of the Medical Center MidMichigan Medical Center - Gladwin Monday, December 9th, 6 p.m. in the Gladwin Pines Dining Room

MidMichigan Medical Center - Gratiot Thursday, December 12th, 4:30 to 6 p.m., open house, main lobby, 6 p.m. lighting

MidMichigan Medical Center - Midland Thursday, December 5th, 6 to 7 p.m. open house, main lobby, 7 p.m. lighting

MidMichigan Medical Center - West Branch Monday, December 2nd, 6 p.m. outside Hospital Main Entrance





BECOUNTED MICHIGAN2020

April 1, 2020 is Census Day. It is important that everyone is counted – and here's why.

Millions of dollars in federal funding is at stake for Saginaw County. Federal agencies use census data to provide funding at state and local levels for vital community services such as hospitals, fire departments, schools, roads, job training centers, senior centers and police departments. The census also determines how many Representatives each state has in Congress. If we get undercounted, we get underfunded and underrepresented.

We're counting on community leaders *like you* to promote the importance of participation in Census 2020.

Learn more at becountedmi2020.com





NON-PROFIT DIRECTORY

CAN Council Saginaw County

1311 N. Michigan Avenue Saginaw, MI 48602 989-752-7226 Fax: 989-752-2777 www.cancouncil.org

The New Ezekiel Project

P.O. Box 3470 Saginaw, MI 48605-3470 989-755-1620 Fax: 989-755-4038 www.theezekielproject.com jamie@theezekielproject.com

Great Lakes PACE

3378 Fashion Square Blvd. Saginaw, MI 48603 989-272-7610 Fax: 989-272-7669 www.greatlakespace.org jdarby@greatlakespace.org

Great Lakes Bay Health Centers

501 Lapeer Ave. Saginaw, MI 48607 989-759-6400

Houghton-Jones Task Force

1708 Johnson Street Saginaw, MI 989-752-1660

Samaritas Community Center

3145 Russell Street Saginaw, MI 48601 989-752-5805

Public Libraries of Saginaw Butman-Fish, Hoyt, Wickes & Zauel Libraries

505 Janes Avenue Saginaw, MI 48607 989-755-0904 www.saginawlibrary.org

Restoration Community Outreach

1205 Norman Saginaw, MI 48601 989-753-1886 / fax 989-753-2880 rcosag@yahoo.com

Saginaw County Business & Education Partnership

1213 South Washington Avenue Saginaw, MI 48601 989-399-0016

Saginaw County Community Action Agency, Inc. (CAC)

2824 Perkins Street Saginaw, MI 48601 989-753-7741

The Michigan Banner Outreach Ministries

301 E Genesee Ave, Suite 201 Saginaw, MI 48607 989-992-2600

The Saginaw Community Foundation

1 Tuscola, Suite 100 Saginaw, MI 48607 989-755-0545

Women of Colors

P.O. Box 5525 Saginaw, MI 48603 989-737-9286

Saginaw-Shiawassee Habitat for Humanity Welcomes All!







FAITH-BASED DIRECTORY

Bethel AME Church

535 Cathay St. Saginaw, MI 48601 989-755-7011

Bread of Life Harvest Center

Senior Pastor Rodney J. McTaggart 3726 Fortune Blvd. Saginaw, MI 48603 989-790-7933

Christ Disciples Baptist Church

Founder Pastor Eddie Benson Pastor Genevieve Benson 3317 Lapeer Street Saginaw, MI 48601 989-754-2444

Christ Fellowship Baptist Church

Rev. Robert Davis, Jr. 818 N. Washington Ave. Saginaw, MI 48601 989-754-4435 PastorD818@gmail.com

Faith Harvest Church

Bishop Ronald E. Chipp 1734 N. Mason Saginaw, MI 48602 989-799-4200 www.faithharvestministry.org office@faithharvestministry.org

Grace Chapel Church

Pastor James Nelson 2202 Janes Ave. Saginaw, MI 48601 989-755-3212

Greater Renaissance

Pastor Cedric R. Cheatham 1535 S. Warren Ave. Saginaw, MI 48601 989-752-1455 260-515-6456

