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PICS OF THE WEEK
Governor Gretchen Whitmer, Senator Kristen McDonald Rivet & State Representative Amos O'Neal Visited Saginaw High School

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FEATURED



SAGINAW CROWNS FIRST GOLDEN GLOVE STATE CHAMP SINCE 2019

SPORTS, PG 50

A dance to remember, an experience to treasure



LISA HALL



LOCAL A.K.A. CHAPTER CELEBRATES MOMS, STUDENTS, AND 62 YEARS OF SERVICE

COMMUNITY, PG 13

Lisa Hall emerges as first place winner, along with partner Bobby Green, not pictured here, in the Ballroom category at the annual Champions Of The Dance Floor competition in Dearborn, Michigan.

“I dance because it brings me joy and peace. Dance is a staple to my healthy lifestyle and enhanced quality of life.”

Lisa Hall resides in Southfield, Michigan and is a former resident of Saginaw Township, Michigan.

FEATURED STORY

A mother’s love can outweigh a mother’s pain

COMMUNITY, PG 21



THE MICHIGAN BANNER IS A PROUD MEMBER OF:





By MB STAFF

A few short weeks ago, clocks were re-set one hour, an indication that spring was soon to arrive. The season of spring-cleaning, rainy days, open windows, new life, and gardening is just around the corner. It's that time of year to declutter - clear out the old, so you can usher in the new. Decluttered spaces provide opportunities for new ideas to take root and grow. Peter Walsh said, 'What I know for sure is that when you declutter - whether it's your home, your head, or your heart, it is astounding what will flow into that space and enrich you, your life and your family.'

As one unit in the workplace recently commiserated over lunch on the need to launch the annual decluttering process, everyone agreed that this necessary evil should probably begin within the next few days. The staff were also in agreement that while extremely challenging to begin, successful completion of the process is always worth the effort. As tips were shared regarding the set-up of clean-up and storage systems which could be easily maintained, two common themes emerged. Spring cleaning is not reserved just for the home

and garden. One must also take stock of the people occupying space in our heart and mind. Spring-cleaning can be an opportunity to hit the reset button in both areas of your life.

Spring-cleaning or decluttering in the home entails making the sometimes-difficult choice of purging items which hold sentimental value. For example, the process may result in recognizing that you are using much needed storage space for three varied sizes of clothing 'just in case.' Just in case I gain weight, just in case I lose weight, or just in case this comes back in style. A few of the tips shared for those with this thought process included:

If you haven't worn it in a year - let it go, 2. If you have been waiting to repair it and know deep down inside you just aren't going to do the alteration, take it to a professional seamstress or, let it go. Being honest with yourself is particularly important here. 3. Those shoes are uncomfortable - really rubbing and pinching - let them go. 4. If the shirt/top is so snug that you worry all day about a malfunction, let it go, this also applies to slacks or dresses that are at all uncomfortable, let them go.

Remember that items damaged to the

extent that they no longer suit you should be placed in the throwaway box not in the donation box. Also remember that the deep cleaning of your home isn't completed until the items have been removed from the home. Boxed shoes, clothing and other household goods being moved from corner to corner eventually result in frustration and add to the need for more deep cleaning.

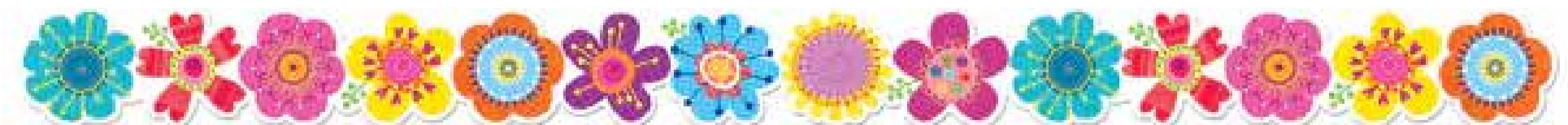
Spring is also a time to pause and give thought to relationships which are no longer a good fit. Just as the home requires time and attention, so does each and every relationship we share with family, friends, and others. Some of our connections don't require daily contact. We simply pick up where we left off the last time we spoke. These are the friends with whom we share joy and grief and pictures of loved ones. There are no strict rules - just reach out when you need me or have a feeling that I may need you. Creating a clean environment that suits your needs isn't always an easy task. The process differs from person to person. There is peace and comfort in a decluttered environment. How does one know that there is a need to adjust or tidy up the boundaries of a relationship?

There are a few behaviors to consider:

1. A healthy relationship is important to both parties. It will never be a 50/50 give and take but neither party should feel used.
2. You don't feel understood and frequently apologize for just being you.
3. Silent treatment is the primary means of conflict resolution.
4. One or both of you is waiting for the other to change, and
5. You no longer desire or bother to share accomplishments/special events, challenges you're facing, or even day-to-day activities.

Caution - the process of letting go of toxic or unhealthy relationships without bitterness may require professional assistance. Reach out for support as needed.

Spring is just around the bend and there is cleaning to be done. Start by choosing to let go of people and things that no longer serve their intended purpose. A decluttered space, home or heart, provides peace of mind. It also makes room for more valuable items, essential to achieve the positive outcomes needed for success. Let's roll up our sleeves and get to work.



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

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APRIL IS **NATIONAL MINORITY HEALTH MONTH (NMHM)**, A TIME TO RAISE AWARENESS ABOUT THE IMPORTANCE OF IMPROVING THE HEALTH OF RACIAL AND ETHNIC MINORITY COMMUNITIES AND REDUCING HEALTH DISPARITIES.

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MICHIGAN YOUTH BANNER

VOLUME 6 • NUMBER 7



THE NECESSITIES



By DONIQUA SOVIA

They say the grass is greener on the other side, but did you ever think to ask, where it is they reside? Perhaps you should check their grass and ask how it got so green, or if it's brown maybe ask what it needs.

If you plant a seed, tell me what it needs to grow. Is it expectation, or is it something more? Hearsay is the word, but one may say rumor, which is information given that no one can concur. So, no one really knows what's on the other side, but rather repeating what one has said only a million times.

Because you see, the grass is green, where you choose to do the watering, and same goes for that small seed, in which will make it grow. If in fact, your grass is brown, and not a drop of water is to be found, then moving places isn't an idea that's sound because the grass is green if you water your ground.



WE HAVE SOMETHING TO SAY



DALTON JAY PULLIAM

By DALTON JAY PULLIAM

Hear us out and let us elaborate on what we have to say concerning the violence that everyone is trying to figure out the answers to. Try finding a solution from someone that has actually played a role in the violence in the city and can honestly say he has changed his life for the better and wants to see the world in a better place. But before we can change the world we have to start with our city.

Let me ask you a question. If you were a teenager, who would you rather listen to? Someone that's been through the system due to gun violence or someone that can only assume what it's like. I'm not saying that because the person hasn't been through the system that they're telling you something wrong. What I'm saying is I would rather listen to someone that has been through the system because not only

can I ask him why he committed the crime and what was going through his head at the time but what would he go back and change if he could do things differently.

Over the years I have learned that if you listen more than you talk, people will tell you everything you need to know, want to know and more but you have to listen. You have two ears and one mouth for a reason, don't just listen to them. I'm a 26 year old published author. I grew up in the system and had to teach myself a lot. I had to learn from observing my surroundings. Sit down and listen to me because I'm still a part of the youth that knows what changes are desperately needed and I have ideas of what steps will need to be made in order for us to slow down the violence. I can't do it alone and you can't either, so let's come together and actually put in the necessary work to see the change that's desperately needed

Violence is always going to happen but in order to slow it down you all (elders, community activists etc) have to stop blocking the ex-convicts & convicts from reaching the youth and don't try to figure everything out by yourself. Sit down and listen to the youth. We can't do everything alone in order to get the mission complete we have to come together and put an action plan in place. In order for that to happen we need a strong team. A strong team produces strong results. If you're interested in putting something together you can reach out to me personally.

Facebook: The Humble Me & Instagram: Therealdaltonjay. We will make it happen. Also check out my article titled Look at My City on facebook if you're interested in learning more about my vision for the City.

