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SAGINAW REMEMBERS LEGEND BRIAN MORGAN SPORTS, PG 47

Vanessa Guerra appointed to the Hispanic Latino Commission of Michigan

LB, COVER STORY



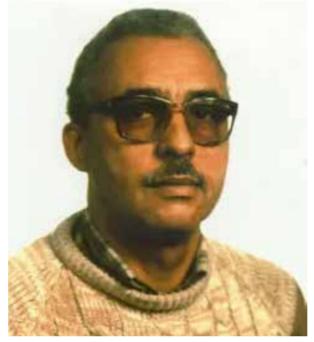
Tri-Star Trust President & CEO Gene Pickelman to retire

COMMUNITY, PG 13

THE MICHIGAN BANNER IS A PROUD MEMBER OF:



Remembering Robert Viera



ROBERT VIERA

By LAWRENCE D. CRAWFORD

Mr. Viera, a teacher's teacher. Bob cared deeply for the people around and especially the poor.

I met Bob in the 60's as he was trying to organize a branch of the American Federation of Teachers, for Saginaw. He transitioned into a community leader after being asked to leave the Saginaw School system. A man who had sat in the middle of Genesee and Washington, rose the lead the War on Poverty in Saginaw. He attacked that job with a professional attitude and there was never a hint of scandal as he directed

millions to the community. He became my boss when I received a fellowship of the Department of Public Health while in Dental School. The CAC ran a dental clinic on Wadsworth and I was assigned their and the County's clinics for migrant children. The poverty of the migrants was what Bob taught me to focus on. I never forgot those years. This man, encouraged me to return to my hometown and open a practice. He even arranged for meet with the executives at Michigan National Bank for financing.

Bob was a leader in the Civil Rights Movement. He saw things as "they were not, and asked, why not?" He was the prime mover behind encouraging me and a lot of others to enter the political arena. He always said it was more important to be on the inside than sitting in the street.

I will truly miss my dear friend, but his love of education and preschool children has left a mark on our Town. Rest in Peace, my brother. See you in the morning.



LAWRENCE D. CRAWFORD

FEATURED STORY ---

Civil rights CAC leader kept a low profile for his public service and his personal good deeds

MB, PG 2





ROBERT VIERA (RIGHT) PICTURED GREETING FORMER CONGRESSMAN AND SECRETARY OF THE INTERIOR, STEWART LEE UDALL WITH SAGINAW CITY COUNCILWOMAN SISTER ARDETH PLATTE (LEFT)

Civil rights CAC leader kept a low profile for his public service and his personal good deeds

By MIKE THOMPSON

Robert L. Viera, who was 88 years old when he passed away Sunday, was a teacher in more ways than one.

He is remembered and honored as the longtime director of the Saginaw County Community Action Committee, but he began his work career in a city classroom and closed with Head Start preschool leadership.

After teaching the school children for more than a decade, Viera followed a calling to guide residents on community organizing methods, aiming to combat hardship, both economic and social.

CAC was established during the 1960s as Saginaw's main outlet to oversee federal funds via the War on Poverty. Early, there were some growing pains and inner disagreements that are inherent in any grassroots activism, with four directors during the first four years. Leadership under Chairman Al Loveless looked for stability, and Viera was deemed ideal for this task with his education experience, his activism and his success in organizing a summer youth program.

While Loveless and others in the United Power movement served as spokespeople, "Bob V" functioned as the day-to-day administrator, first at the former red-brick head-quarters at Janes and Seventh, then at the newly-built center on Perkins at the city limits. His oversight of outreach ranged from weatherization and minor home repairs, to child and elder care, to family support.

During food commodity distributions, Viera modestly would join workers on the CAC floor to pack boxes and carry them to the cars of patrons, especially when he saw long lines that he considered "degrading" to recipients. He was showing that he did not consider himself too important or high-up to engage, an outlook that carried over into the behind-the-scenes personal assistance and favors he provided to countless individuals.

While always there with a helping hand, he would lament at the same time that he dreamed of a day when food boxes no longer would be so widely in need because more families had attained greater empowerment. This was a goal of having Poverty Peoples Alliance under the CAC umbrella of programs and services.

Born to a Bay City family, Viera attended Sacred Heart Seminary in Detroit with thoughts of becoming a Catholic priest. When his 1950s plans changed to K-12 education, he attained degrees from Bay City Junior College (soon to become Delta) and Aquinas College in Grand Rapids, with graduate studies at University of Michigan.

His school teaching began at St. Joseph Catholic School, in 1958. It ended in 1968 while teaching at Central Middle School, when the Board of Education dismissed him for refusing to pay \$30 in union dues. This was when he became unhappy with the Saginaw Education Association, and aimed to organize a rival union that would be more open to minority teachers who were coming on board.

He made his stand while caring for two daughters with his wife, the former Shirley White of Bay City. Michelle was 9 years old at the time and Stephanie was entering kindergarten. But his spouse already had reason to understand that principle came first for her husband. In 1965, as a hint of what was to come at CAC, Viera became weary of seeing a slum property across Sixth Street from the St. Joe's church entrance and personally contacted the owner. When no results were achieved, he organized a picket at the landlord's West Side home near the courthouse. Repairs were made in due time.

He listed the subjects he taught at Central Middle School as Latin, English, history, math, sociology, political science, government and economics.

To make ends meet for the family in 1968-69, he took jobs tending bar at downtown Larry's Lounge, managing the crew at the new Arby's on State Street, and then as an orderly at St. Luke's Hospital.

Then he found CAC, or rather CAC found him.

Chairman Loveless, who died in 2007, later would say, "Bob is so caring about the people, but he never thinks first about taking care of himself, refusing to accept pay raises year after year."

One of Viera's first steps was to assign program heads and then allow them independence to make their own decisions, so long as funded goals and missions were carried out.

It wasn't only the larger War on Poverty federal grants. Victoria Miller appealed to CAC for Saginaw Inter-Tribal Center with \$386 in the bank. Within a couple years, with Viera's expertise and support, the annual budget was built to \$225,000 in 1970s dollars, or more than a million in today's money.

"I was only a housewife, but Mr. Viera treated me as a professional," she later reflected.

For an announcement of his 1992 retirement party at the Civic Center's Unity Hall, he was asked what he planned to say.

His characteristic response: "Very little."

His more standard way of speaking was through his actions, such as when he established a college scholarship fund in his name that continues through the Saginaw Community Foundation, one is funded in the name of Robert L. Viera, forever an educator.

(Thank you to the Historical Society of Saginaw County for research assistance at the Castle Museum.)



MICHIGAN BANNER

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MISSION

The Michigan Banner, Latino Banner and Youth 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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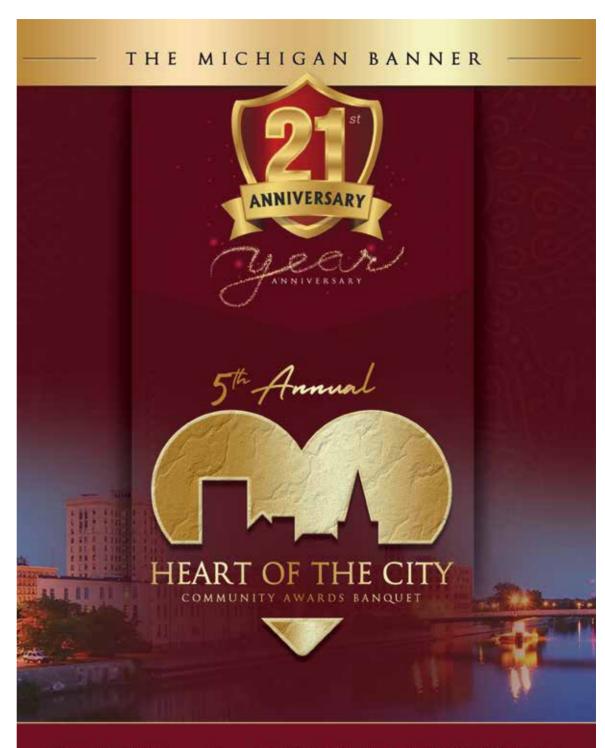
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JUNE 8, 2023 HORIZONS CONFERENCE CENTER

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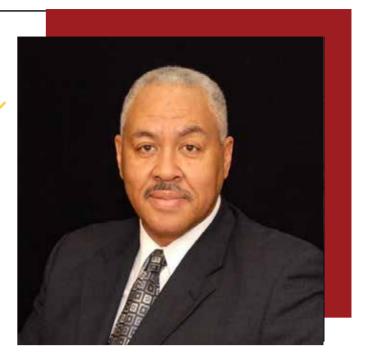
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MESSAGE FROM THE PUBLISHER

No Room For Compromise

I have often shared memories of experiences with my grandmother who was a kind and gentle force to be reckoned with. She said what she meant, she meant what she said and settled for nothing less than our best. In our efforts to justify having tested very clear limits, it was not uncommon to attempt to compare our actions with those of our peers as an excuse. Excuses (none of which worked – ever) such as, 'Yes, but...., or 'Well they did it first', or 'I just figured no one would care because...' were met with the sternest of consequences. As she doled out the well-deserved consequences, she would sometimes ask the question, 'If they jump off a bridge, I guess you're going to jump too?' We were held accountable for doing the right thing no matter what the rest of the crowd chose to do. We were being taught critical life lessons – the importance of character and that integrity mattered. Our actions were our responsibility, and we were taught to govern our-



selves accordingly. The all-to-frequent 'what about them' excuses we hear today in relationships, religion, politics, law enforcement, and business allow us to take cover and comfort as we compromise both character and integrity. Compromise is a very necessary and beneficial part of life when done for the good of the intended individual or group. It is when it slowly begins to benefit those in authority to the detriment of those in need that we find ourselves in need of adjustment.

The true measure of a person is contained within the way one regulates and conducts himself or herself within their most important relationships, life, and business dealings. One of Dr. Martin Luther King Jr.'s most famous quotes, inscribed on his memorial in Washington DC states, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy"? This statement alludes to the fact that a person's true moral fiber cannot be fully measured during times of peace but instead during tests and trials. It is then that one's behavior can be assessed and deemed above reproach or considered lacking. Ancient Greek philosopher Plato stated simply, 'The measure of a man is what he does with power'. Both of these great minds concluded that times of challenge or difficult circumstance reveal a person's true nature. I would add that the prospect of gaining more or losing existing power or control will also shine a light on an individual or group in their ability and/or willingness to compromise for more than personal gain.

In my assessment, corruption is an example of compromise gone bad. Most people, at some point, begin decision-making and action with benevolent intent. For example, one begins a non-profit organization with the sincere intent of helping families in crisis. At some point, we bend the rules just a bit to help someone as a favor to someone in position to help the non-profit somewhere down the line (minor compromise). Later, someone ups the ante and offers money to get their family member bumped to the head of the list and the compromise has now morphed into corruption and most likely, an actual crime. The explanation – 'they' do it all the time. My grandmother would have had a very serious discussion with ensuing discipline for this type of behavior and the resulting lack of remorse which coincidently opens the door for more serious negative behaviors. The cycle has begun, and a culture of malevolent decision-making is established as the mode of operation. Again, 'they' did it first so my compromise is justified, and I can face the man in the mirror and sleep at night. It's a slippery slope and anyone is susceptible to that initial act of self-serving compromise. Most people, without regard to gender, age, or other defining characteristics can be vulnerable to the prospect of gain. The type of gain varies greatly from financial, relationship, power, authority, position, etc. Everyone has a moral compass that dictates his or her level of susceptibility. It requires almost constant monitoring and entering into agreement with healthy compromise only. World renowned author, J.K.Rowling said, "If you want to see the true measure of a man, watch how he treats his inferiors, not his equals."

There is no room for harmful compromise. We must diligently speak up when we see it. We must model the appropriate behavior in the presence of our children and other family members. There are people in the workplace who are known as sticklers to policy and the rule of law. Let's support them – even when they are nerve-wrecking (as they sometimes are). Everyone who comes into contact with us is influenced by our decision-making and behavior. Remember, the phrase, 'Power tends to corrupt and absolute power corrupts absolutely.' was a statement made in reference to the church. So, let's even model appropriate behaviors within our church groups and other community organizations with which we may be affiliated. If they jump off the bridge, we won't follow. We do the right thing – she meant what she said.