Greater Williams Temple

608 E Remington St Saginaw, MI 48601 989-755-5291



Jacob's Ladder

Bishop Elect Dempsey Allen 1926 Fairfield Street Saginaw, MI 48602 989-799-6601

Life in Christ Ministries

Pastor Dennis Cotton, Sr. 2915 S. Washington Road Saginaw, MI 48601 989-401-4465 LifeInChristMinistries07@gmail.com

Messiah Missionary Baptist Church

2615 Williamson Road Saginaw, MI 48601 Pastor Otis Washington Phone: 989-777-2636 Fax: 989-777-2640 messiahmbc@att.net www.messiahsag.org



Mt. Olive Baptist Church

Pastor Marvin T. Smith 1114 N. 6th Street Saginaw, MI 48601 989-752-8064



New Beginnings Deliverance Ministry

Pastor Roy & Evelyn Baldwin 2609 E. Genesee Saginaw, MI 48601

989-777-8272 Pastorbaldwin@charter.net



New Beginnings Life Changing Ministries

Pastor Otis Dickens 2312 S. Washington Ave. Saginaw, MI 48601 989-755-3650



New Birth Missionary Baptist

Pastor Larry D. Camel 3121 Sheridan Saginaw, Michigan 989-327-1755



New Covenant Christian Center

Pastor Ron Frierson 2395 S. Outer Drive Saginaw, MI 48601 989-752-8485

New Hope Missionary Baptist Church

Rev. Dr. Willie F. Casey 1721 Tuscola Street Saginaw, MI 48601 989-753-7600



New Life Baptist Church

Pastor Rufus Bradley 1401 Janes St. Saginaw, MI 48601 989-753-1151

New Mt. Calvary Baptist Church

Pastor Alfred "AJ" Harris Jr. 3610 Russel St. Saginaw, MI 48601 989-754-0801

New Wav Ministries

Pastor Dwight & Princess Dobbins 29200 Shiawassee St. Farmington Hills, MI 48336 (248) 987-2434 www.thenewwayministry.org



Ninth Street Community Church

Pastor William L. Scott Jr. Assistant Pastor Rex Jones 1118 N. 9th Street Saginaw, MI 48601 989-752-7366

Prince of Peace Baptist Church

825 North 24th Street Saginaw, MI 48601 989-754-2841 Pastor Robert C. Corley Jr.

St. John Ev. Lutheran Church

Pastor Carl Ballard 915 Federal Avenue Saginaw, MI 48607 Phone: 989-754-0489 Worship: 9:30 AM

stjohn luther an el casagina w. weebly.com



Saginaw Valley Community

Pastor Richard Sayad 3660 Hermansau Saginaw, MI 48603 989-752-4769



Transforming Life Ministries

Pastor William Brown 523 Hayden Saginaw, MI 48601-4353 989-754-9573



True Vine Baptist Church

Pastor Paul E. Broaddus 2930 Janes Street Saginaw, MI 48601 989-752-0751

Victorious Belivers Ministries Church

Rev. Christopher V. Pryor 624 S. Outer Dr. Saginaw, MI 989-755-7692

World Outreach Campus of Greater Coleman Temple Ministries

Supt. H.J. Coleman Jr. 2405 Bay Rd. Saginaw, MI 48602 989-752-7957



Zion Missionary Baptist Church

Pastor Rodrick Smith 721 Johnson Saginaw, MI 48607 989-754-9621

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POLITICS & PUBLIC POLICY

State Representative Vanessa seeks Saginaw County Clerk seat in 2020



vanessaguerra.com

.facebook.com/HanleyForClerk

Vanessa Guerra, a Democrat who is in her last year as 95th District State Representative, announced she will run for Saginaw County Clerk. Guerra, is challenging incumbent Mike Hanley.

"Its pretty unusual for people to oppose a member of their own party in the primary," Mike Hanley told abc 12 news.

Vannessa made the following announcement on her website:

Dear Neighbor,

I've had the honor and privilege of serving as the State Representative for parts of Saginaw County for the last five years and I'm excited to announce that I am running for Saginaw County Clerk in 2020!

While in office, I have served as the top-

ranking Democrat on the House Elections & Ethics Committee overseeing every proposed change to election law over the last three years. I have also served as a member of the House Judiciary Committee for five years where we've reviewed all legislation related to our district and circuit court systems.