Springtime fun for Michigan teens



COURTESY PHOTO

By MB STAFF

Teens can enjoy spring in Michigan by taking advantage of the diverse range of activities and attractions the state has to offer. Here are some ideas for teens to make the most of springtime in Michigan:

- **Hiking and Nature Walks:** Spring is the perfect time to explore Michigan's scenic trails and parks as nature comes back to life. Teens can go hiking or take leisurely nature walks to enjoy the budding flowers, blossoming trees, and vibrant greenery.
- **Biking Adventures:** Hit the biking trails in Michigan's parks and recreation areas. Whether it's mountain biking on rugged terrain or cycling along scenic paths,

teens can enjoy the fresh air and beautiful landscapes.

- **Outdoor Sports:** Springtime offers opportunities for outdoor sports like soccer, baseball, frisbee, and golf. Teens can join local teams or organize friendly games with friends at parks and sports facilities.
- **Visit Cherry Blossom Trees:** Traverse City and other parts of Michigan are known for their cherry blossom trees, which bloom in spring. Teens can visit cherry orchards, parks, or festivals to admire the stunning pink and white blossoms.
- **Explore Botanical Gardens:** Visit botanical gardens such as

the Frederik Meijer Gardens & Sculpture Park in Grand Rapids or the Matthaei Botanical Gardens in Ann Arbor. Teens can explore beautiful gardens, greenhouse exhibits, and outdoor sculptures.

- **Fishing and Boating:** With the thawing of lakes and rivers, spring is an excellent time for fishing and boating in Michigan. Teens can go fishing for trout, bass, or walleye, or enjoy a day of boating, kayaking, or paddleboarding on the water.
- **Spring Festivals and Events:** Attend spring festivals and events happening across Michigan. From art fairs and food festivals to cultural celebrations and outdoor concerts, there's always something fun and exciting to do.
- **Photography Expeditions:** Spring offers stunning scenery for photography enthusiasts. Teens can grab their cameras and capture the beauty of blooming flowers, wildlife, and landscapes in Michigan's parks, gardens, and natural areas.
- **Farmers Markets and U-Pick Farms:** Explore farmers markets to sample fresh produce and artisanal goods. Teens can also visit U-pick farms to harvest strawberries, blueberries, or other fruits in season.
- **Outdoor Dining and Picnics:** Enjoy outdoor dining at restaurants with patios or pack a picnic and head to a scenic spot in a park or along the shoreline. Teens can savor delicious food while soaking up the sunshine and fresh air.

These are just a few ideas for teens to enjoy springtime in Michigan. With its abundance of outdoor activities, natural beauty, and cultural attractions, Michigan offers endless opportunities for teens to have fun and make lasting memories during the spring season.

THE MICHIGAN BANNER NEWS IN PARTNERSHIP WITH AT&T



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Latino Banner

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DIVERSIDAD

VAMOS ADELANTE

Seen on the Scene: 19th Annual Cesar Chavez luncheon sponsored by the American GI forum

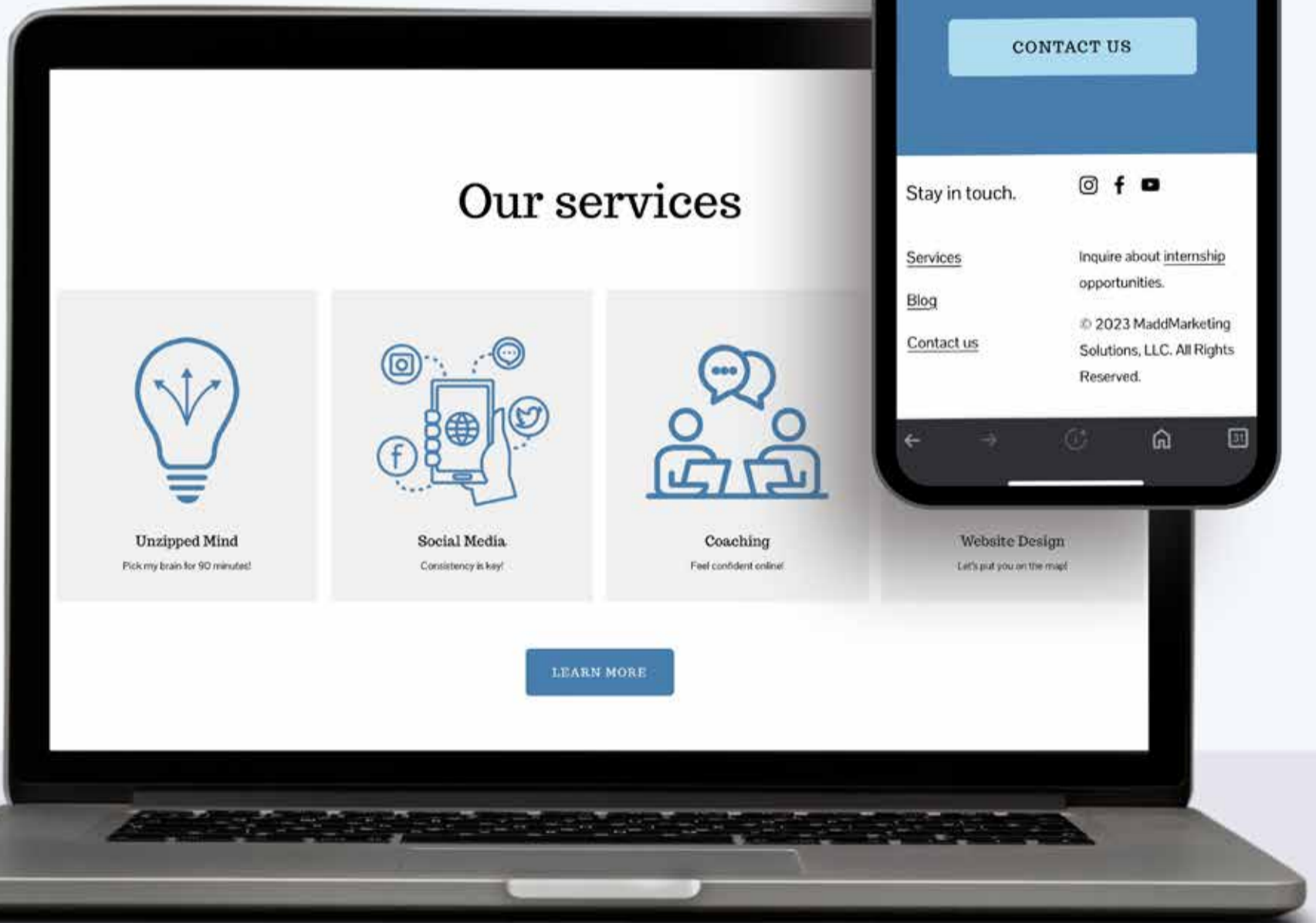
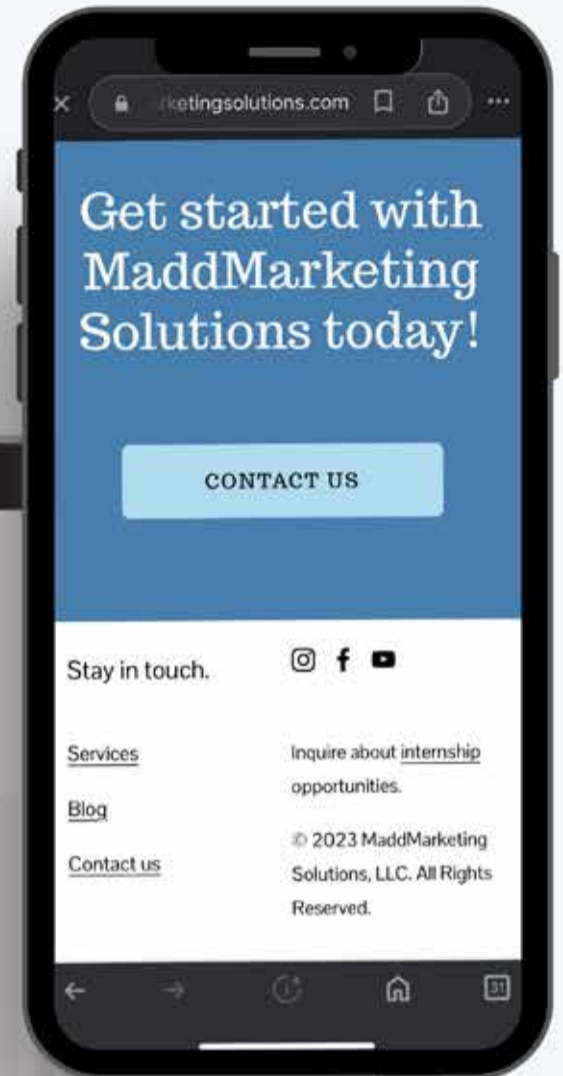