Jerome Buckley

Publisher, Michigan Banner



MICHIGAN YOUTH BANNER



To the LADIES

By DONIQUA SOVIA

It's not about how much skin you show,

How many boys you know, or how you wear your hair.

Its not about what make up you choose, the friends you gain or lose, or if your up to date with the latest trend.

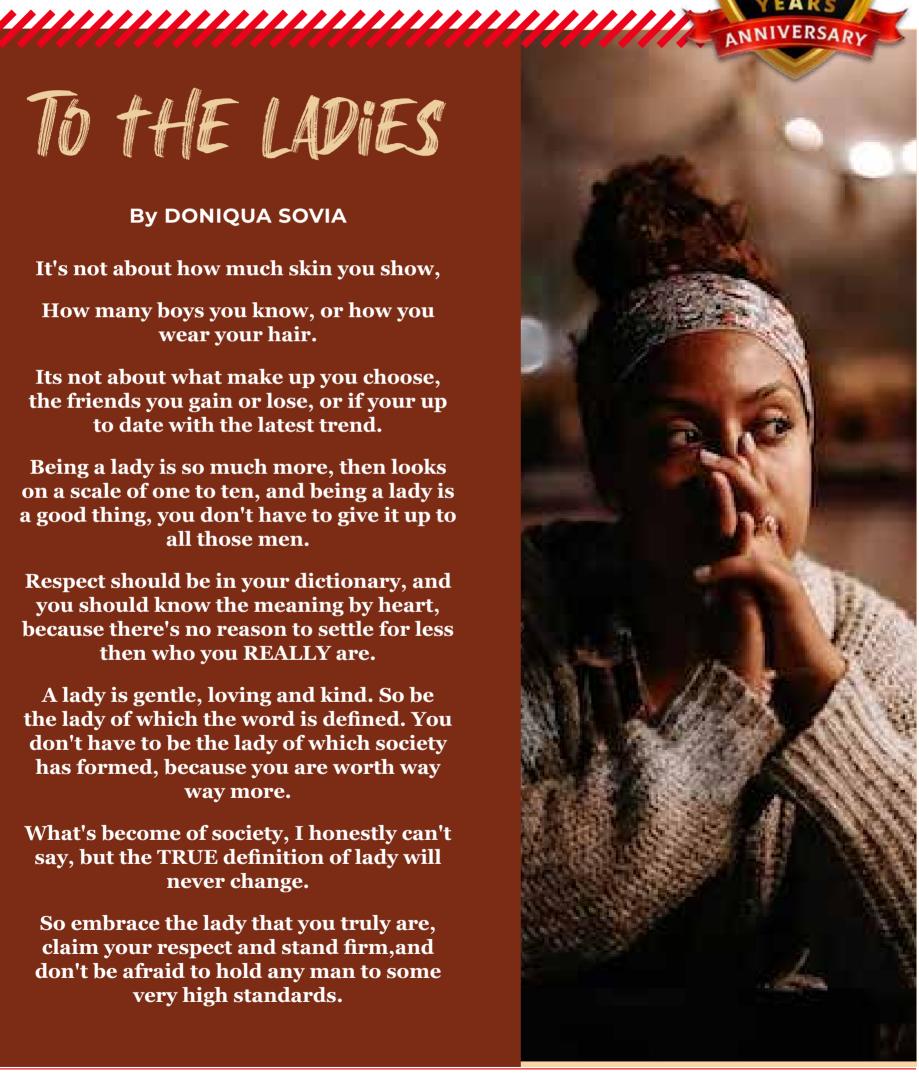
Being a lady is so much more, then looks on a scale of one to ten, and being a lady is a good thing, you don't have to give it up to all those men.

Respect should be in your dictionary, and you should know the meaning by heart, because there's no reason to settle for less then who you REALLY are.

A lady is gentle, loving and kind. So be the lady of which the word is defined. You don't have to be the lady of which society has formed, because you are worth way way more.

What's become of society, I honestly can't say, but the TRUE definition of lady will never change.

So embrace the lady that you truly are, claim your respect and stand firm, and don't be afraid to hold any man to some very high standards.





MICHIGAN YOUTH BANNER

First Great Lakes Bay Regional Newspaper



COURTESY PHOTO

MyMichigan Health hosting GoThrive! program for youth

Community health educators at MyMichigan Health are teaching GoThrive!, a fun and interactive program that will teach students fundamental skills needed to live and make healthy lifestyle choices. The free, virtual program is designed for students ages 8 to 12 years old.

Participants can choose between a three-week course that meets twice a week, or a six-week course that meets once a week. The three-week course meets on Tuesdays and Thursdays from 5 to 6 p.m., from April 18 – May 4, 2023. The six-week course meets on Sundays from 6 to 7 p.m. on April 16 to May 21.

GoThrive! will focus on nutrition and using MyPlate for portion sizes, understanding food and drink labels, learning about hidden sugars in snacks and drinks, why water is important and how to make fun flavors, vitamin facts, physical activity and energy and screen time, stress and the importance of sleep.

In addition, participants will be encouraged to practice healthy behaviors including increasing fruit and vegetable consumption, increasing water consumption, increasing daily physical activity and decreasing daily screen time.

Registration is required by Monday, April 10. All program materials and log in information to the virtual meeting will be sent to participants prior to the first meeting. Those who would like to register may visit www.mymichigan. org/gothrive. Those needing assistance with registration may contact MyMichigan Health Line at (989) 837-9090.





Information & Resources to **Propel Postsecondary Education Success!**

Open to SPSD high school students, Saginaw Promise Scholars & parent/guardian

Tuesday, April 25, 2023
SASA Atrium & Auditorium-1903 N. Niagara St. 48602

Program: 4:30 - 6 P.M.

Doors open at 4:15 PM

6 PM - 6:30 PM: Display tables

*Boxed Dinner "to-go" & beverage for program guests

Program Includes experts to speak on:

- Campus resources... you need to know about and use for success!
- Mentors and their importance
- Financial Information...do's and don'ts related to loans and credit cards.
- Financial Aid Office: resources to assist you
- College Counselor...helping students to stay on track to attainment
- "50 questions" you should prepare answers for before a job interview? (List will be distributed)
- Importance of Internships...how to interview for...experience and networking to add to your resume?
- FAFSA: Importance as a funding source for postsecondary education.
- Saginaw Promise Scholarship: Eligibility and benefits
- Saginaw Community Foundation Scholarship Application: Timeline and what you can work on over the summer in advance of your senior year
- Informational & Display tables—Opportunity to interact with presenters.

Information to support academic success! Plan to attend!

RSVP BY APRIL 20 & ATTEND TO RECIEVE A \$20 GIFT CARD (ONLY SPSD HIGH SCHOOL STUDENTS ELIGIBLE FOR GIFT CARD)

Reserve your program attendance and boxed dinner: Email Deborah Sanchez, at anchezesaginawpromise.org or (989)755-0545 by Wednesday, April 20, 2023 to confirm your attendance. (If student and parent/or guardian plan to attend the program, make rsvp count (2) for boxed dinners.)

> This program is presented by the Saginaw Promise and the Saginaw CRA Bankers Forum to assist SPSD students and parents to navigate and succeed with postsecondary education.



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At AT&T, we're dedicated to bringing connectivity to millions of unconnected Americans. To achieve this goal, AT&T is investing \$2 billion from 2021-2024 to help address the digital divide.

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First Great Lakes Bay Regional Newspaper



atino Banner LIDER EN LA DIVERSIDAD

VAMOS ADELANTE

Vanessa Guerra appointed to the Hispanic Latino Commission of Michigan



VANESSA GUERRA

Vanessa Guerra, former Michigan State Representative and Saginaw County Clerk, has been appointed to the Hispanic Latino Commission of Michigan, succeeding Monica Reyes whose term expired.

The Hispanic/Latino Commission of Michigan was created to develop a unified policy and plan of action to serve the needs of Michigan's Hispanic and Latino people. The law directs the Commission to advise the Governor, the Legislature, and the office concerning the coordination and administration of state programs serving the Hispanic and Latino population.

Guerra served three terms in the State House representing Michigan's 95th House District, which includes the cities of Saginaw and Zilwaukee and Bridgeport, Buena Vista, Carrollton, James, Kochville, Spaulding and Zilwaukee townships in Saginaw County. She previously served on the House Law and Justice and Judiciary Committees, and was the Democratic vice chair for the House Elections and Ethics Committee.

Following her appointment, Guerra made the following statement:

"Yesterday I was fortunate to be appointed to the Hispanic/Latino Commission of Michigan. I am incredibly grateful for this opportunity to serve my community and believe firmly in my responsibility to ensure our Latinx community is reflected in policies and programs created by our state. From the moment I was old enough to speak, my parents and grandparents made sure I knew about my culture and took pride in being a Mexican American. I have carried those same values with me through adulthood and reflect on them often in my role as County Clerk. I know the strength of our democracy requires that all our voices be heard, and I am honored to serve in this capacity. I also want to thank former Commissioner Monica Reyes for her years of service on the commission representing the Great Lakes Bay Region. I look forward to working with her and other Latino leaders in our region to build a better future for our community, together.

"As a commissioner I hope to focus largely on issues of education in our community, both education generally but also working to ensure students have access to a high quality curriculum that highlights the contributions Latinos have made throughout the history of our country and state.

"Throughout my time as a State Representative and now as County Clerk I have been able to forge strong relationships with legislative leaders and community leaders who I know will work with me to ensure legislation and programming are reflective of the Latino community. We are blessed with some tremendous Latino based community groups here in the Great Lakes Bay Region and I look forward to promoting the good work they've been doing for years in our region.

"I am always excited to see younger Latinos getting involved in their community, whether that's joining your school's Parent Teacher Association, hosting a basketball tournament, or organizing cultural events for the community. All those acts of selflessness should be honored because all of those acts take courage and commitment. I also think it is important we reflect on those who came before us that have inspired and encouraged us to take a leap of faith and get involved. Being angry about an issue is easy, but taking charge to change it, is a whole lot harder. I know that I would not be where I am today if it were not for those in the Latino community who believed in me and have supported me throughout the years."

Guerra is appointed for a term commencing April 13, 2023, and expiring December 31, 2026.

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CREDIT UNION

Resource fair aimed at Latinos coming to Saginaw on April 29

"Make a Choice to Take a Chance to Change" is the theme of an upcoming Latino Resource Fair, April 29, 1 p.m. – 4 p.m. at The Success Academy, 1000 Tuscola Street in Saginaw. The purpose of the event is to address needs in the Latino community and showcase local resources.

This free event features an interactive mental health workshop starting at 1:15 p.m. provided by Dr. Michael Ingram. Registration begins at 12:30 p.m. Also available will be blood pressure, blood sugar, and cholesterol screenings, along with HIV testing. More than 30 community non-profit organizations will be on hand to answer questions and share their services.

The event is open to the public. Participants will enjoy free chair massages provided by Therapeutic Hope and Your Healthy Balance Therapeutic Massage and may participate in chair yoga by Prem Yoga & Wellness Studio. The East Side Soup Kitchen will provide snacks and refreshments for all who attend and there will be prizes, giveaways and more.

Other partners in this event include Saginaw County Health Department which leads the HEC, CMU Medical Education Partners, Great Lakes Bay Health Centers, Therapeutic Hope, and K?Onda! Magazine. BWell Saginaw Health Equity Council (HEC), LLEAD, and the Mexican American Council are the event sponsors.

Contact Catherine Martinez at 989-393-4229 or email at cfs-saginaw.org for more event information.





+ COMMUNITY =

Tri-Star Trust President & CEO Gene Pickelman to retire

After a 45-year career in the finance industry, Tri-Star Trust President and CEO, Gene Pickelman, announces his plan to retire effective December 31, 2023.

Tri-Star was founded in 2000 with Larry Preston, Tim Clark, and Gene Pickelman joining forces to create a wealth management firm that offered comprehensive financial planning, total objectivity, and a desire to be integrated into the communities that it served. Preston, Clark, and Pickelman believed in the mission of simplifying life by creating wealth solutions through understanding. The foresight of these three individuals led to creating a firm that has grown to 4 locations and a team of 54 communityminded individuals serving over 2,000 clients.