I have fought hard to protect our voting rights and democratic process by introducing and supporting legislation that increases transparency and accountability for all levels of government, ensures everyone has equal access to their vital records, and fought to protect voter access to the ballot box no matter where they live.

Whether it's hosting coffee hours, town halls or providing countless legislative updates to community groups, my passion for educating the public and being present in our community runs deep. I firmly believe

my commitment to this community and my work in Lansing have provided me the skills necessary to be the best candidate to serve as our next Saginaw County Clerk.

This campaign won't be easy and I will need your support to win. If you're able to help financially please consider making a donation by clicking on the "Contribute" tab above. If you're able to volunteer your time, please click the "Volunteer" tab and fill out the form indicating how you would like to help.

Thank you for your time and I hope to earn your support,

Vanessa Guerra

The primary election will take place in August. The winner will go on to the election in November which currently has no Republican challengers.



SVSU to host training for women interested in running for political office



In an effort to break down barriers to women's political leadership, Saginaw Valley State University on Friday, Dec. 6 will host a free training session aimed at empowering women interested in public service or elected office.

Elect Her is a free, one-day, nonpartisan training for women on how to run for political office. The session will feature a panel of elected officials from the Great Lakes Bay Region including Bay City Mayor Kathleen Newsham and Saginaw Mayor Pro Tem Brenda Moore, as well as members of the business community such as Kelly Hall, Consumers Energy vice president and deputy general counsel.

The session will examine issues participants care about, train them on how to map out election support networks, and provide simulations that sharpen their skills on how best to build support among potential constituents.

The training is scheduled Dec. 6 from 12:30 p.m. to 5 p.m. in SVSU's Gilbertson Hall, room GN 202. The training is open to the public.

"SVSU prides itself on empowering the next generation of community leaders," said Donald J. Bachand, the university's president. "We are excited to host Elect Her, and appreciate the support our community partners are providing to make this an experience that impacts women in our region."

Among the organizations sponsoring Elect Her are Consumers Energy, Delta College and the YWCA Great Lakes Bay Region.

"We regularly encourage our students to become educated and informed about the political process, then to get involved and participate," said Jean Goodnow, Delta College's president. "We hope that, by sponsoring this training, even more young people in our region will think about becoming an elected office holder."

Moira Branigan, CEO of the YWCA Great Lakes Bay Region, said Elect Her was vital to supporting a diverse political electorate.

"Women are underrepresented in elected offices locally and nationally, and the way we change this trend is to encourage and educate women about how to run for office," Branigan said. "We're excited to be a part of Elect Her and to see more women on the ballot in 2020."

Hall said she was looking forward to empowering tomorrow's female leaders.

"Consumers Energy is committed to Michigan's prosperity, which is advanced by giving everyone equal opportunity to pursue elected leadership positions," she said. "I'm excited, personally, to be part of Elect Her and to hear from some of the next generation of our state's leaders."

Elect Her was developed with the American Association of University Women. Since 2009, more than 300 Elect Her trainings have been hosted at 118 schools in 40 states and four countries for more than 9,500 college students.

For more information about the event, contact John Kaczynski, SVSU director of governmental affairs, at 989-964-7481 or at jlkaczyn@svsu.edu.



Lieutenant Governor Garlin Gilchrist becomes first African American Lieutenant Governor to sign a bill into law



courtesy photo

While Governor Gretchen Whitmer is in Israel on a trade mission, Lieutenant Governor Garlin Gilchrist became the first African American Lieutenant Governor to sign a bill into law on Thursday, November 21.

Gilchrist is filling in as acting governor while she is gone this week. At the bill signing in the rotunda of the state Capitol, Gilchrist called the moment historic.

"I want people to understand. We talk about young people seeing this, and that's important," he said. "But I think everybody needs to understand that we can work together to achieve things that were once unthinkable." The new law will allow certain people with a felony on their record to sell insurance. The Department of Insurance and Financial Services would no longer be able to automatically deny a person a license to sell insurance simply because they were convicted of a felony more than 10 years ago.

Representative Michele Hoitenga (R-Manton) is a bill sponsor. She said the law is archaic and that the state is righting a wrong.

"One constituent could not even inherit his father's company, his insurance company, because he had a couple of drunk drivings on his record," she said. Gilchrist echoed his support of the new law. But also said he hopes his signing the bill into law will open the door for more diversity in state government.