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It's never too late to improve your relationship with your child. Don't underestimate the great need that children feel – at all ages – for close relationships with parents and other supportive adults as well as the need for guidance, approval, and support. text

Date: Saturday, April 13th, 2024
Time: 12:00pm-1:00pm Registration & Lunch
1:15pm-3:15pm TETO Workshop
3:15pm-3:30pm Prize Drawing
Location: Great Lakes Bay Health Center's Administrative Building
501 Lapeer Ave, Saginaw, MI 48607
Hosted by: Great Lakes Bay Health Centers



Register to reserve a spot!
vgrundas@glbhealth.org or lplesant@glbhealth.org



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+ COMMUNITY



ALPHA KAPPA ALPHA SORORITY, INCORPORATED® ETA UPSILON OMEGA CHAPTER

ciel Reed, former Buena Vista Public Schools educator, who will receive the "Soror of The Year" award. Proceeds from sponsors, ticket and souvenir book advertisement sales will ensure the continuation of the chapter's efforts to provide scholarships to deserving students and to give back to the community through service projects.

"Our history illustrates we are women who lead as we were the first African American Greek Letter organization established in Saginaw, Michigan, following the unprecedented path pioneered by our illustrious national founders in 1908," Horne continues. "We proudly stand on the shoulders of our charter members, many of whom were the first women of color

Local A.K.A. chapter celebrates moms, students, and 62 years of service

By **ETA UPSILON OMEGA CHAPTER**

Alpha Kappa Alpha Sorority, Incorporated® Eta Upsilon Omega Chapter is set to celebrate a huge milestone with our upcoming 40th Annual Hats Off to Mom Scholarship Gala. The theme is "40 Years Soaring for Hats off to Mom."

"For sixty-two years Eta Upsilon Omega Chapter has been an impactful influence in Saginaw since our inception and chartering at the Bancroft Hotel on February 10, 1962," says Kimberly Horne, President of Eta Upsilon Omega Chapter. "We strive to be a continuous source of dedication to our community through volunteering by helping those in need, positioning youth for success through scholarships, mentoring and education, political and social justice, promoting women's health and nutrition and building our economic wealth. We are also a source of professional and leadership development for our members,

some of whom will attend our biennial International Boule in Dallas, Texas in July, 2024."

On May 4th, at 6:00 p.m., it will be that dedication to the Saginaw community that takes center stage with this year's celebration. The chapter is pleased to host our annual signature event in an evening gala to commemorate forty-years of Hats Off to Mom. It will be held at the Horizons Conference Center, 6200 State Street. The chapter is proud of its legacy rooted in Sisterhood, Scholarship and Service. Highlights of the event include the awarding of college scholarships to Saginaw-area high school students, women entrepreneurs, a musical performance by Montique Affair Entertainment of Flint, Michigan, and Saginaw's own DJ Eric Smith, and a vendor showcase.

Mrs. Mattie L. Thompson, member of the Saginaw Board of Education, will receive the "Mother of The Year" award. Eta Upsilon Omega will also celebrate Mrs. Ce-

to attain positions in their professions in the city of Saginaw. Our charter members (all deceased) are: Frances Elnora Moton Carter, Jacqueline M. Porterfield, Willett K.G. Johnson, Della Vaughn Smith, Margaret Griffin Brown, Lola A. Lothery Shelby, Nancy Haithco-Price, Bernadine Tivis Carter, Helen Joan Banks Turpin, Mildred Cambridge, Marie Waldon Claytor and Eva Wyche."

Our commitment and impact on improving the lives of others are demonstrated by our contributions of nearly \$250,000 in scholarships and community service programs. We endeavor to continue this legacy in 2024 and beyond. I am appreciative of the privilege to serve as President of this outstanding, thriving sisterhood, with leaders who make a difference in the community by providing service to all mankind."

Tickets are \$65 and can be purchased online by scanning the QR code on the flyer or visiting <https://www.greenvelope.com/event/40-years-soaring-for-hats-off-to-mom>. For questions, please contact us at AKA1908HYOmega@gmail.com.



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Great Lakes Bay Health announces new COO



JAMES H. FURBUSH

Great Lakes Bay Health Centers (GLBHC) would like to announce the hiring of James H. Furbush (Jamie) as the new Chief Operations Officer (COO). He will report directly to the President and CEO Dr. Brenda Coughlin and will begin his

new role on April 1, 2024.

“I am excited that Mr. Jamie Furbush is coming to share his considerable talents and experience in furthering GLBHC’s vision of changing lives because we care. We appreciate the support of our partner Cov-

enant Healthcare through this transition.” Brenda Coughlin, President, and CEO of Great Lakes Bay Health Centers.

Jamie graduated from Swan Valley High School, received a bachelor's degree from Ferris State University, and a master's degree from Saginaw Valley State University in Administrative Science.

He has been a leader in the region since 2002, spending 17 years at Covenant HealthCare most recently as the Director of Inpatient Physician Practices. His responsibilities ranged from leading multidisciplinary medical practices in both acute and ambulatory settings and directing operations and growth of the Sleep Center.

Jamie was instrumental in the creation of both the Patient and Family Advisory Council and the Advanced Practice Provider Council at Covenant. During the pandemic he developed the COVID Hotline, serving both employees and the general community with guidance on navigating health care in a troubling time.

He and his family reside in Frankenmuth and after many years of service to the community through organizations such as the Frankenmuth Jaycees, he now commits much of his volunteer time to youth hockey in Saginaw.

Furbush said “I’ve been inspired by the way Great Lakes Bay Health Centers serves in our communities, and I know that I’ll be able to contribute my talents to delivering on the mission of providing quality healthcare for everyone. It’s a new beginning as I move to another extraordinary team providing high quality healthcare in the Great Lakes Bay Region. I’m excited for this new chapter in my career and I appreciate all the support I’ve received since communicating this change. I look forward to joining the leadership team at GLBHC and the hundreds of talented care givers, providers and professionals serving throughout the Great Lakes Bay Region.

+ COMMUNITY

An educator to many, an inspiration to many more

By HASANI ALI

As we continue to honor women beyond Women's History Month, we would like to highlight Chantra Williams.

Williams, a dedicated School Improvement Specialist, brings a wealth of experience and passion to her role.

With a background as an elementary and middle school teacher, academic interventionist, and curriculum/instructional coach, she focuses on curriculum/instruction and professional development.

Williams' enthusiasm extends to educational consulting, program reviews, and fostering professional learning communities in partnership with schools.

Are you originally from Saginaw?

I was born at Saginaw General Hospital, so yes, I am a native of Saginaw. I've spent pretty much most of my life here.

What's your educational background?

I was a Salina Star, a Webber Wildcat, and Buena Vista Knight. I earned my Bachelor of Science degree in Elementary Education from Oakland University. Later, I pursued a degree in Educational Leadership with a specialization in Principalship at Saginaw Valley State University. Currently, I hold an education specialist degree in Central Office Administration, which I acquired through the King Park Chavez Future Faculty Program at Saginaw Valley State University.

What is your role at SVSU?

I serve as a school improvement specialist in the School/University Partnership Office at Saginaw Valley State University.

Can you tell us how you came to be in your current role?

The director of the program invited me to apply for the role after seeing me wearing a shirt representing the charter school where I worked. During a visit to SVSU to pick up my son from a SMEK camp, the director inquired about my role at the school. After discussing my experience as



CHANTRA WILLIAMS

a curriculum coach, I was encouraged to apply for the position. I looked up the position online and instantly felt underqualified. I met Laticia Whitehead (currently the Assistant Principal at Saginaw Career Complex) and she ministered to me about the importance of not disqualifying myself from what God was qualifying me for. I applied and with the moral support of several other women (Candice Casey, Dr. Tamara Barrientos, and Kathy Anderson) I eventually was offered the position.

What was your previous position, and how long did you serve in that role?

My previous position was as an instructional and curriculum coach and teacher at Francis Rey Public School Academy, where I served for 13 years under the dynamic leadership of Mrs. Kate Scheid Weber and other educational mentors.

What does your current position mean to you?