"I have worked with Gene since the beginning," shares Tri-Star's Board Chair, Mark Flegenheimer. "He began his career as a founder and President and was named President and CEO in 2019. Under his leadership, we created a caring, lovingworkplace culture filled with opportunity, growth, and development. He keeps the client at the center of it all and creates winwin-win relationships. I have always valued his commitment to clients, the community, and all of Tri-Star's stakeholders."

While Gene will be stepping down from his day-to-day leadership role at Tri-Star, he will continue to provide guidance and support through various other avenues. In retirement, Gene will remain on Tri-Star Trust's Board of Directors, be a significant shareholder, and continue serving as the Tri-Star Charitable Foundation's President, of which he was a founding member. Gene will also continue to be a champion for the communities TriStar serves.

"Tri-Star's success is a team effort. It has been my honor and privilege to work alongside our dedicated and caring team, building relationships with world-classstrategic partners, developing our emerging leaders, and creating a culture that has led to an 85% employee satisfaction rating and 99% client retention," said Pickelman. "In preparation for my succession, we have cultivated and developed a



GENE PICKELMAN

solid leadership team to be the foundation of our future. The Board and I have selected Pavel Konecny, current Chief Financial Officer and Chief Investment Officer, as President and CEO, effective January 1, 2024."

Konecny joined Tri-Star in June 2018 as Senior Vice President and Chief Financial Officer. In his nearly 5 years with Tri-Star, he has taken on the additional role of Chief Investment Officer as well as overseeing IT, Human Resources, and market growth developments. In addition, he has proven to embody Tri-Star's higher purpose of building caring, genuine relationships that strengthen families and the community.

Before joining Tri-Star, Konecny served as Corporate Treasurer at Chemical Bank. He received his bachelor's degree in Business Management and Marketing-Management and his Master of Business Administration from Northwood University. He also holds a CFA designation. Konecny lives in Midland with his wife, Jana, and their son, Benjamin. He serves on the Saginaw County Chamber of Commerce Board of Directors, Great Lakes Bay Regional Alliance, and the Midland Country Club finance committee. He is a graduate of Leadership Saginaw and Leadership Midland.

"Tri-Star has changed me," shares Pavel Konecny. "The people here are different. I feel it. We care deeply, listen intently, and go above and beyond to serve our clients, the community, and each other. I am honored to have been selected as Tri-Star's next President and CEO. From operations to client interactions to our Board of Directors, TriStar's success is a team effort. The Strategic Team and I are committed to the mission and vision of Tri-Star and will continue to build on our strong foundation."





COURTESY PHOTO

Forgiving is a form of giving



By KEN H. SIMMONS, II
MANAGING DIRECTOR, KENZO
PROJECT MANAGEMENT

The title of my article this week is inspired by my church pastor, Andre Olivier, Senior Pastor of Rivers Church here in Johannesburg, South Africa. He has been preaching a series for the past few weeks entitled "Pain is Inevitable, Misery is Optional." His sermon this past Sunday was about how to deal with difficult people and being able to shake off offense. During the sermon

he said, "Practice being forgiving, it's a form of giving" as one way to deal with difficult people. That struck a chord in me, because it reminded me of what I was able to give by forgiving. In most cases that I can remember forgiving gave me something positive, something better, and in some special cases, it did the same for the other person.

Almost everyone has experienced being offended or wronged by someone, whether it be a former coworker, friend, or family member. Hanging on to those negative feelings can be detrimental to your health, and keep you from living a life free of unnecessary baggage. According to Harvard Health, in its article entitled, "The Power of forgiveness" there are two types of forgiveness: decisional and emotional. Decisional forgiveness involves a conscious choice to replace ill will with

good will, and emotional forgiveness involves moving away from those negative feelings and no longer dwelling on the wrongdoing.

Some people find it difficult to forgive due to their disposition. To get more comfortable with forgiveness, one way to do it is practice small acts in everyday life. For example, if a company representative is rude for no reason, use that moment to recognize the wrong, realize it wasn't directed at you personally, and forgive him or her on the spot. One of the best ways to practice forgiveness is with the REACH method, which was pioneered by Commonwealth Psychology Professor Emeritus Everett Worthington in 2006.

CONTINUES ON PG 15, FORGIVING



+ COMMUNITY

Continued from pg 14, Forgiving

The meaning of the acronym is: R = Recall the Hurt; E = Empathize with the Person Who Hurt You; A = Give an Altruistic Gift of Forgiveness; C = Commit to the Emotional Forgiveness That Was Experienced; and H = Hold on to Forgiveness When Doubts Arise. Each step in REACH is applied to a target transgression that the person is trying to change. The Bible teaches us, "Good sense makes one slow to anger, and it is his glory to overlook an offense" (Proverbs 19:11 ESV).

One of the most profound and lifechanging ways forgiveness benefited my life is when I forgave my parents, which I did separately because they were not together. I was raised in a broken home. My parents, both of whom are now with the Lord, got divorced when I was just 3 years old. I was raised by my father who got custody of me and my older sister, which was unusual especially in the late 1960s. My dear mother left our family home and relocated to another city miles away. My father was my hero and best friend growing up, and I only saw my mother occasionally when she came to visit. She would usually spoil me with gifts and treats, but we were not close emotionally. I thought of her as a nice older lady that would lavish me with gifts when I saw her and that was it. There was no affection and I did not feel an emotional bond between us. This is how I grew up, distant from my mother and loving my father, who I had put on a pedestal, with all my heart.

At the age of 20, after a near death experience, I wanted to strengthen the relationship with my mother and I sought to understand what happened between my parents. I was living with some close family friends that knew some of the history, and I spoke to my sister and other family to put the pieces together. What I learned about their courtship and early years of marriage gave me a new perspective and better understanding of my mother's choices and my father's decisions around the

time they got divorced. After that, I was able to forgive my mother because all those years I thought she didn't want me and abandoned me when she left and relocated. I started making a conscious and deliberate effort to build an emotionally strong, affectionate, and loving relationship with her. My relationship with my father at the time deteriorated and we were essentially estranged for about two years.

Eventually, I was able to forgive him, realizing that I put him on a pedestal, that he was only human, that he was a good man, an amazing father, and my best friend. Our relationship grew deeper and stronger, and there were no secrets between us. That remained the case for the next fifty five plus years until he breathed his last breath here with me in Johannesburg. We were together in the Motherland for more than thirteen years. My dear mother came for his funeral and never left. She decided to stay with me and

the family I had created, including the three grandchildren I gave her. After five great years together, the good Lord called her home. So, forgiving gave me and my parents deeper, richer, and stronger relationships between us that otherwise would not have been the case, and I will continue to cherish those bonds for the rest of my days.

If there is anyone you should forgive, take that step and do it even if the situation is nothing like mine, and you do not want or need that person in your life, it will give you closure and a sense of inner peace that is liberating. An excellent demonstration of forgiveness is when Jesus said, "Father, forgive them, for they do not know what they do" (Luke 23:24 NKJV) when he was crucified. If Jesus could do that, surely you can make the effort to forgive someone. Have a Happy Easter, and may God Bless you and your family. He is Risen!





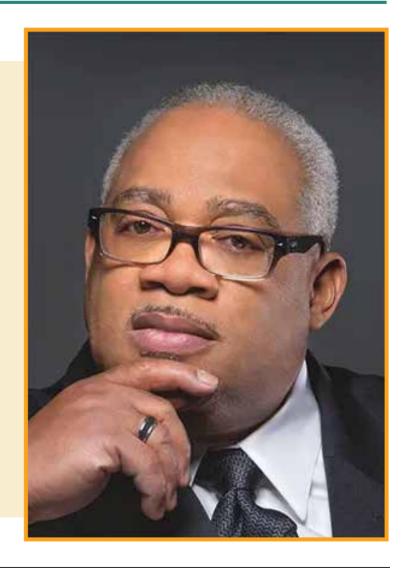
+ COMMUNITY



"Over the years of community service I have had interactions with many great Saginaw leaders. Most of them were driven by a fierce love for the city and an overwhelming commitment to the people. Few exemplified this more than Robert

Viera. From the halls of education, to the meeting rooms of community leadership, and the hands-on work of serving people, Bob was actively involved. He could be seen in a suit and tie in the morning and jeans and boots by the evening of the same day. I personally saw him as a fierce negotiator and humble servant. We served on several boards together, dealing with the difficult challenges of dwindling resources and escalating needs. Truly a leader and servant. His absence will be felt by many."

- Bishop Elect Hurley J. Coleman Jr., World Outreach Campus



Federal changes will affect Medicaid coverage.

Michigan Medicaid members: Federal changes could affect your program benefits and coverage.

Learn what the changes are and what they mean for you. Visit Michigan.gov/2023benefitchanges.





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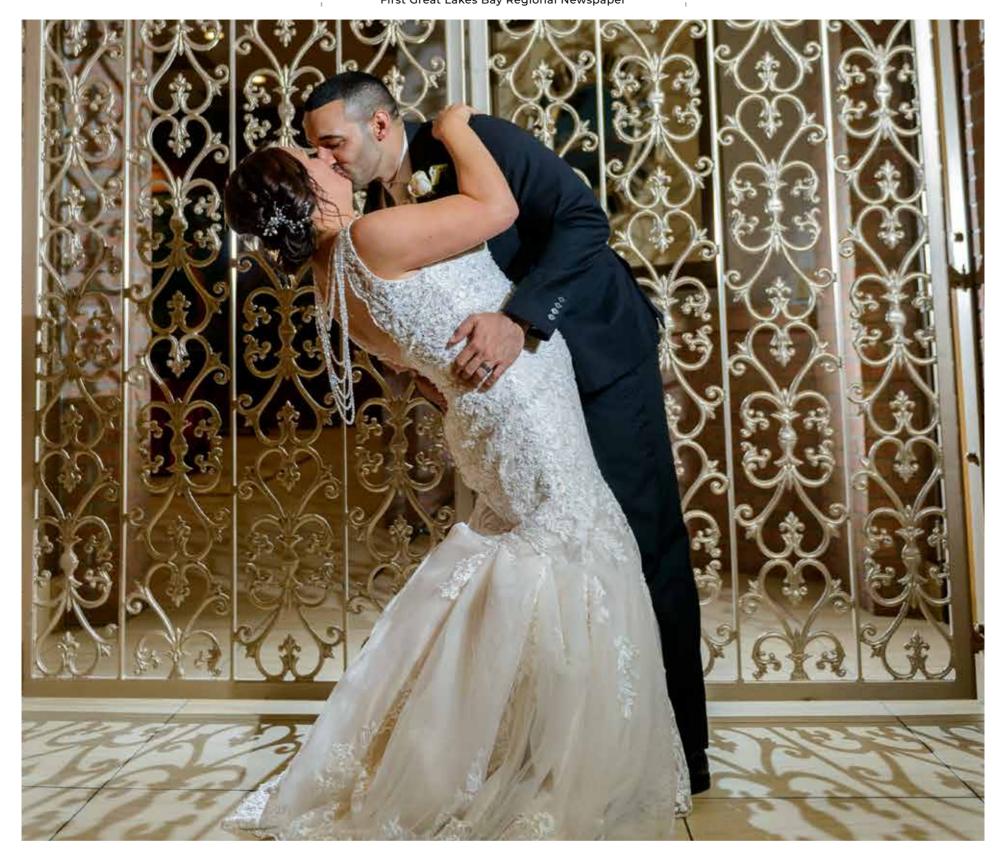


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Soup today, Della?

BY DOLORESE FALL-GRANT

We still have some chilly days remaining in early spring...

Split Pea Soup

Ingredients

- 1 cup split peas
- 1 cup cut shredded smoked turkey, or whatever meat you desire
- 2 medium-size potatoes
- 1 chopped onions
- 1 celery stick
- 1 large carrot

- 3 cloves of garlic
- 1 chicken bullion cube
- 1 tablespoon butter (1/8 of a stick)
- 1 teaspoon sugar
- Pepper and hot pepper to taste



Instructions

In sauce pan wash and drain peas.

Add the peas to boiling water and cook with chopped onions and carrot until peas are tender. Add all other ingredients to pot and cook/ Stir occasionally.

If too thick add more water and cook until peas melt.