"I want to make sure that I am doing my best to enable other people to have their own historic experiences," he said. "To do things that have never been done before."

There are exceptions for people with violent or money related felonies. It also only applies to people who have not been convicted of a felony in the last 10 years.



SPORTS

USA Softball Women's National Team Coming to Midland

2020 WOMEN'S NATIONAL SOFTBALL TEAM



Courtesy Photo

OKLAHOMA CITY -- The 2020 USA Softball Women's National Team (WNT) will be in Michigan for a pair of stops as the "Stand Beside Her Tour" rolls through the United States in preparation for the 2020 Tokyo Games.

USA Softball is excited to announce Midland and East Lansing as two of over 30 cities on the tour that will host the Red, White and Blue as they look to capture the Gold Medal in Tokyo when the sport of softball returns to the Olympic program for the first time since 2008.

Hosted by USA Softball of Michigan, the 2020 WNT will be in Midland on Tuesday, June 9 for an exhibition doubleheader against the Midland Lady Explorers before heading to East Lansing on June 10 for another twogame contest.

"I am beyond excited that Team USA will be playing in Michigan," said USA Softball WNT member Amanda Chidester, who hails from Allen Park, Mich. "This is a huge opportunity for all of Michigan's softball fans and players to have the chance to watch the best of the best. I have had the pleasure of working with so many young aspiring softball players in the state of Michigan and I would encourage them all to come out and see what dreaming big truly can get you. I have a huge support system in Michigan, and I can't wait to see them all come out to Midland and East Lansing to support Team USA on our journey to the Gold!"

During the Midland tour stop, fans will have the opportunity to watch the Red, White and Blue at Dow Diamond, home of the Great Lake Loons. Game one will take place at 5 p.m. ET with the second game taking place roughly 30 minutes after the end of game one. Admission to the Midland doubleheader will be FREE TO THE PUBLIC.

"I would like to thank everyone involved for all of the work that has been performed as this has been a two-year process to bring the 2020 Women's National Team to Michigan," said USA Softball of Michigan Commissioner, Jerry Hanson.

"USA Softball of Michigan, the Midland

Amateur Sports Capital Committee, the Greater Lansing Sports Hall of Fame and the Greater Lansing Sports Authority are looking forward to seeing fans at one of these great events. We would also like to thank USA Softball CEO, Craig Cress, for the opportunity to host Team USA."

Dow Diamond is no stranger to international softball as the venue has previously hosted the USA Softball Slow Pitch National Teams for Border Battle VII and Border Battle XI.

"We are so excited to once again host the Women's Olympic Softball Team in Midland," said Midland Parks and Rec Recreation Manager, Marcie Post. "Their visit to our beautiful city is a testament to Midland's rich history in the sport of softball and we can't wait to wave our Red, White and Blue for them."

During the East Lansing, Mich., tour stop, Team USA will play a doubleheader at Secchia Stadium (100 Jenison Field House, East Lansing, Mich. 48823), home of Michigan State Softball. General admission tickets are on sale for \$5.

With the return of softball to the Tokyo 2020 Olympic Games program, the "Stand Beside Her" tour provides much-needed training and competition for the 2020 WNT in their preparation for the Olympic Games while also giving fans a chance to watch the Red, White and Blue in person. Olympic competition will start July 22, 2020 with the Gold Medal Game being played on July 28.

The "Stand Beside Her" tour evokes a powerful message of unity aimed to inspire communities to stand beside HER - the members of the WNT, America and the future generation of female athletes. Additional stops for the "Stand Beside Her" tour will be announced at a later date. For more information on the "Stand Beside Her" tour, please visit StandBesideHerTour.com.



Delta Women's soccer places second in nation



courtesy photo

The Delta College women's soccer team completed another successful season when it placed second in the nation at the 2019 NJCAA Division III Women's Soccer National Tournament.

The tournament took place November 14-17 at Tompkins Cortland Community College in New York. The Pioneers faced Brookhaven College of Texas in the championship game after defeating Howard Community College and Nassau Community College in the quarterfinal and semifinal, respectively.

"I'm so proud of our players, and they should be proud of their accomplishments this season," said Damon Amey, head coach. "They played in rough, cold weather conditions, but kept a positive attitude through it all. The players truly care about each other, and that's the reason we're so successful."