Being a school improvement specialist for the public school academies, authorized by Saginaw Valley State University is an incredible opportunity. It allows me to connect teachers, leaders, students, and the community with opportunities for professional growth, celebration, and networking, enabling them to explore their full po-

tential on the foundation of accessible and equitable education for all.

What does education mean to you as a professional woman?

Education, to me, signifies opportunity, independence, and the ability to utilize knowledge to discern and apply information wisely. As a professional woman, it means sharing my lifelong learning journey with others, enhancing their experiences, and contributing to their growth.

Are you involved in any community projects?

This year marks the 30th anniversary of a nonprofit organization championed by my parents, ironically named the Young Champions Association. It has consistently served students in Saginaw, Michigan, and I am proud to continue serving as the educational coordinator alongside my mother, Diane Donald, in honor of my dad, Mr. William Henry Donald. Our model emphasizes service with a smile, and from as far back as I can remember, our focus has been on teaching children how to serve others in a manner that radiates light. Providing children with etiquette skills, public speaking exposure, exposure to different age groups and opportunities, and setting high expectations for their interactions in various settings and for different purposes has been a calling instilled in me by my mother, who gleaned it from my grandmother, Mrs. Ann Johnson, a former etiquette instructor.

What does education mean to you as a professional woman?

Honestly, education in general means opportunity. Education signifies the ability to be independent, to utilize the freedom given through knowledge, and to discern and rightly apply information. It's about walking in wisdom and sharing what I've learned as a lifelong learner in a specialized area to enhance not only that field but also the lives of all those who encounter it for their benefit.

**CONTINUES ON PG 17,
WILLIAMS**

Continued from pg 16, Williams

What is your most memorable accomplishment?

A memorable accomplishment for me is having three children. Growing up, when asked what I wanted to be when I grew up, I always said I wanted to be a mom. Despite my mother's encouragement to pursue a different path, I'm grateful that God allowed me to help raise three young, beautiful African American males. It's not so much an individual accomplishment as it is an opportunity. There have been times when I felt like I failed, yet even amidst my uncertainty, I've witnessed God doing great and wonderful things through my children. One particularly memorable moment was when a Saginaw Valley State University student approached me after hearing my oldest son speak and said, "Oh, I could tell he was your son." That moment reminded me that what we invest in our children may not always be visible, but it's impactful, nonetheless.

Do you have any future professional goals?

I believe my professional goals are to make my employers proud and to innovate the way public education is delivered. I aspire for all children to be safe and receive a quality education. I've always envisioned opening a residential academy for children experiencing extreme circumstances beyond their control. This academy would provide emotional, physical, spiritual, and academic support to help them grow into healthy young people. One of my inspirations comes from situations where children's parents were experiencing homelessness or drug addiction, and grandparents stepped in, only to face their own challenges, such as cancer. Seeing the example of Milton Hershey schools, I've envisioned creating a similar experience in Saginaw, MI—a safe place where children could explore the gifts and talents bestowed upon them by God and heal and grow. It's a place where children wouldn't be removed from their parents; custody but would have a system designed to serve as a surrogate until their parents or families were able to care for them in a safe manner. I used to joke that my gift to myself when I turned 50 would be earning a doctorate so that my mother could hear someone call me Dr. Chantra Williams. Now, my goal is to support teachers in being treated like the professionals they are and to encourage everyone to participate in helping our young people become healthy citizens and proficient readers.

What's your why? What motivates you each morning?

My motivation stems from waking up each morning, recognizing that it's a gift from God. I owe a debt I can never repay, but I can treat each day as the precious gift it is and offer it back to God, asking Him, What would you have me do?

Castle Museum to host Historical Society of Saginaw County annual meeting



CASTLE MUSEUM

The Historical Society of Saginaw County is celebrating another successful year. This year's theme, "Growing a Legacy," focuses on the past year of agriculture-themed exhibits and events that have highlighted Saginaw County's farming past, including the American Farmer traveling exhibit, Growing Saginaw County: Agriculture & Enterprise, and Cultivating a Legacy: Sesquicentennial and Centennial Farms.

According to HSSC CEO, Jonathan Webb, "Spring is upon us and we celebrate this season of renewal with the Annual Meeting of the Historical Society of Saginaw County. On Saturday, April 20th at 11:00am, we welcome our members to the museum to report the previous year's progress and to chart out the upcoming one. It's a special day of fellowship and delicious food, spread throughout Saginaw County's most beautiful and interesting building, the Castle Museum of Saginaw County History."

The annual meeting will take place on Saturday, April 20, 2024 at the Castle Museum, 500 Federal Avenue, Saginaw. The meeting will include the presentation of 2023 financials, a report on 2023's activities and future plans as well as a chance for members to socialize.

The Annual Meeting is open to all members of the Historical Society of Saginaw County. The cost is free, but RSVPs are appreciated at 989-752-2861.

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STARS receives \$1.2M for infrastructure improvements

Funding secured by U.S. Senator Gary Peters is making essential infrastructure improvements possible for Saginaw Transit Authority Regional Services (STARS). \$1.2M was included in the Transit, Housing and Urban Development, and Related Industries section of the Consolidated Appropriations Report, FY2024. This funding will be matched by the State for a total of \$1.5M in funding for STARS.

“These funds will go toward a roof replacement and other sorely needed improvements,” says Glenn Steffens, Executive Director of STARS, adding, “It will also free up local funds to help toward sustaining current operations. We thank Senator Peters for securing this funding at a crucial time in our growth.”



Photo by Phil Eich

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3:15pm-3:30pm Prize Drawing
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Hosted by: Great Lakes Bay Health Centers

parent action for healthy kids

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SMART GOALS vs New Years Resolution



By DEZIRAE ROBINSON

Whether your New Year's Resolutions include going to the gym, reading more often, traveling out of the country, starting a new hobby or finishing school, there is still time to start and achieve your goals for the 2024 year. It is easy to get distracted, lose motivation, or deprioritize your goals due to the unpredictable concept we know as Life. Nevertheless, anyone who desires to cross some goals and resolutions of their list could benefit from adopting the SMART Goal concept moving forward.

SMART goals are both an acronym and mental tool that can be used to develop clear, focused, specific goals that are better designed for success. SMART Goals are goals that are Specific, Measureable, Achievable, Relevant, and Time-Bound. Setting goals that are SMART allow you to effectively focus your time, energy, efforts and resources to progress toward the desired accomplishment.

For example, some of the more common New Year's Resolutions are "to lose weight" or "to go to the gym consistently." But those goals are not detailed enough to ensure you are making true progress. How much weight? If you lose 5 lbs, have you met your goal? 50? 100? What does consistency mean to you as far as gym attendance? 10 minutes of exercise daily? Or 30 minutes four times per week? By adopting the SMART Goal technique, these statements can be clarified further.

What then, are the SMART Goal criteria? Specific—What will you achieve? What will you do? Measurable—How will you quantify your goal? What data or numerical measurement will you use to determine if you've met your goal? Achievable/Attainable—Do you have the needed skills and/or resources to achieve this goal? Is it within your power to reach this goal? Relevant/Reason—Why is this goal important



COURTESY PHOTO

to you? What impact will it have on you or your life? Why should you be invested in this? Time/Time-Bound—By what day and/or time will you achieve this goal? What is your deadline?

Keeping the two aforementioned, more popular resolutions in mind, they could both be rewritten and detailed using the SMART Goal technique to adapt to each individual. "I want to lose weight" can become, "I will lose 25 pounds in 5 months to decrease my risk of high cholesterol and heart disease." This goal could further be developed by adding your method on how this goal will be achieved. "I will lose 25 pounds in 5 months by walking for 30 minutes each day in order to reduce my risk of developing high cholesterol or heart disease."

Continuing, "I want to go to the gym more often" or "I want to go to the gym consistently" are too vague and abstract. There is too much room for interpretation and leniency. (S)pecific—I will go to the gym. (M)easurable—four times per week for 1 hour. (A)chievable—I cannot guarantee to have the time and energy to go to the

gym daily, but every other day can fit into my schedule. Also, I have access to a gym whether at home, work, school, or in my community. (R)eason—to become more fit to play with my child without getting tired. (T)ime—I will do this for 90 days (3 months) in order to develop a new habit and healthy lifestyle. Altogether, "I will exercise at the gym for at least one hour, four days each week for the next 3 months to improve my health so I can play with my child."