+ COMMUNITY

THE BIRD'S EYE VIEW

A Season of New Beginnings

"New beginnings are often disguised as painful endings."

- Lao Tzo

An observant eye learns to appreciate everything created under the sun. It marvels in awe, watching year after year as one season dies and gives birth to another. Its vision sharpens as it starts to comprehend the natural order that it is subjected to. It pays close attention as Mother Nature recycles herself, giving dead branches beautiful, aromatic flowers with different colors and hues. Enlightenment takes place as it bears witness to a butterfly's wing emerging from its cocoon and begins to flutter in the warm, spring air, rejoicing in the majesty of the sun. This rejuvenescence is gifted to and understood by the biodiversity of our planet. Sadly, this display exposes how blinded we as humans have become to our spiritual inheritance as we fall further away from these principals.

The curse of death is one that has been passed to all mankind. Unfortunately, this is something that we just must accept.

The silver lining is, in most instances we can absolutely control what happens between our first birthday and the day we die. When that day does come, can you imagine what your epitaph will say? On your headstone, you will have a birthdate, a dash, and a death date. This very moment, because you are fortunate enough to be reading this, you are ABSOLUTELY living in your dash. The milliondollar question is: What are you doing with it? Are you working everyday to become better than you were the day before? Do you show love and compassion to others? Are you living in your truth? We live in a world today that keeps us so weighed down with its agenda that it makes it easy to lose sight of our true purpose, bringing glory to our creator by benefiting others. We need to become aware and accountable. We must undergo a spiritual realignment, if we expect to come out on the other side in overall physical and spiritual abundance. So again, I pose the question: What are you doing with your dash?

By JEROME BUCKLEY, II



Two Deaths, Two Resurrections

Like a thief in the night,
They fight for your life
A test of true will
Who's wrong and who's right

Should you lose the war And run with the fold You renege on the rights To your very own soul

Listen to the spirit within
You'll hear a battle cry
That can only be understood
The very instant you die

To validate your existence
In the physical form
You must understand the spiritual
Under a higher powers term

To raise up from the ashes And witness the slaying of this beast You must unite with the living One And submerge yourself in His peace



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COURTESY PHOTO

#TeamUp for the Great Lakes Bay Region grant program returns for 2023; Applications now open for local nonprofits

Local nonprofits can now apply for the 2023 #TeamUp for the Great Lakes Bay Region grant program, tournament officials with the Dow Great Lakes Bay Invitational announced today. Nonprofit organizations can apply online at www.dowglbi. com/community-impact through May 5. The LPGA tournament remains committed to donating to charities across the Great Lakes Bay Region and has awarded more than \$1.5 million to local nonprofits since its inception in 2019.

"Team Up for the Great Lakes Bay Region is at the core of our event's mission to enrich the region through charitable giveback," said Heather Gallegos, Director of Communications and Community Affairs at Dow. "We are proud of the support we have been able to provide to these organizations in our community and the larger overall impact these groups and this tournament are able to deliver throughout the Great Lakes Bay Region. We look forward to continuing to further that impact through this year's program."

Each year, #TeamUp for the Great Lakes Bay Region selects seven organizations across each of the region's counties (Saginaw, Bay, Midland and Isabella). An additional eight nonprofits are also selected based on the services they provide on a regional level. Since 2019, the tournament's charitable giving programs have supported more than 60 nonprofits across the Great Lakes Bay Region, such as For A Brighter Tomorrow of Midland County. The nonprofit was awarded a bonus donation of \$11,000 after last year's event for being paired with the 2022 Dow Great Lakes Bay Invitational Champions, Jennifer Kupcho and Lizette Salas.

"We were very excited to team up with a powerhouse LPGA team such as Lizette Salas and Jennifer Kupcho at the Dow Great Lakes Bay Invitational," shared John Billinghire, board member of For A Brighter Tomorrow. "Our organization was on the course volunteering and cheering on our LPGA teams. This program has injected monies directly into our community in a concerted effort to help at risk citizens. Together, with this funding, we have saved lives!"

All 501(c)(3) nonprofit organizations in the Great Lakes Bay Region are invited to apply. Nonprofits will be chosen based

on their organization's impact to science, technology, engineering and math (STEM) education; sustainability; diversity, equity and inclusion (DE&I); community resiliency; and/or innovation. Once selected, each of the 36 nonprofits will be paired randomly with two of the 72 teams competing in the 2023 LPGA event. A total of \$237,500 will be donated through this program with each selected nonprofit guaranteed to receive at least a \$4,500 grant. Additional grant opportunities will be announced at a later date.

Selections are expected to be announced at the beginning of May. Tournament staff will continue to #TeamUp with the Midland Area Community Foundation, Bay Area Community Foundation, Saginaw Community Foundation and the Mt. Pleasant Area Community Foundation and the Dow Great Lakes Bay Region Grant Team to manage the program.

The Dow Great Lakes Bay Invitational will return to Midland Country Club July 17 – 22, 2023. Visit www.DowGLBI.com for more information about this year's event



Saginaw Promise Golf Outing

THURSDAY, AUGUST 17, 2023 SAGINAW COUNTRY CLUB

(4465 Gratiot Rd, Saginaw MI 48638)





EVENT SPONSOR • Foursome with carts • Sponsor name displayed at event and recognized at dinner • Opportunity to welcome & address golfers prior to "shot gun start" • Opportunity to host a golf activity on course or display table near registration • Name listed on Saginaw Promise website • Hole Sponsorship DINNER SPONSOR • Foursome with carts • Sponsor name displayed & recognized at dinner • Opportunity to welcome and address golfers at dinner • Opportunity to host a display table at dinner • Opportunity to host a display table at dinner • Name listed on Saginaw Promise Website	ORTUNITIES - REGISTRATION aw Promise Programming & Scholarships CART SPONSOR • Sponsor name on golf carts and listed on the Saginaw Promise website DRIVING RANGE SPONSOR • Name displayed at event and announced at dinner HOLE SPONSORS • Sponsor name and or/company logo on hole and listed on the Saginaw Promise website • Recognized at dinner PRIZE DONATIONS WELCOME All prize donations will be recognized at the event and
 LUNCH AT TURN SPONSOR Foursome with carts Sponsor name displayed at "Lunch at the Turn" and recognized at dinner Opportunity to host golf activity or display table Name listed on Saginaw Promise website REGISTRATION 8:45 - 9:45 AM Four Person Scramble - Includes: 18 Holes Chips at the Turn, Barbecue Buffet Direction	Sponsors: Please email your company logo to DSanchez@SaginawPromise.org. EPS or hi-res JPG preferred. SHOTGUN START 10:00 AM swith Cart, Driving Range, Hot Dog & inner and Awards Presentation
GOLF PER PERSON - \$165 Contact Name:	GOLF FOURSOME TEAM - \$660 Contact Phone:
Address: City: Email:	State: Zip:
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Deadlines >

Sponsors: Respond by August 9, 2023 **Golfers**: Sign up before August 10, 2023



+ COMMUNITY

City provides more details on Home Rehabilitation Program

At the April 3 City Council meeting, Yolanda M. Bland, Director of the Office of Management and Budget/Community Services, provided an update on the Saginaw Home Rehabilitation Program. The City of Saginaw would like to share this information with city residents who may qualify for assistance through the program.

The ARPA Home Rehabilitation Program utilizes ARPA funds to provide home rehabilitation assistance on owner-occupied dwellings in the City of Saginaw. In September 2022, City Council approved \$3.8 million in ARPA funding for this program, which will be rolled out in various phases to include improvements to furnaces, roofs, and windows to qualified applicants. Phase I-Furnaces was launched in December 2022. To date, the City of Saginaw has completed the installation of furnaces in over 48 homes and has begun the inspection and installation process on an additional 157 homes. We anticipate spending \$1 million of the allocation on Phase 1-Furnaces.

The City will begin accepting applications for Phase II–Roofs from April 22 through April 29, 2023. To complete an application, City of Saginaw residents can attend one of our Open Application Events on Saturday, April 22 or Saturday, April 29 from 10 a.m. to 4 p.m. in City Hall Council Chambers, Room 205. Residents needing special accommodations can also schedule an appointment with city staff starting Monday, April 24 through April 28 from 8 a.m. to 3 p.m. To schedule an appointment or for more information, please contact 989-577-0184 or email ARPASERVICE@ saginaw-mi.com.

Criteria for the Saginaw Home Rehabilitation Program are as follows:

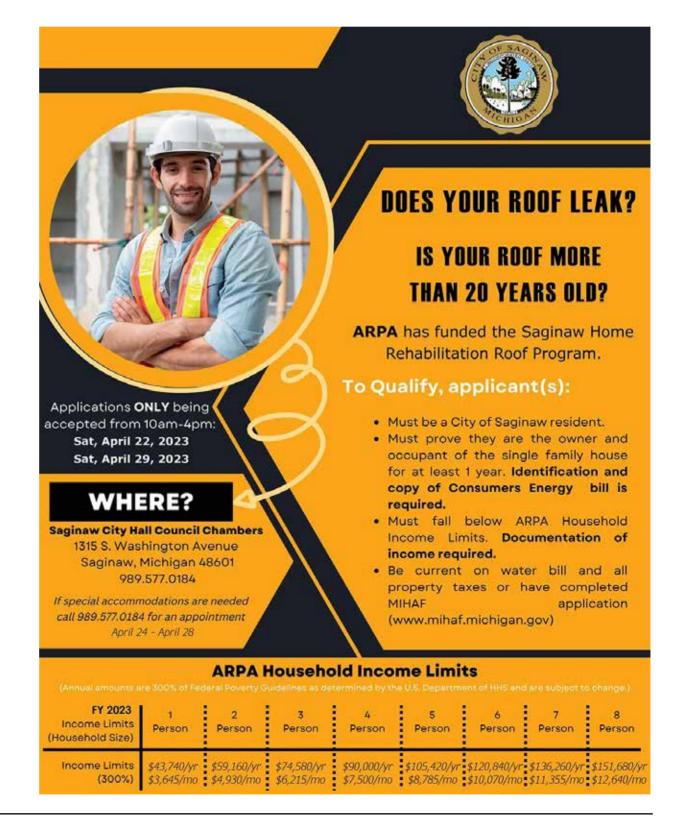
- Must be a City of Saginaw resident
- Must prove residency for (1) year at the dwelling –this is accomplished by way of a copy of the deed and current utility bill.
- Must fall below ARPA Household Income Limit –which is 300% of

Low to Moderate Income (LMI) levels as established by the ARPA Act. –Documentation of income is required

- Must be current on all property taxes and water fees or have a completed Michigan Homeowner Assistance Fund (MIHAF) application number
- Due to limited funds, selection will

be based on lowest income and/or need

The program will be managed by the Office of Management and Budget/Community Services—Community Development Block Grant Division, along with Neighborhood Services and Inspections. Collectively, these departments operate the city's Basic Needs Program.





+ FAITH BASED





MINISTRY WITHOUT WALLS - 3783 MANNION RD, SAGINAW, MI 48603

Join us at Ministry Without Walls

By PASTOR JOHN DUNN

MINISTRY WITHOUT WALLS

Ministry Without Walls recently returned to our building at 3783 Mannion Road with a new vision. The last couple of years, the direction of the world, and the pandemic starting with Covid have all certainly become eye openers. After seeking God for His direction and His will, we are expanding our vision. Today, we clearly understand that the Church is our community.

The assignment that God has given to us is to "Break Down Walls", bringing both spiritual and those who work in the community together.

Our vision is for Ministry Without Walls to be:

- A place where the Spirit, Soul and Body becomes whole
- A place where resources are available to those in need
- A place where church, volunteers

and community professionals work together to accomplish the will of God.

- A place where love flows, and judgement is absent
- · A place where privacy is protected
- A place where safety is a priority
- A place where the whole person is important

Our ongoing teaching and seminars will include:

- Outreach
- Growing Spiritually
- Mental Health
- Healthy Living
- Finding Purpose
- Money Matters
- Entrepreneurship
- Boys to Men
- Women of Wisdom
- Discipleship

We understand that the mission field is not a country far away. It is around the corner, down the street, in our community. We also know that the vision given to us will not be easy to accomplish. We know that we can not do it alone. It will take a "village".

We are committing our resources, time, talents, people, and our connections to tear down the "walls of the church".