The Pioneers finished the season with an impressive 18-1 record. For the third year in a row, the team competed in the national tournament; this is the second year the team placed second.

Hunter Kukla, a sophomore who will be graduating this year, offered advice for future team members.

"You will not only be joining a team, but a family. Competing in the national championship for two years in a row has been the most memorable experience of my life," she said.

Amey said the 23-person soccer team will prepare for next season by practicing into the spring and working to continue to build upon their successes.

Learn more about the Delta College women's soccer team at deltapioneers.com.

Claressa Shields vs Ivana Habazin fight rescheduled

NEW YORK, NY - The long-awaited showdown between undisputed middleweight world champion Claressa Shields and former champion Ivana Habazin has been rescheduled for Friday, January 10 live on SHOWTIME from Ocean Casino Resort in Atlantic City, N.J. Shields and Habazin will face off for the vacant WBC and WBO 154-pound world titles as Shields attempts to make history as the fastest fighter in boxing, male or female, to become a three-division world champion.

The original fight scheduled for October 5th was cancelled after Habazin's trainer was attacked.

"My goal is to become three-division champ faster than any man or woman in history," Shields said. "This is a very significant fight for both of us. We have both trained really hard twice and great opportunities await the winner, so hopefully three times is the charm."

Habazin (20-3, 7 KOs), of Zagreb, Croatia, is ranked No. 1 by the WBO at 154 pounds. The 30-year-old, who will be making her U.S. debut, won the IBF Welterweight Title over Sabrina Giuliani in 2014. In her next fight, Habazin dropped a unanimous decision to Braekhus in a historic unification bout where Braekhus picked up all four major world title belts. Most recently, Habazin avenged one of only three losses in her career to Eva Bajic in Zagreb.

Habazin will train in her native Croatia and has dedicated the fight to Bashir.

"I've been thinking about this since October and I have more of an incentive now given what happened," Habazin said. "I feel like I'm fighting for James Ali Bashir, as well as for my own pride and respect. I'm also fighting for my country. I want to make Croatia proud that I am their daughter, and I feel that I now have their full support. Claressa is just a brief stop on my journey. I have bigger dreams and bigger shoes to fill in my life. I'm on my way to fulfilling my personal legend - being crowned the undisputed women's junior middleweight champion. This is just another step on that journey. Given my faith, I feel that while what happened in October was

incredibly unfortunate, this was God's plan. And I have faith that my hand will be raised in victory in January."

Shields was the first American boxer in history - male or female - to win consecutive Olympic gold medals. She turned professional following the 2016 Olympics and headlined the first women's boxing main event in premium television history in just her second professional fight in 2017. Shields became unified women's super middleweight world champion in just her fourth professional fight, and a two-division champion in her sixth professional contest. She was crowned the undisputed 160-pound champion in her ninth fight, less than three years after turning professional following the 2016 Olympics.

"January 10 is going to be an important date in boxing history as Claressa continues her unprecedented journey toward greatness," said Dmitriy Salita, President of Salita Promotions. "A win over Ivana Habazin would make Claressa - in just her tenth fight - the fastest boxer ever to acquire world title belts in three weight categories. But a very determined, skilled and experienced boxer stands in her way, and Ivana is pursuing her own world championship dream. History will be claimed in the ring on January 10 at the Ocean Casino Resort in Atlantic City and live on SHOWTIME."

"With five world titles in just nine professional fights, Claressa Shields has been making women's boxing history at a record pace," said manager Mark Taffet. "Now, in her 10th fight on January 10, she seeks to win a world title in a third weight division faster than any man or woman in history, and in remarkable fashion by going down in weight each time. Claressa continues to render the impossible possible. It's truly Herstory."

"Ocean is proud to host Shields vs. Habazin inside Ovation Hall this January," said Michael Donovan, Chief Marketing Officer and Senior Vice President, Ocean Casino Resort Atlantic City. "We are excited to bring world class boxing to Atlantic City and look forward to more shows in 2020."



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PIC OF THE WEEK

On Sunday November 17, the Bay City NAACP held its 63rd annual Freedom Fund Banquet. The theme for this year's banquet was embracing the moment. The keynote speaker was Dawn Hinton, a professor of sociology at Saginaw Valley State University, specializes in studies of race and ethnicity.







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