SMART goals can be applied to more than goals for physical fitness. The SMART Goals technique can be used to develop both long and short term goals in aspects of mental health, physical health, education, career, etc. Detailed and focused goals can help one stay organized and aligned with objectives and track progress along the way. Adapting your goals and detailing them will help individualize them to your needs and increase your chances of success. Challenge yourself to create at least one SMART Goal for yourself that you will focus on achieving in 2024!

+ COMMUNITY

A mother's love can outweigh a mother's pain

By **HASANI ALI**

It makes perfect sense that Quangi Glenn is a mental health therapist at Great Lakes Bay Health .

The Saginaw High graduate has a knack for guiding people in the right direction. For Glenn, being that positive influencer for somebody else is rewarding when she's able to witness the progress.

"I really enjoy the rewards of my clients taking those small steps in their journey," she said. "Helping them as individuals get to where they need to go and you just pour into them every step of the way."

Though it's the perfect career fit for Glenn, it wasn't in her original professional plans.

Glenn was actually comfortable as a plant production worker at TRW Automotive, formally known as Delphi. As a mother of two daughters, she wanted to find the most lucrative opportunity available for her family.

"At the time, I was satisfied working with the plant because I set my daughters up to do better than me," she said. "I could send them to school and put them in the right position to excel in life."

The former production worker was given an opportunity to return to school after TRW Automotive, formally known as Delphi, closed its doors in 2013.

Thanks to the Trade Readjustment Allowances program and the partnership with Michigan Works, it was an investment that a buyout could've ever matched.

Ironically, her education journey came full circle as she returned to Saginaw Valley State University – where she had to put a pause on her education when she started her family.

Glenn had her mind set on becoming a child psychologist.

However, Dr. Vanessa Herd saw Glenn showing up in a different light where she would still be able to help children.

"My advisor suggested it to me," she said. "She's a great inspiration to me, even to this day. She's made such a huge impact on my life. Along with her husband, Dr. Herbert."

Glenn went on to graduate from SVSU, her Bachelor's in Social Work and Youth Services in 2020 and her Master's in Social Work in 2021.

Because of her hard work and academic resilience, Glenn became the first black commencement speaker for the master's program at SVSU.



QUANGI GLENN

"The class voted for me to do it and I was just as surprised as anyone else," she said with a chuckle. "It had to go through a panel and the instructors have to approve it and I made it through."

Glenn gave her commencement speech at Harvey Randall Wickes Memorial Stadium in front of her peers, absorbing a feeling of accomplishment that could not be taken away from her.

That was until she received a phone call that turned her majestic day into a tragic one.

"What made that day so significant was the bittersweet moment of obtaining my degree and losing my daughter on the same day," she said. "The best day of my life quickly turned into the worst day of my life."

Glenn was waiting for her oldest daughter to arrive at the football stadium after the ceremony, but she never arrived.

Her daughter, Marquanae Andreana Harris, was a victim of a drive-by shooting earlier that day. Harris was 22 years old at the time of her passing.

Also a Saginaw High graduate, she was known for her culinary skills and was also a member of the Saginaw High band.

To honor her late daughter, Glenn decided to pour her motherly love into deserving high school students.

She wanted to become a helping hand to students of single parents that may have financial hardships.

The birth of the Marquanae Andreana Harris Legacy Award is dedicated to students focused in culinary arts or band.

To qualify, the student must have at least a 2.75 GPA.

"I just wanted to help a deserving student

end their final year at Saginaw High with a bang," Glenn said. "They can prepare for the next chapter of their life without worrying about how they're going to pay for it."

In its inaugural campaign, Glenn immediately found the student that exemplified the characteristics that would be deserving for the award.

Saginaw High senior Ashiyah Washington is the first recipient of the award.

"She was an exceptional student," she said. "She's ranked amongst the top 10 students at Saginaw High, already received the Martin Luther King Junior Award and she works part time. She was the perfect candidate."

Since the scholarship doesn't necessarily have a limited monetary amount, the award does come with quite the package.

The award will be covering all prom and graduation expenses along with a photo shoot. Any of the remaining proceeds will go directly to the student.

"Her reaction to receiving the award was so humbling that it brought me to tears," she said. "I'm very excited to meet her."

Glenn will be meeting Washington on May 7, the day that her daughter was murdered.

The donation campaign is still in effect until April 30. Interest donors can go to Wildfire Credit Union and can ask to donate to the Marquanae Andreana Harris Legacy Award. Donations can also be made on Cash App -- \$MAHLEGACYAWARD.

Though Glenn's transition hasn't been easy, her upbringing as a young girl has kept her grounded while still serving her community.

She acknowledges that those values never change, even when you get older. Glenn wants this scholarship to be a beacon of light to students that may be going through a tough time but are still doing the right thing.

"I believe in love, integrity, honesty and respect," she said. "Those moral standards that were given to you as a young girl will carry on with you into your womanhood."

As the scholarship fund grabs more attention, Glenn wants to expand the criteria to help out more students. It would be the best way to keep her daughter's legacy relevant forever.

"I'm anticipating the growth of these students," she said. "The students will leave high school on a high note without the stress of paying for everything. I just want to make a difference in somebody's life."

+ COMMUNITY

Planning celebrations with the most vivid imagination

By **HASANI ALI**

Starting on May 1, Carla Barton will have her own space to allow her imagination to run wild as she creates some of the most memorable celebrations for her clients.

Once a hobby, Barton is looking to continue servicing her clients in the best way that she knows how – in grand fashion.

“I needed my own space and my own place where I can have gatherings for my clients so I don’t have to move around as much across the city,” she said. “It’s been a dream of mine so you want to take your time in finding the right place.”

The Arthur Hill graduate has been in the event planning industry for the last 10 years, producing some of the most magical moments for her clients from baby showers to weddings.

Since returning to Saginaw after living in Germany, Barton wanted to make an immediate impact in the community with her creativity.

Before her event planning business took off, Barton had a passion for cheerleading and dance.

She took that passion and dedicated over a decade to coaching at her alma mater elementary school, Heavenrich.

Barton relives her time at Heavenrich, recalling her coaching tenure as one of her most cherished moments while providing service to the Saginaw community.

“I think coaching would be my greatest community accomplishment,” she said gleefully.

Not only did the young students showcase their talents across the city, they were able to take their talents on the road.

One of her biggest accomplishments was helping the young cheerleading perform as the opening act for the Detroit Pistons.



COURTESY PHOTO

“I love to be surrounded by opportunities that enrich our youth,” she said. “Love to see our young people getting out and experiencing new things.”

Barton also served as a chairperson for the Saginaw African Cultural Festival. During her tenure, she was able to bring major names to the annual celebration such as Angie Stone.

She resigned in 2019.

Barton recently signed the lease at the property formerly known as Commercial National Bank, located at 115 N. Hamilton St.

Her plans for the first year is to give her clients a big-city experience while living in the city of Saginaw.

“The goal for the first year is to provide a luxurious feel to an event space that you would see in a bigger city,” Barton said. “My clients will have the best experience from the moment they walk into that door.”

Her clients have been satisfied with her work over the past 10 years, but Barton admits that the standards amongst new clients are becoming more lavish due to the pressure of social media – TikTok in particular being the biggest influencer.

“I was doing a wedding once and the client showed me a video for inspiration and

that was easily a \$100,000 wedding,” she said. “My job is to take some of those elements and pull a smaller version of what the client is showing me in order to keep it cost effective.”

With the demands steadily rising amongst her clientele, Barton surely has a support system to help her take on the load.

Her biggest supporter is her husband, Gregory – the retired Fire Marshall.

“He’s the backbone of my business,” she said gleefully. “He’s never missed an event in the last five years and he does all of the loading, unloading and the deliveries for me. I couldn’t do it without him.”

Barton even had the honor to plan two centenarian parties for two great-grandmothers. She took it to heart to make sure that the event was extra special for the ladies who have celebrated more than 100 years on this earth.

“We’re moving so fast as people that we tend to ignore our elders,” she said. “When two families wanted to take the time to honor someone in their family, it made me feel proud to bring families together while they celebrate such a milestone.”

When doing the wedding receptions, Barton has a soft spot for the brides as she always wanted to have an elegant reception when she got married.