If our vision is connecting with you on some level and it appeals to you and sounds like something you might want to be a part of, we invite you to join us at 11:00 on Sundays to meet us personally so we can answer any questions you might have.

God bless You, come experience for yourself, Join us!!

Pastor, John Dunn Ministry Without Walls 3783 Mannion Road Saginaw, MI 48603



+ FAITH BASED

MICHIGAN BANNER
SERMONETTE SERIES



By MINISTER CAROLYN CARTER TOWNSEL

Proverbs 3:5-6 are beloved, favored, memorized and quoted within the Christian faith. They are viewed as a foundational pair of comforting verses that ushers in comfort. Although, these verses appear to be low key, they are in fact power-packed and presents a life changing message "To trust in the Lord with all thine heart." It is here in these sacred words, we are taught to include God in everything we do, and in doing so we will stay on the right path.

Additionally, these verses instructs us to trust God with "all" our hearts and not to depend on what we know or think we know. Often, there are those in the body of Christ, who are governed by the frame of mind if it looks right, feels right, sounds right, then it must be right. However, Scripture rejects this ideology in Proverbs 14:12 "There is a way which seemeth right unto a man; but the end thereof are the ways of death" (ASV).

Throughout, the Book of Proverbs Solomon introduces many teachings



and commands that will ensure a full life and well being if adhered to. Solomon supplies three powerful tenets within Proverbs 3:5-6. First, he commences with, "Trust in the Lord with all thine heart." The term trust in Hebrew means to lie down on, to put your entire weight on something. In essence as Christians we are to totally commit our spirit, soul, and body to the Lord. As we trust God for our salvation, we are to trust Him in the same manner with the direction of our lives. The word heart relates to the scope to which we are to trust in God. It also specifies the location of where our trust should be, and that is the center of our being. Ultimately, we are to trust God with everything we are and everything we have – no exceptions.

Secondly, "And lean not unto thine own understanding." To lean is not just to recline against, but rely on something for support to stay upright. As Believers, we must not only comprehend this critical precept, but also acknowledge regardless of what happens in our lives; great or small, significant or what is assumed to be insignificant we are not to trust in own human understanding, instincts, or opinions. The world teaches that man has the ability to handle any-

thing that comes his way, which is erroneous. For Jeremiah declared, "Oh Lord, I know that the way of man is not in himself, it is not in man that walketh to direct his steps" (10:23 KJV).

Thirdly, "In all thy ways acknowledge him, And he shall direct thy paths." We are to acknowledge the Lordship of Christ. There should not be an area of our life that is not surrendered to and controlled by Christ. It is through our acknowledgement of Christ in "all" our ways, that He fulfills His promise and directs our path.

Beloved to "Trust in the Lord" becomes a reminder, that God sees the entire picture and knows what lies ahead of us and also what we do not see. If you trust God with all your heart, you will not lean on your own understanding. If you don't lean on your own understanding, you will acknowledge God. If you acknowledge God, He will direct your paths. If God directs your paths, you can trust that direction with all your heart. Remember The Promise Is Conditional...

Blessings To All



+ FAITH BASED





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= + CHURCH DIRECTORY





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Christ Fellowship Baptist Church

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Christ Image Community Church

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



Life in Christ Ministries

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Messiah Missionary Baptist Church

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



Ministry Without Walls

Pastor, John Dunn 3783 Mannion Road Saginaw, MI 48603



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 Birth Missionary Baptist

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



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New Mt. Calvary Baptist Church

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Prince of Peace Baptist Church

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



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Resurrection Life Ministries Full Gospel Baptist Church

Pastor Carolyn L. Wilkins 2320 Sheridan Avenue Saginaw, MI 48601 989-395-3142





Saint Paul Baptist Church

Rev, Dr., Vincent D. McMillon 120 North 15 St. Saginaw, Ml. 48601 stpaul2@yahoo.com Facebook: St Paul MBC Family Connection



Second Baptist Church

Pastor-Elect Marcelle T. Smith 1770 W. Youngs Ditch Rd. Bay City, MI 48708 989-893-8631



Transforming Life Ministries
Pastor William Brown
523 Hayden
Saginaw, MI 48601
989-754-9573



True Vine Baptist Church

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





United Missionary Baptist Church

Rev. Cedric Nickson 4290 Lamson Street Saginaw, MI 48601 Church: 989-759-9411 Pastor 810.223.2987



Victorious Belivers Ministries Church

Pastor Chris V. Pryor 624 S. Outer Dr. Saginaw, MI 989-755-7692





World Outreach Campus of Greater Coleman Temple Ministries

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Zion Missionary Baptist Church

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



= + FUNDRAISING GOODTIMES =

Now under new fundraising management

By MEL AND PEARL SHAW

The board of Just Our Luck Youth Services is not happy with the organization's fundraising results. The board chair pounds her fist on the table, declaring, "I am sick and tired of hearing excuses every year. We never meet our fundraising goals. Something has to be done." Trying to distract from where she believes the conversation may be headed the executive director interrupts with, "we would hit our goals if the board would give and fundraise. You can't expect staff to do everything." Quickly the board chair retorts, "Well then, why do we have staff?" Oh, this is going to be a round of finger pointing. Where will it end, and what will most benefit the young people served by Just Our Luck.

If you've been part of a discussion such as the above, you know that changing an organization's fundraising program can be contentious, and too often isn't addressed until reality cannot be avoided. When you come to this crossroads, we suggest taking positive action: put your fundraising program under new management. This shifts the focus from who is responsible for what has happened in the past, to what can be done differently going forward. Get out of the same-old-same-old nonprofit fundraising mode and treat your fundraising shop as if it is a new, proud, startup ready to take on the world. Organize your fundraising as you would organize the launch of a new business. Make promises to your donors and funders – and get busy fulfilling them.

Here are things your fundraising team should be able to deliver. The most important is accessibility. You simply cannot be too busy to communicate with current or prospective donors and funders. Be accessible and intelligent: know what you are raising money for and why. Add the following to the mix: accurate data management, an engaged and committed board, higher skilled administrators and staff, and in-

creased transparency and accountability. Prioritize creating a donor friendly environment that offers donors and funders more ways to invest and become engaged. Create up-to-the-moment special evets that are new and fun - no more of the same old chicken dinner and silent auction. Double up on that creativity and pour it into your stewardship program. Banish the days of a thank you letter and gift receipt followed by another solicitation. Engage the young talent that surrounds you organization and ask for their opinions on how to make donors and funders feel valued and appreciated. Draw in creatives and those who are focused on the bottom line. Then share the responsibility for implementing what you agree on. Importantly, you may need to seek out an individual with a higher level of fundraising and fund development experience to run your program. Someone who can both look at the big picture and advance the details. When things are going as planned you need to take corrective action. It just might be that you need to operate under new management.



Copyright 2022 - 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.





COURTESY PHOTO

Healthy heart event brings free screenings to Saginaw region

Ascension St. Mary's will be hosting a Healthy Heart event on Saturday, May 6, at Ascension St. Mary's - Riverfront, 1015 S. Washington Avenue in Saginaw. Nearly half of all U.S. adults have some type of cardiovascular disease according to the American Heart Association, such as coronary heart disease, heart failure, stroke or high blood pressure.

The Healthy Heart event is a day devoted to heart disease screening and prevention. Participants will have access to no-cost heart screenings with on-the-spot results and one-on-one conversations with a doctor to review their individual situation. Events will take place beginning at 7 a.m. and participants should arrive by 11 a.m. to receive a screening that includes:

Electrocardiogram (EKG): Measures the heartbeat's electrical activity. Electrodes with adhesive pads are attached to the skin of the chest, arms and legs.

- Blood pressure screening: Measures the pressure the blood is exerting against artery walls. A blood
- pressure cuff is used.
- Body Mass Index (BMI) reading: A calculation to identify whether an adult is at a healthy weight.
- Blood glucose test (no fasting required): Measures blood sugar levels which may help to determine
- diabetes. A finger prick is required and a glucometer is used.
- Heart and stroke risk assessment: May determine the likelihood of developing heart disease, heart

attack or stroke in the future. A questionnaire is used.

A physician will review test results with participants on-site and discuss risk factors as well as recommendations for improving heart health. There will also be an area with health displays about heartrelated topics including stroke risks and more.

All are welcome and no registration is required. Individuals need to arrive by 11 a.m. to receive the screening.

If additional screenings, tests or treatments are needed outside of the no-cost screenings (for example, should you be having a medical crisis and treatment is necessary) that treatment is not considered part of the free screenings.



MICHIGAN BANNER

First Great Lakes Bay Regional Newspaper















IAN GONZALES, MD

BABATUNDE BABALOLA, MD

KEVIN ORLOSKI, MD

MARGARET SNOW, MD

JENNIFER WEEKES, MD

M. SOHAIL JILANI, MD

A team of physiatrists with specialized training and experience in rehabilitative care have joined Dr. Sohail Jilani, medical director of the Mary Free Bed at Covenant HealthCare Physical Medicine and Rehabilitation Program.

Our inpatient program now serves children and adults with complex conditions, such as brain injuries, multiple trauma and spinal cord injuries. Outpatient services include follow-up care for former inpatients as well as treatment for common diagnoses, including back pain and disorders of muscles, tendons and bones.

For more information and referrals, please call 989.583.2720 (Outpatient Practice) or 989.583.2817 (Inpatient Rehabilitation).



MaryFreeBedatCovenant.com 700 Cooper, Suite 1100, Saginaw, MI 48602 GPS Address: 1100 Cooper, Saginaw, MI 48602



First Great Lakes Bay Regional Newspaper

APRIL 16, 2023

+ EDUCATION



COURTESY PHOTO

It is time for state testing



By CRAIG DOUGLAS RETIRED EDUCATOR

It has been nine years since the State of Michigan moved from the old paper / pencil tests (MEAP) to the Michigan Student Test of Educational Performance (commonly abbreviated as M-STEP), which are multiple tests given largely online.

M-STEP tests are taken by students in grades 3 through 11 to measure student achievement in reading, math, science & social studies. The tests are administered in a school or classroom by school personnel. This included the SAT given cost-free to juniors on April 12th, used for entrance and scholarship applications at many institutions of higher education.

I would like to highlight some ways

to help students prepare for the M-STEP tests that are currently underway.

1) Practice!

Encourage doing practice tests ahead of time that are geared to the student's age level. They are available many places, including the child's school / classroom and on the web. For example, 5th, 8th, and 11th grade students are tested in science. The Michigan Department of Education have practice test items in science for students to go over ahead of the testing. This is true for other subject levels and other grades.

I believe taking practice tests help students feel more confident and prepared for success. If nothing more, it helps students to see the test's directions.

2) Prepare physically and mentally ahead of time.

Make sure students are well-rested,

have a positive outlook, and are well-fed on the days leading up to and on the days of testing. It is well-documented that students perform better when they get enough sleep and are not hungry. Having a good attitude helps tremendously; the testing periods may seem long and arduous for some students, and being able to push through periods of boredom or fatigue may make a significant difference in results.

3) Keep the bigger picture in mind.

To reduce anxiety, assure students that M-STEP and SAT are snapshots of where they are at right now academically. They are not "in stone" and should not be viewed as huge deal-breaking events.

Stay calm. Reinforce a "big picture" that they have worked hard and this is just "one more thing" to document it. And do your best to get used to it: These are given every year.

Best of luck to all during State testing!!!

Resource:

https://www.michigan.gov/mde/ services/student-assessment/m-step

https://www.michigan.gov/mde/-/media/Project/Websites/mde/OEAA/Assessment-Calendars/Spring-2023-Summative-Assessment-Calendar.pdf?rev=83027132efdd4cd48ab21d78a2f2de6b&hash=30B05EA478859D2AFA1F90C4E1360EB3

https://www.michigan.gov/-/
media/Project/Websites/
mde/2018/02/28/2018_MSTEP_
Annotated_Sample_Items_test.pdf?rev=
47ae57c65a914f3aba32dacb995066c5



+ EDUCATION

SVSU biology professor named Michigan Distinguished Professor of the Year

A Saginaw Valley State University professor has earned statewide acclaim for his exemplary teaching and research. Art Martin, professor of biology, has received the Michigan Distinguished Professor of the Year award from the Michigan Association of State Universities. The award recognizes the outstanding contributions and dedication exhibited by the faculty from Michigan's 15 public universities to the education of undergraduate students. He is one of three professors in the state to receive the honor.