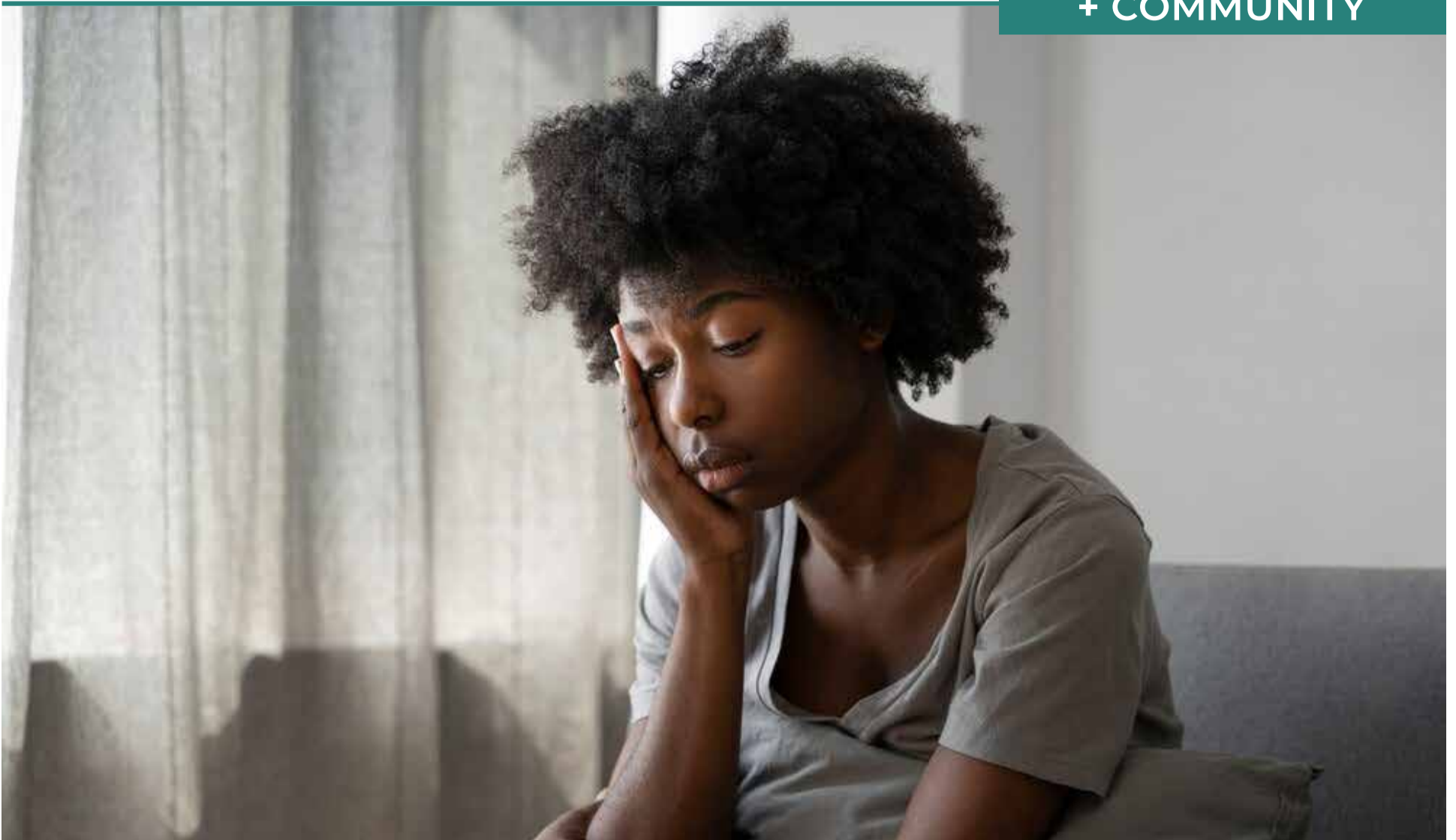
“Sometimes, I live vicariously through my clients, especially my brides,” she said giggling. “I didn’t have an elegant wedding when I got married so I wanted to make sure that the bride’s day is super special.”

For the ladies that are inspired to go into business, Barton has a special message for those that are looking to become business owners.

“Study the market and your craft as your greatest resource is your imagination,” she said. “Move beyond your fears to become successful. You cannot be successful without taking a risk.”

For more information, you can contact Carla at the office at 989-270-1811.

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Overcoming Black girl boredom

By AZANA JONES

In a world that often glorifies hustle culture and productivity, Black women find themselves caught in a cycle of perpetual motion. The phenomenon that I like to refer to as "Black girl boredom", stems from the relentless pressure to constantly achieve, learn, and strive for recognition. Rooted in racism, stress, and historical trauma, this mindset perpetuates the belief that idle time is wasted time. However, it's crucial to recognize that rest is not only necessary but also productive in its own right.

Black girl boredom is the feeling that one has too much "free time" and should be engaging in some sort of activity that is deemed as extravagant or achievement-oriented. Whether it's pursuing a new profitable skill, obtaining a new part-time job, or contemplating further education, the pressure to constantly be on the move can be overwhelming. This mindset is deeply ingrained, fueled by societal expectations and the desire to defy stereotypes.

Historically, Black women have been conditioned to believe that their worth is tied to their productivity. This belief manifests in the relentless pursuit of academic achievement and professional success. However, it's essential to challenge this narrative and recognize that rest is a fundamental aspect of self-care. Realizing that we are worthy of rest is the first step in overcoming black girl boredom.

Rest is not synonymous with laziness; it is a vital component of mental and physical well-being. By allowing ourselves to rest, we create space to recharge and reconnect with ourselves. This is particularly important for Black women who have historically been denied the opportunity to prioritize their own needs and desires. Also, it's important to remember that embracing leisure does not mean abandoning our goals and ambitions. It simply means recognizing that there are multiple pathways to success and fulfillment. While academic achievement and professional advancement are commendable pursuits, they should not come at the expense of our

mental and emotional well-being.

It's crucial to challenge the notion that our worth is tied to our productivity. We are more than our accomplishments; we are multifaceted individuals with interests, passions, and desires outside of academia and work. By embracing leisure, we reclaim our power and redefine what it means to lead fulfilling lives.

Taking time to indulge in hobbies, explore new interests, and pursue activities simply for the joy of it is a radical act of self-love. Whether it's painting, gardening, or dancing, finding moments of joy amidst the chaos is essential for maintaining balance and perspective.

Overcoming black girl boredom requires a shift in mindset and a willingness to prioritize self-care. Let's flip the script on the idea that our worth is all about what we produce, and let's dive into the blissful world of just being. By allowing ourselves to rest, we create space for joy, creativity, and personal growth. So, let's embrace leisure, reclaim our time, and redefine what it means to live fully as Black women.

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Seen on the Scene: 32nd Annual Saginaw Future Awards Luncheon



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Seen on the Scene: 32nd Annual Saginaw Future Awards Luncheon



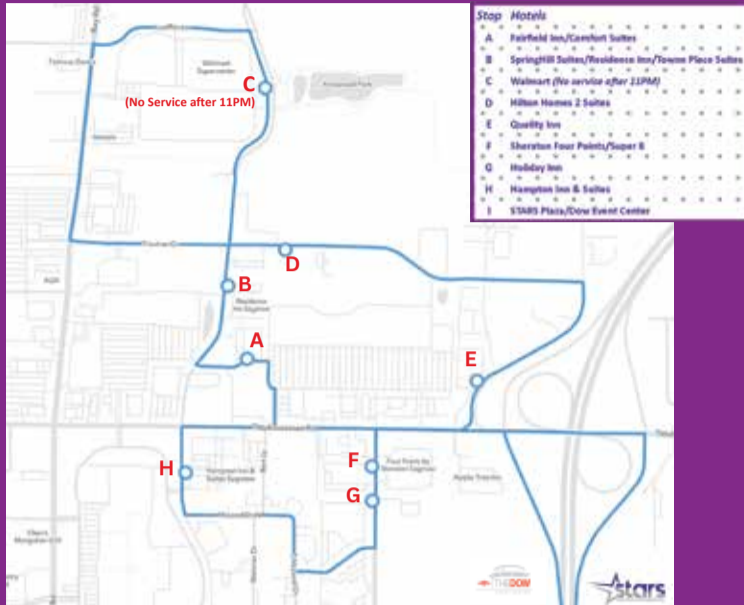
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- S11 Saginaw Art Museum & Rose Garden/Panda House
- S12 Bliss Park/McDonald's/Taco Bell/Burger King/The Work Wear Store
- S13 Bringer Inn/Tim Horton's/Family Dollar/Happy's Pizza/New Bond Inn
- S14 Mid-Michigan Children's Museum/Da Smoking Ribs/Krispy Krunchy Chicken
- S15 Burbon & Co./SVRC Marketplace

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Spinach Quiche



By **VALINDA CROSBY**

Quiche is one of those versatile recipes that you can do so many things with, you can add meat or other vegetables. I enjoy a piece in the morning with a hot cup of coffee while reading my devotional and having my quiet time with the Lord.

Ingredients

- 1 Stick butter
- 1 Small onion, chopped.
- 3 Cloves garlic, chopped.
- 1 (10 oz.) package frozen

chopped spinach, thawed, and drained (you can also use fresh spinach)

1 (4.5 oz.) can mushroom, drained.

1 (8 oz.) package shredded cheddar cheese

1 Deep dish pie crust

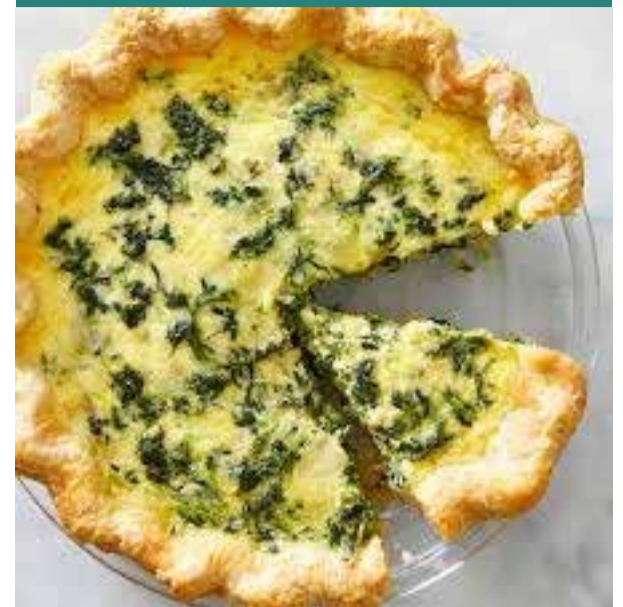
4 Eggs

1 Cup of milk

Salt & Pepper to taste

Preheat oven to 375* Melt butter in a medium skillet over medium heat. Add onion, garlic, and sauté until lightly browned - approximately 7 minutes. Stir in spinach, mushrooms, 1/2-cup of cheddar, and salt and pepper. Cook until the spinach cooks down. Spoon mixture into the piecrust.

In a large bowl, whisk eggs and milk together until combined. Season with salt and pepper. Pour into the



crust over the spinach mixture. Bake in the preheated oven for 15 minutes.

Sprinkle the top with the remaining cheddar and bake until firm in center. is set 35 to 40 minutes longer. Allow to cool 10 minutes before slicing and serving.

Please check me out on my YouTube channel @ValindaCrosby4716

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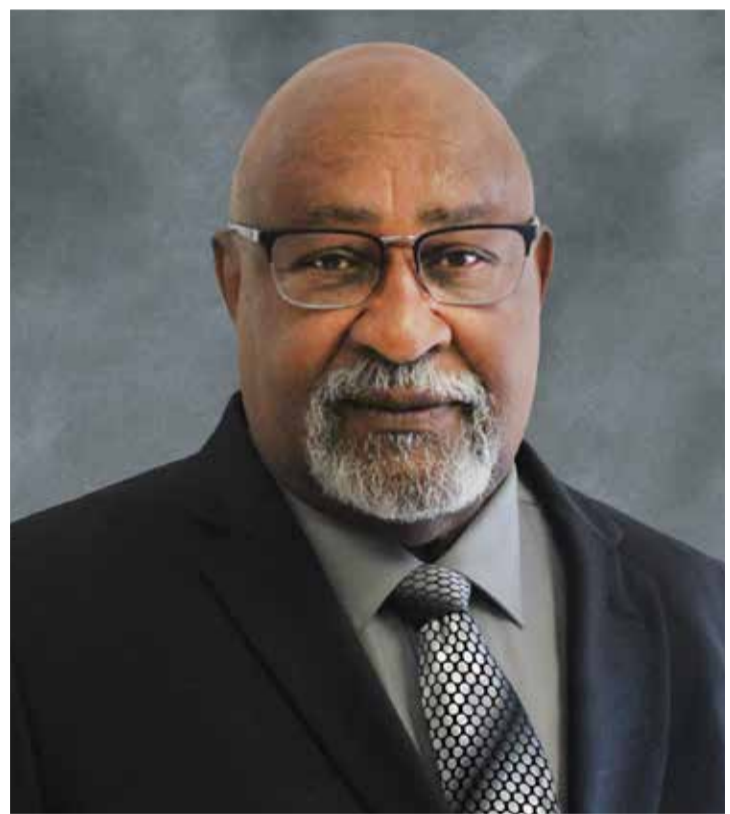
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MINISTRY WITHOUT WALLS - 3783 MANNION RD, SAGINAW, MI 48603

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



The Compass



By **DONIQUA SOVIA**

Sometimes we take this path, when we should've taken that. Other times were on the fence, and can't seem to choose right or left. It can leave us feeling flustered, for we know not what to do, and overwhelmed is the word because we just need a few.

God set your path before you, so you need not to fret. He'll tell you which way to go, whether straight, right or left. His direction is precise, not missing not one thing. His compass could be people, the Bible, or other means.

All you got to do, is follow His map, and if you do that, you'll find yourself at the destination He needs you to be an exact. Don't worry about the mistakes, His forgiveness renews, and his power splits seas, and parts the waves. So, no worries, no fear, just trust in the one who's cartography skills are top tier.

Easter Sunday

In the hush of dawn, the world awakes,
As Easter's light in glory breaks.
A humble tomb, once cold and still,
Now echoes with a divine will.

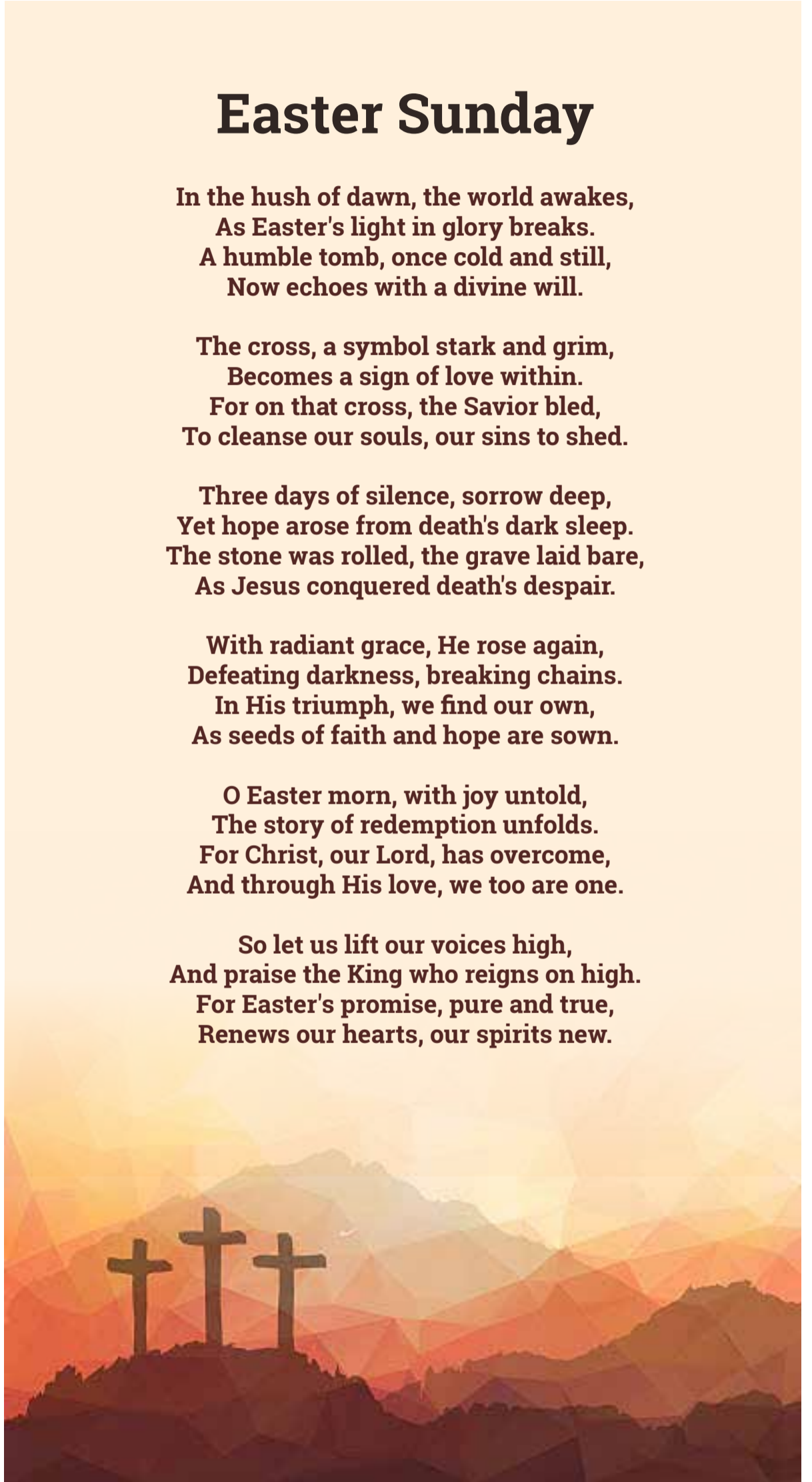
The cross, a symbol stark and grim,
Becomes a sign of love within.
For on that cross, the Savior bled,
To cleanse our souls, our sins to shed.