"Dr. Arthur Martin exemplifies the qualities that make a professor stand out from their peers," said Dr. Daniel J. Hurley, CEO of the Michigan Association of State Universities. "His dedication to undergraduate instruction and efforts to deeply engage and empower students in important research projects are ample evidence of his commitment and leadership."

"I was shocked to hear about this great honor," Martin said. "There are so many great faculty at SVSU and across the state who put their heart and soul into providing students with unique and empowering educational experiences. I am very proud of the successes of all of my students during my time as an educator. I am very appreciative to have been awarded this honor, and I will continue to work diligently with my colleagues to find new and creative ways to inspire future generations of students and biologists."

Martin joined the SVSU faculty in 2008. He incorporates experiential learning in his teaching by taking the SVSU mobile lab into underserved communities to work with youth or taking undergraduate students to the Cayman Islands to learn about reef biology. Each year, he takes undergraduate students to national and international academic conferences and has received many grants supporting undergraduate research.

Martin took the lead on a six-year process of curriculum development that led to major improvements to the biology cur-



ARTHUR MARTIN

riculum for all students. While he was the department chair, Martin instituted a new assessment system that obtains annual data on undergraduate learning. He also developed a required seminar when he saw gaps in student preparation for postgraduation employment. He has also created several other lower division undergraduate courses that promote writing and presentation skills development.

"Not only is Dr. Martin a committed teacher of undergraduate students, he also is a leader in his field helping bridge curriculum and practical field experience for students," said Deborah R. Huntley, SVSU provost and vice president for Academic Affairs. "His dedication to both working individually with students and engaging them in the scientific process, as well as developing and innovating curriculum that impacts many more students, truly makes him deserving of recognition as the Michigan Distinguished Professor of the Year."

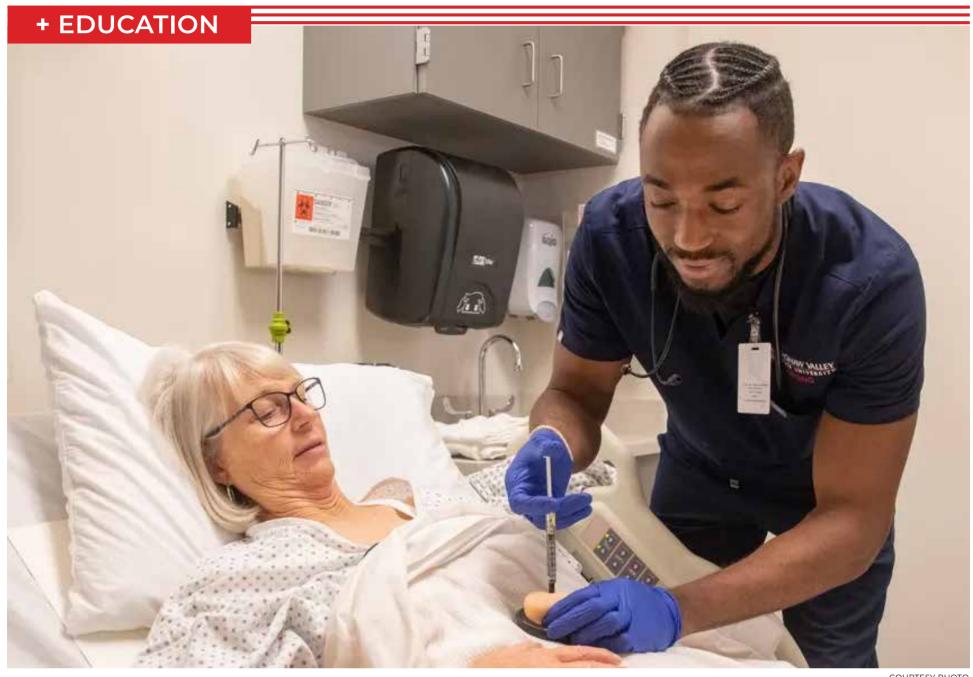
In addition to his award-winning teaching in the classroom, Martin has mentored 30 undergraduate students in his career at SVSU so far. Many of these students are professionals in biology-related careers and have earned advanced degrees: five doctorates, four master's degrees, four medical degrees and three degrees in veterinary medicine. The others are in postbachelor's programs. As a mentor, Martin has helped the students develop, implement and analyze biological research and the presentation of their research at national conferences such as the Society of Integrative and Comparative Biology and regional conferences such as the Michigan Academy of Science, Arts and Letters. He has also co-led the development of student gathering events that promote student interactions.

In 2021 Martin received SVSU's most prestigious teaching award, the Franc A. Landee Teaching Excellence Award. He has received grant funding from the National Oceanic and Atmospheric Administration – Bay Watershed Education and Training Program, the Kawkawlin River Watershed Association and a subgrant from the National Science Foundation. Within the community, he has shown leadership and dedication through the Saginaw Bay Environmental Science Institute that has engaged undergraduate students, high school teachers and students, and community members in important scientific research.

Martin earned his Bachelor of Science in biology from Siena Heights University and his Ph.D. in biological sciences from Bowling Green State University.

The two other 2023 recipients include Dr. Anna Spagnuolo of Oakland University and Dr. Amy Cohn of University of Michigan.





COURTESY PHOTO

SVSU and Kirtland Community College strengthen partnership to grow the nursing talent pipeline, provide better patient care

Saginaw Valley State University and Kirtland Community College in Grayling continue to build on their partnership to increase the talent pool of nurses in northern Michigan.

The two institutions have been working together for years to expand nursing education opportunities for students who wish to complete a bachelor's degree in nursing. Through the ADN to BSN program, Kirtland students who are pursuing an Associate Degree in Nursing (ADN) are able to concurrently work on a Bachelor of Science in Nursing (BSN) accredited by SVSU.

Now, under a plan developed by the State of Michigan, Kirtland Community College will receive a \$2 million grant to administer the program in collaboration with SVSU. With this financial support, Kirtland will add staff, further develop nursing facilities and equipment, provide professional development for current instructors, and create scholarships to help students cover costs of courses. With these additions to the SVSU partnership, Kirtland will be able to now provide all necessary learning for a bachelor's degree from SVSU at its Grayling campus.

"SVSU is thrilled to be expanding our

longstanding relationship with Kirtland Community College," said Marcia Ditmyer, dean of SVSU's College of Health and Human Services. "Now it will be even easier for Kirtland nursing students or nursing alumni to achieve their dream of obtaining a BSN from SVSU. Both institutions are excited about the role this partnership plays in preparing BSN-prepared nurses that will help improve quality of patient care."

CONTINUES ON PG 37, SVSU/KIRTLAND CC



+ EDUCATION

Continued from pg 36, SVSU/Kirtland CC

Beginning this fall, Kirtland and SVSU will be building onto their partnership by:

- creating an additional 3+1 ADN to BSN program.
- providing students with success coaches and tutoring options.
- hiring additional instructors to teach at Kirtland to minimize travel between campuses as students complete their degree.

"These new additions to our partnership will allow students yet another avenue to obtain their BSN and provide additional resources for support," said Amy Polzin, Kirtland Community College's director of nursing. "This will only strengthen our already existing partnership as the students will have more than one option to obtain their BSN."

Created to serve students attending a community college such as Kirtland, the partnership with SVSU provides additional pathways for students who want to continue their education after completing an associate's degree. Kirtland's current partnership with SVSU stands out as front-runner in providing the medical profession with higher educated nurses in a field needing employees, and ultimately resulting in improved patient care.

"By having this partnership, we are opening the door for people to conveniently obtain a BSN," said Kirtland Community College President Dr. Thomas Quinn. "We are providing students who work and have obligations outside of academics a chance at obtaining their BSN, when before that may have not been an option."

The new 3+1 pathway program created by Kirtland and SVSU will allow students to focus on pre-requisites, ADN-specific course work, and nursing licensure before taking BSN courses through SVSU.

"This allows students to get our courses completed first, then frees them up to focus specifically on SVSU courses needed to finish their BSN degree," said Quinn. "A focus behind the new 3+1 BSN program is to further increase opportunities and chances for students to gain their degree by eliminating stress."

Ditmyer said attainment of the bachelor's degree offers registered nurses a comprehensive, holistic professional education focusing on best practice, community health, leadership and process improvement as it relates to patient safety and quality care.

The partnership between Kirtland Community College and SVSU increases support, pathways and facilities as the two institutions collaborate to deliver excellence in nursing education.

SVSU and Kirtland are among many Michigan institutions participating in this program to expand nursing education opportunities throughout the state. Under the \$56 million initiative, which is included in the fiscal year 2023 state budget, community colleges can receive funding to partner with a four-year college or university. This collaboration will include input from local employers and workforce development agencies. The Michigan Department of Labor and Economic Opportunity will administer the grant.

Saginaw Valley State University is a

comprehensive university offering more than 90 programs of study, including one of the largest undergraduate nursing programs in the Midwest. The university has maintained high standards of instruction and clinical preparation. In 2022, SVSU nursing students recorded a remarkable first-time pass rate of 92% on the national licensing exam (NCLEX), which nurses must pass to enter the nursing profession.

Kirtland Community College has been inspiring excellence for over 50 years and offers courses in Grayling, Gaylord, and online. Our Mission at Kirtland is to provide innovative educational opportunities to enhance student lives and build stronger communities. Through our offered educational programs, we believe Kirtland will be the first choice for learner-centered education guiding students and communities toward success. For more information about Kirtland Community College, visit Kirtland.edu, or call (989) 275-5000.



KIRTLAND COMMUNITY COLLEGE





COURTESY PHOTO

SPONSORED CONTENT

Despite staffing challenges, Saginaw Intermediate School District's Early Childhood Department continues to provide students and families across the Great Lakes Bay Region with a variety of resources!

Despite staffing challenges, Saginaw Intermediate School District's Early Childhood Department continues to provide students and families across the Great Lakes Bay Region with a variety of resources!

The Saginaw ISD Early Childhood Services Department provides an array of resources for children and families throughout Saginaw County including home visits, preschool programming, and community support. Programs are designed to strengthen families by providing high-quality learning environments and support for their children while sharing access to essential family resources. Our programs include the following:

- Birth-5
- Early On
- Great Start Collaborative
- Great Start Readiness Program
- Great Start to Quality Eastern Resource Center
- Healthy Families America

- Head Start/Early Head Start
- Michigan Adolescent Pregnancy and Parenting Program (MI-APPP)
- Michigan Tri Share Child Care Program

Our largest programs encompass our preschool programming. The Early Head Start (EHS) program serves 156 students

CONTINUES ON PG 39, SISD



+ EDUCATION

Continued from pg 38, SISD

in 6 classrooms and several homes while our Head Start (HS) program serves 859 students in 51 classrooms and 17 sites. Our Great Start to Readiness Program (GSRP) serves over 1,100 students across Saginaw county in local school districts, community based organizations and charter schools. These programs are essential to providing our youngest, most vulnerable learners the experiences they need to build a firm foundation for future academic success. It's impossible to do this alone and we value our partners at the local, state and federal level helping us in our pursuit for funding, support and legislative advocacy for high quality services.

Despite staffing challenges, SISD continues to keep the provision of these services at the forefront of what we do. These challenges are not prevalent just in our county, but across the state of Michigan. Research shows that the early foundational years of a child's life are of the greatest importance due to (but not limited to) the following:

- There are 700 to 1,000 new neural connections forming every second in a child's brain,
- Genetics in addition to life experiences help shape the developing brain,
- The foundation is key for future cognitive abilities, and
- Vocabulary at age 3 can predict 3rd grade reading achievement.

Implementation of high quality programs depends on a quality workforce. Providers locally and across the state know all too well the challenges we have and continue to experience being able to recruit and retain highly qualified staff. We are in need of individuals with a passion to provide much needed services to our students and families across Saginaw County. We encourage you to review the Saginaw ISD current preschool openings at www.sisd.cc and select "Join Our Team!" at the top right corner of the

page to see all of our openings for the following positions:

- · Head Start Lead Teacher
- · Head Start Associate Teacher
- Program Service Aide
- Home Visitor
- · Early Head Start Lead Teacher
- Family Service Advocate
- Program Support Secretary

The credentials required for these positions range from a high school diploma to advanced degrees and certifications. Below you will find a list of our sites as well as our partner sites providing EHS, HS and GSRP services. If you have any further questions, please feel free to contact Dr. Ericka Taylor at (989) 399-7423 or by email at etaylor@sisd.cc. Please, join our team in providing much needed services to the children and families within Saginaw County!

Early Head Start/Head Start Locations

- Adams Avenue
- Arrowwood Elementary
- Birch Run (North Elementary)
- Birch Run Annex
- Brucker
- Brunkow
- Building Blocks Child Care & Preschool Center
- Chesaning
- Claytor
- Hemmeter
- Jerome
- Kinder Kare Center
- Merrill
- Murphy Farm
- Saginaw Career Complex
- St. Peter & Paul
- Valley

Great Start to Readiness Program Locations

- Birch Run Area Preschool
- Bridgeport-Spaulding Preschool
- Building Blocks Childcare & Preschool Center
- Carrollton Early Childhood Center
- Chesaning Union Schools Latchkey and Preschool
- EduPlay Discovery Center
- Francis Reh Public School Academy
- Hemlock Child Development Programs
- Merrill Community Child Development Center
- Michigan Child Care Centers, Inc.
- Roaring Lions Learning Center
- Saginaw Preparatory Academy
- Saginaw Public Schools
 - Arthur Eddy Academy
 - Henry Doerr Early Childhood
 - Herig PreK & B/ATB
 - Kempton PreK & B/ATB
 - Jessie Loomis Preschool
 - Merrill Park PreK
 - Rouse PreK
 - Stone Preschool
 - Zilwaukee Prek & B/ATB
- St Charles Children's Center
- Wee Care Christian Children's Center

¹Head Start Program Information report (2019-2020); Kids Count Data Book (Michigan, 2021); U.S. Bureau of Labor Statistics, Occupational Employment Statistics (2020); Great Start Readiness Program State Evaluation Annual Report (2019-2020).







PLEASE FILL OUT ONE FORM FOR EACH STUDENT IN FAMILY

Please use this form for:

- 1. INTENT TO RETURN: Student returning for the 2023-24 School Year to SPSD
- 2. EXPRESS ENROLLMENT: New incoming Kindergarten/PreK Students or older students new to SPSD

After submitting, your child's school will contact you for further information or instructions.





Business & community events beyond compare.

When you choose HORIZONS, our team will customize the details for your business function to fit your unique needs and budget. Your event coordinator will be with you from start to finish, helping plan for every eventuality, and your personal banquet manager will be on hand during the event to ensure its success.

Get in touch with one of our event coordinators today!





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+ EDUCATION

Delta College, Saginaw Public Schools partner to resolve teacher shortage

Saginaw Public Schools and Saginaw Intermediate School District are partnering with Delta College, Saginaw Valley State University, and the Department of Labor to fill teacher vacancies with skilled educators - a reflection of a nationwide shortage.

The programs encourage individuals already working in the school district to pursue formal educational training and return to begin teaching. One hundred percent of the funding is possible through grants – eliminating tuition, books, or fees for individuals in the program.

"With the apprenticeship program it will allow for us to take our own staff that are teacher aides and other support staff that currently already work for the district

and train them to become certified teachers," Tiffany Pruitt, executive director of human resources of labors relations, told WNEM.

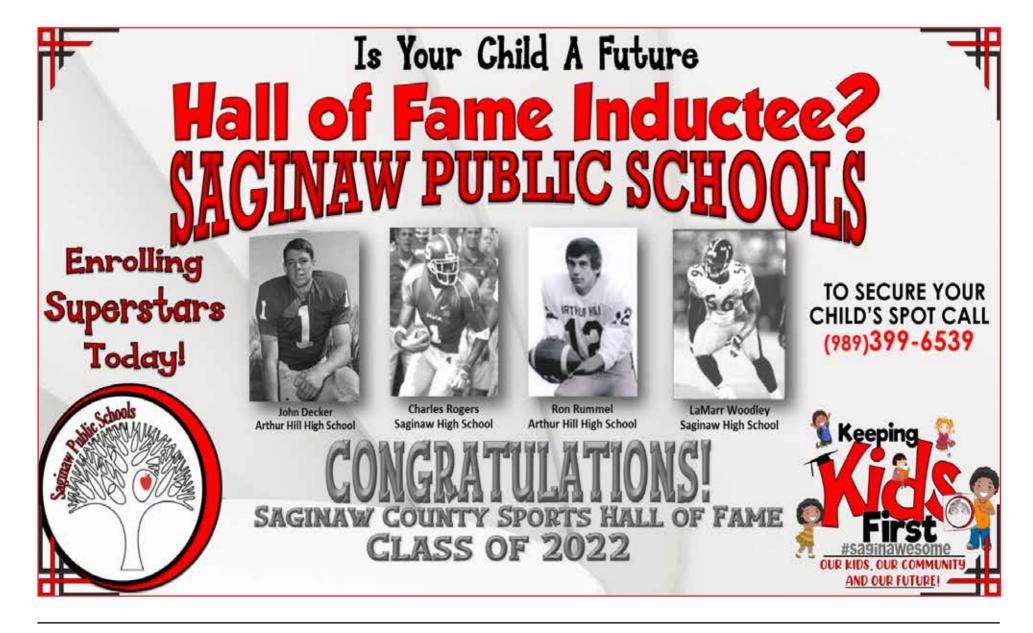
"Grow Your Own" consists of two pathways: one for individuals with a high school diploma to attend Delta College and the other for individuals with an associate degree or college credits to attend Saginaw Valley State University.

The program ranges from one to five years, depending on current educational level, with a progressive wage scale incentive that allows them to earn money as they learn. Pruitt is confident in recruiting and retaining teachers to close academic gaps that impact students due to the individuals who've "made a commitment to the district."

"Some of them have been here ten years or more," Pruitt said. "So, I know they want to be here for our children, and they care about Saginaw Public Schools and are also vested in our community."

According to The National Center of Education Statistics' (NCES) School Pulse Panel survey, 45 percent of public schools had at least one vacant teaching position.







CELEBRATING WOMEN'S HISTORY MONTH



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



Sabrina Beeman-Jackson

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. California Congressman

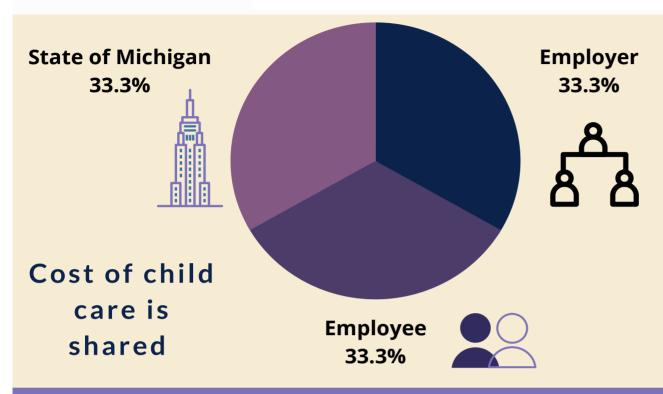
"Our mission is to provide high quality services, developing school readiness and family empowerment for prenatal to age five children and families by working in partnership with parents and the community."

-Saginaw ISD HE/EHS





MI Tri-Share CHILD CARE



The MI Tri-Share Pilot
(Tri-Share) is an
innovative
public/private
partnership that
shares the cost of
child care equally
between employers,
employees, and the
state of Michigan.

Overview

- **Tri-Share aims to: (1)** make child care affordable and accessible for working parents; **(2)** help employers retain and attract employees; and **(3)** help child care providers secure slots.
- Facilitator Hubs coordinate and administer the program in three regions currently representing the Great Lakes Bay region, Northwest lower peninsula and Muskegon County.
- Hubs serve as a central liaison to facilitate connections between employers, employees and providers.
- Eligible employees are those who are Asset Limited Income Constrained Employed (ALICE) to alleviate one financial burden and remove a barrier to work.

For more information, visithttps://www.michigan.gov/mwc

Benefits



For employers, Tri-Share hopes to aid employers recruit and retain talent, and remove barriers to employment



For working parents, this will reduce the out-of-pocket cost of child care, and alleviate the burden of finding child care



For providers, this pilot will secure slots for reliable payments of child care, as well as help with recruitment.





Saginaw Public Schools

will be accepting enrollment applications

March 13 through August 25th, 2023

Applications for enrollment can be obtained from the building you want your child to attend.

A detailed list of openings for the 2023-24 school year are available at all Saginaw Public Schools and at www.spsd.net

For more information call 989.399.6500





+ SPORTS



COURTESY PHOTO

The power of faith: Sanogo's sacrifice to become champion

By HASANI ALI

We've heard the old adage in church that faith without works is dead.

Sometimes it takes a little bit of faith in order to see monumental miracles happy in your life. Perhaps God needs to see you making a sacrifice on your end in order to help you get to the other side of a challenge.

UConn's Adama Sanogo is a living testimony of what happens when you keep the faith, especially in a trying time.

Sanogo, a practicing Muslim, had to play in the NCAA March Madness tournament during the start of Ramadan, an Islamic practice where one would fast from sunrise to sunset with no food or water.

As a high-profile athlete, it would be quite difficult for someone to not be able to have any source of energy during such an intense time, especially for a college basketball tournament.

Especially since most of the games are usually played at night, around the time where he would be allowed to eat and drink.

During the tournament, Sanogo would think about his family that he left behind in Mali when he came to America at 15-years-old to play basketball. He also thought about a legendary NBA players from Africa that was able to accomplish the same goal 40 years ago.

He is the first African to win the national championship and the MOP since Hakeem Olajuwon played at the University of Houston back in 1983.

Olajuwon was also a practicing Muslim.

Sanogo has this to say when thinking about why he's doing what he's going. He acknowledges that he has many other people counting on him to be successful.

"I think my family is a major part of my success right now," he said in the postgame press conference. "Every time I do something, I think about them. They're the reason I go hard for this.

"I know for sure they're watching this (national championship) game. I know for sure they're proud of me. There's a lot of African players, Malian players in college. I've had a chance to be in the Final Four, and I definitely - I'll remember it forever, and it's something I will never forget in my life."

Fasting has to be one of the most sacrificial activities that one could ever endure, no matter the person. To deny yourself food and water, necessities to keep the body going, shows a different type of commitment.

Many of his teammates and coaches were astounded how he was able to give up so much during the NCAA tournament and still be able to produce.

During March Madness, the junior was able to average around 19 points per game. During most of the games, he was able to break his fast right before halftime.

To make sure he had a sufficient amount of energy, he would eat bananas, oranges and drink coconut water.

Teammate and UConn's second-best scorer Jordan Hawkins is speechless about his Sanogo's performance during the tournament without any food.

"I don't know how he was able to do it," he said. "I can't go 30 minutes without eating, let alone an entire day. That man is something different."

It's a challenge to say the least, but Sanogo can look back on this moment, now as a champion.



+ SPORTS

Saginaw remembers legend Brian Morgan

Brian Morgan had an athletic ability that was unmatched. The way he was able to soar through the air with the ball in his hands captivated the entire gymnasium at Saginaw High during the 1980's.

Yet, his highest feat ironically was shown across his homecourt 30 years later—still captivating an audience after accomplishing the impossible.

After suffering a stroke, Morgan was told by his doctors that he would never walk again. Transforming into something super, not only was the Delta College star able to walk, but led the Pioneers to the National Junior College Athletic Association National Championship back in 1989.

"When we agreed that he'd play at Delta, he said 'Coach, I'm going to win you a national championship.' And he believed that," said Mike LaRose, the Delta head coach that season.

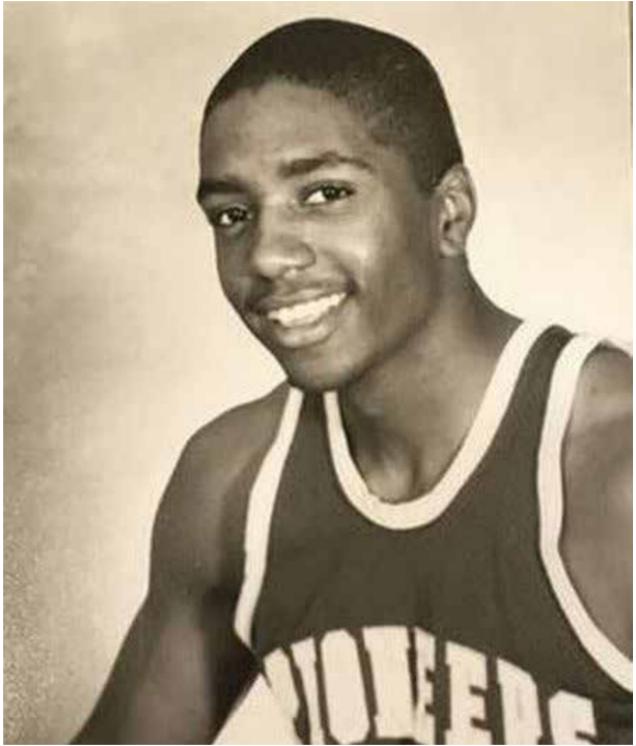
"He had such a love for that team. All those years afterward when we would talk, he'd always say 'Coach, I'm your center for life."

According to a MLive story, Delta trailing by seven points with 44 seconds left in the national quarterfinal against Keystone Junior College of Pennsylvania, Morgan made two steals and hit a rare 3-pointer to force overtime. The dramatic win vaulted the Pioneers to the final four and eventually the title game, where they stunned St. Louis-Meramec 77-71 for the first national championship in school history.

"We wanted to be great. We wanted to be champions," said Morgan in a 2019 MLive story recapping that tourney run. "It was go hard or go home for us. And going home was no option."

Thirty years later, he would be able to go into hero mode once again to show that he could defy the highest odds at the Hall of Fame banquet.

"He was bound and determined he was going to walk 94 feet at the Saginaw High gym – and he walked that whole floor," said Jim Deming, his assistant coach at Delta. "A few of his teammates were standing at the 10-second line, cheering him on. They were yelling 'Step, step, step!' A couple of them were giving him the (traveling) sign."



BRIAN MORGAN

Sadly, Morgan died on Easter Sunday at the age of 52 after a series of medical ailments. He definitely left a mark on Saginaw due to his diligent community efforts.

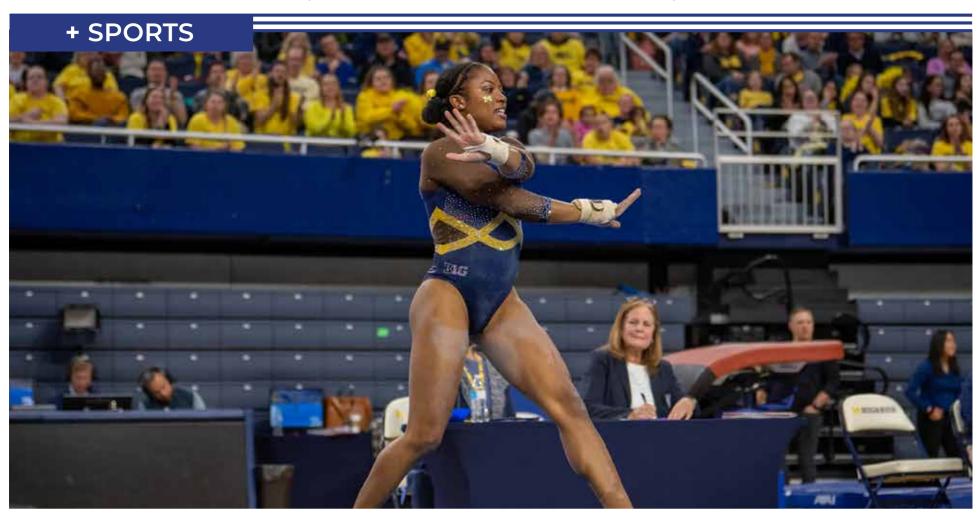
Wherever he went, Morgan was a spectacle.

His legendary reign flourished on the Gus Macker circuit, where he became a must-see attraction in slam dunk events across the state, jumping over cars, jumping over tables and always finishing with a fury. In 2020, MLive named Morgan one of Saginaw's all-time greatest dunkers.

"He could always bring a smile to your face. He was such a positive guy in spite of what happened to him with the stroke. He was a huge believer in God. When things like that happen, a lot of people go the other way, but he had faith."

Services for Morgan are scheduled for 11 a.m. Saturday, April 22 at Paradise Funeral Chapel in Saginaw. Morgan was active in the New Mount Calvary Missionary Baptist Church as well as the Laymen Ministries of Mount Olive.





SIERRA BROOKS

Sierra Brooks win AAI award

The Michigan's women's gymnastics program has something to be proud about with one of its athletes is the winner of the top individual award in the sport for back-to-back seasons.

On Monday night, Sierra Brooks won the AAI Award, for the most outstanding senior gymnast in the country. This particular award would be the equivalent to the Heisman Trophy of gymnastics.

Brooks was one of six finalists, beating out Alabama's Luisa Blanco, Denver's Kynnzee Brown, Utah's Maile O'Keefe, Florida's Trinity Thomas and Kentucky's Raena Worley.

A total of 39 gymnast were nominated at the beginning of the season.

She is the fourth Wolverine to win the prestigious award in its 31-year history, joining Natalie Wojcik in 2022, Kylee Botterman in 2011 and Beth Wymer in 1995.

Brooks and Wojcik are just the third pair of teammates to win the award in back-to-back years as Alabama had twoconsecutive winners in 1985-86 and Georgia had back-to-back winners in 1998-99.

Brooks is one of the most decorated

gymnasts in Michigan history. The Plainfield, Ill. native is the only Wolverines gymnast to be named a three-time regional gymnast of the year and the third Michigan to win Big Ten gymnast of the year twice.

According to MGoBlue.com, She was the 13th Wolverine in program history to earn first team all-conference honors on four occasions, joining Wojcik as the last U-M gymnast to do so. Brooks earned 16 event titles in 2023, including four all-around titles this season.

Last month, Brooks scored a career-high 9.975 on uneven bars to help Michigan knock off No. 1 Oklahoma in Ann Arbor. She also was a 2023 regional champion with a perfect 10.0 on floor and posted a 10.0 on vault against Rutgers earlier this year.

Brooks will be one of four Michigan gymnasts to participate at the NCAA Championships on Thursday in Fort Worth, Texas, despite the Wolverines' season ending in the regional final on April 2.

The senior will compete on the floor, where she finished the regular season ranked 18th nationally with an average score of 9.927.

Brooks ranked in the top 20 nationally in all four individual events and eighth nationally in the all-around.

Outside of the gym, Brooks is the president of the Student-Athlete Advisory Committee and is a business administration major in the Ross School of Business with a minor in entrepreneurship. She is a three-time WCGA Academic All-American honoree, a COSIDA Academic all-district honoree, a Big Ten distinguished scholar and a three-time Academic all-Big Ten honoree.

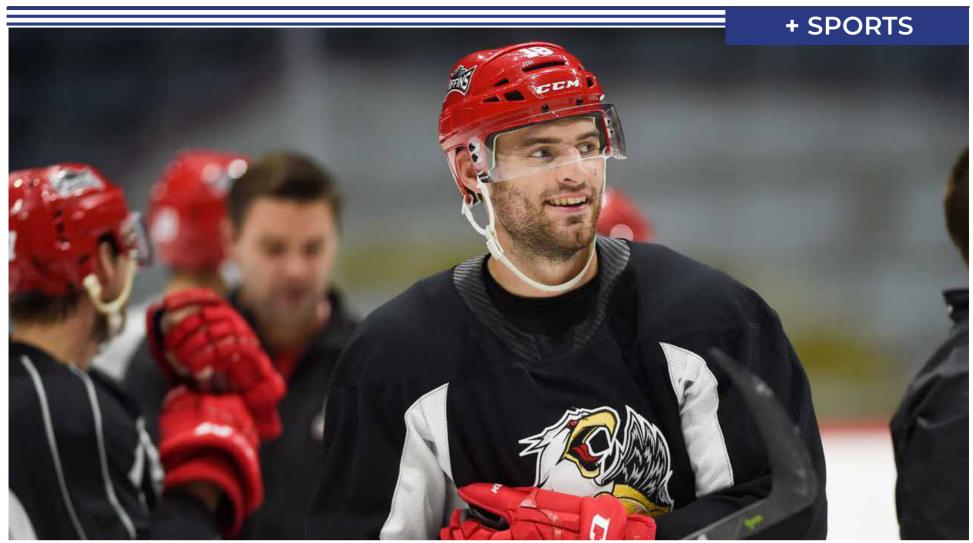
She has also received the Leaders and Best Award and the Bates Deskins Award for most outstanding student-athlete in her class as a sophomore and junior.

Brooks was immediately acknowledged by Sean Bormet, Michigan's wrestling coach, who made it apparent that Brooks was "the best of the best."

With all of the buzz going around Twitter, Brooks made a quick comment, acknowledging everyone who celebrated her accolades.

"So thankful!" She said. "Truly caught me by surprise and so grateful for all of the support coming in from everyone.





BRIAN LASHOFF

Lashoff to retire from Grand Rapids Griffins

After 14 seasons with the Grand Rapids Griffins, the legendary defensemen has decided to hang up his skates.

Lashoff is the longest playing professional athlete in Grand Rapids, even with stints with the Detroit Red Wings.

He will be honored, appearing in his final home game on Friday, prior to his final game on Saturday at Chicago.

He has been the captain of the Griffins for the last three seasons.

The Albany, N.Y. native is ranked second all-time on the Griffins' most games played list with 628 game. Travis Richards is first with 655 games.

His games played are the most among active players who have spent their entire AHL career with the same club and rank third in league history among one-team players, trailing only Bill Needham (981, Cleveland Barons 1956-71) and Arnie Kullman (753, Hershey Bears 1948-60).

According to MLive.com, Lashoff, 32, played on the Griffins' Calder Cup championship teams in 2013 and 2017, joining Nathan Paetsch and Mitch Callahan as the franchise's only two-time cup champions. He served as a playing captain at the 2023 AHL All-Star Classic, marking his first career all-star selection, and won a gold medal with Team USA at the 2010 World Junior Championship.

Lashoff played in parts of seven seasons with the Detroit Red Wings from 2012-13 to 2019-20, appearing in 136 games (two goals, 13 assists) as an undrafted free agent.

This run Included a three-game stint with the Toledo Walleye from ECHL in 2010-11, Lashoff spent his entire career in the Red Wings organization after making his pro debut with the Griffins in 2008-09 at age 18.

"You don't stay with the same organization for this long by accident; that doesn't happen by chance," Griffins coach Ben Simon said in a release. "As an undrafted player, he endeared himself to numerous coaches, teammates, and the fans through his hard-nosed style of play, his infectious work ethic, and impeccable character both

on and off the ice.

"Brian epitomizes what an organization wants from its players. He does things the right way, every day. He gave his best effort every practice, every shift, and every game, leaving it all out there on the ice. Off the ice, he set an example in the locker room every day as to what it meant to be a pro. The character and professionalism he brought to the rink every day were unmatched. The appreciation, pride, respect, and passion he has for the game and this organization is evident through his work ethic, the same -- if not more today-- since he first walked through the Griffins' doors.

"Over my eight seasons as an assistant coach and head coach, it has been a pleasure watching Brian grow as a person, a player, a teammate, and a father. He was able to accomplish his boyhood dream of playing in the NHL while also winning two Calder Cup championships, so as this chapter of his career comes to an end, there is no doubt in my mind that he will be successful in whatever he does."



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PICS OF THE WEEK

Great Lakes Bay Hispanic Leadership Institute Alumni visited the Duperon Corporation for their 1st Alumni **Networking Event**















Brittany Saunders is ready to pay it forward. The Chicago native enrolled at SVSU with ambitions to pursue a teaching career. Brittany was encouraged and invigorated by other passionate educators who worked closely with her to ensure she would accomplish her goals. And she is. Even before she was set to graduate, Brittany could boast a résumé with a paid internship in a school district along with K-12 classroom experience. Now she can't wait to begin a professional career, inspiring students with the same kind of one-onone attention she received from her professors at SVSU.



svsu.edu/opportunity







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