Three days of silence, sorrow deep,
Yet hope arose from death's dark sleep.
The stone was rolled, the grave laid bare,
As Jesus conquered death's despair.

With radiant grace, He rose again,
Defeating darkness, breaking chains.
In His triumph, we find our own,
As seeds of faith and hope are sown.

O Easter morn, with joy untold,
The story of redemption unfolds.
For Christ, our Lord, has overcome,
And through His love, we too are one.

So let us lift our voices high,
And praise the King who reigns on high.
For Easter's promise, pure and true,
Renews our hearts, our spirits new.



+ FAITH BASED

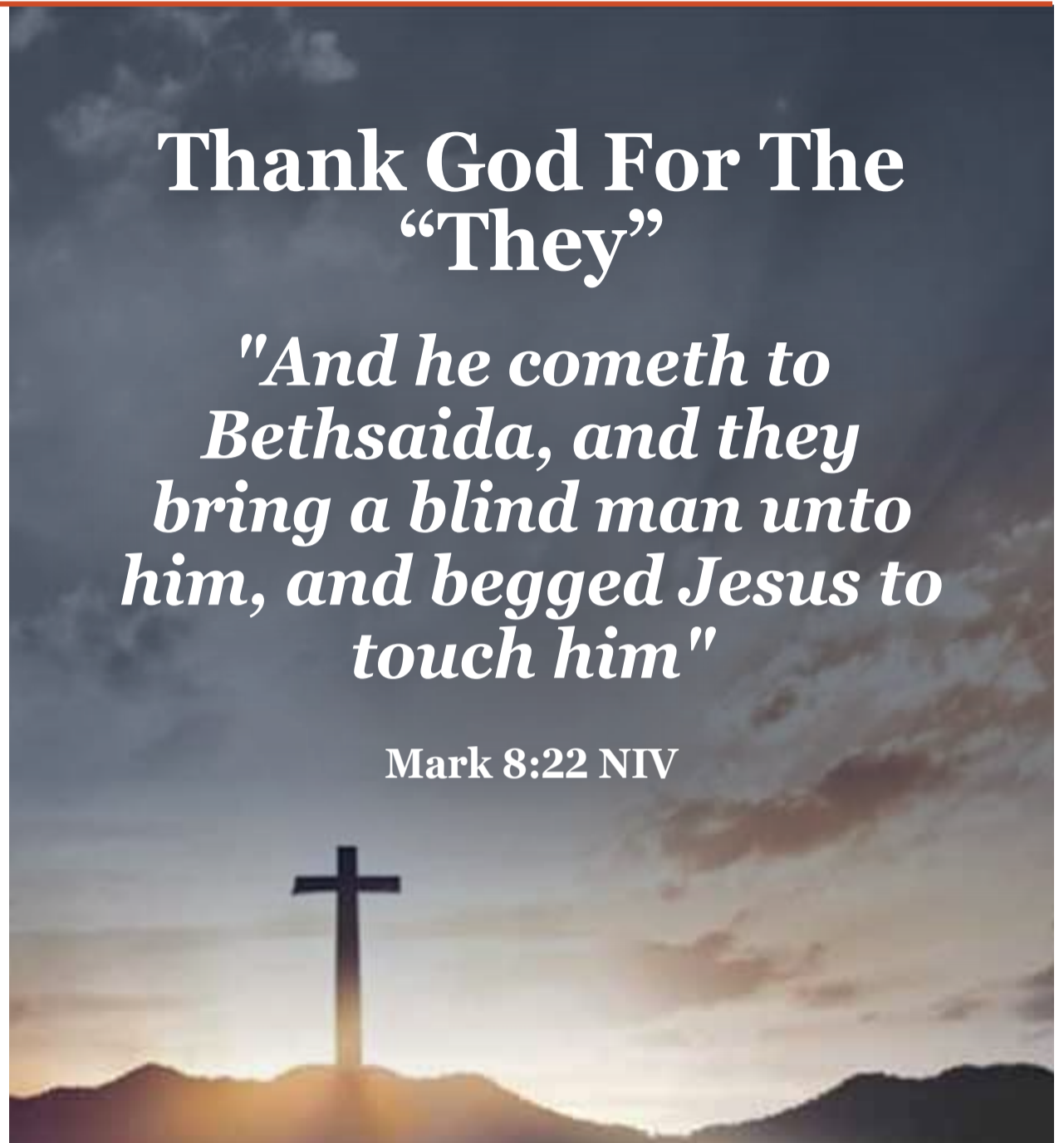
SERMONETTE SERIES



By MINISTER CAROLYN
CARTER TOWNSEL

It is only in The Gospel According to Mark that we find the story of this blind man. This event happened after Jesus had fed the five thousand plus, with five barley loaves of bread and two fish. Mark conveys some people brought this blind man to Jesus, and begged Him to touch him. We do not know if, these people were friends of the blind man, or just some people who cared enough to get the man help. However, irrespective of the relationship these people had with the blind man, it communicates **they** had a heart full of love, compassion, and hope for him. In addition to their love, hope, and compassion **they** had enough faith and belief that Jesus could and would heal this blind man and make him whole.

As believers, it is incumbent that we love and care enough to bring people to Christ and to pray for Christ to bless, keep, protect, promote, and heal them – spiritually, mentally, and physically. John 13: 34-35 expresses, **“A new command I give you: Love one another. As I have loved you, so**



you must love one another. By this everyone will know that you are my disciples, if you love one another” (NIV), and Hebrews 6:10 declares, **“God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them”** (NIV).

This lesson is on intercession and being grateful for the **“They”** in your life. Who are the **“They”** in your life that loved and cared enough to take you to Christ? Who are the **“They”** that believed in and sacrificed for you? Who are the **“They”** that you are indebted to? All of us have some people to whom we are indebted too. No man, woman, boy or girl has gotten where they are by themselves. Some body took you to

Christ, – Maybe your **“They”** consist of your Mother, Father, Grandmother, Grandfather, Teacher, Sunday School Teacher, or Neighbor. Whoever your **“They”** is, if possible; please take the time to tell them Thank You, for being a part of the **“They”** in your life.

My Beloved, John 3:16 states, **“For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”** In this Scripture we clearly see the **“They”** – God the Father, God the Son, and God the Holy Spirit. Thank God for the **“They”**.

Blessings to All,
Carolyn

+ CHURCH DIRECTORY

A



Agape Faith Bible Training Center
Rev. Dr. Joseph Rodriguez
8121 Dixie Highway
Birch Run, MI 48415
(989) 777-3200 Ext. 20

B



Bethel AME Church
Rev. Dennis Laffoon
535 Cathay St.
Saginaw, MI 48601
989-755-7011



Bethlehem Temple Church of the Apostolic Faith
District Elder Curtis E. Johnson, Pastor
3521 Webber St
Saginaw, Michigan 48601
989-755-8381



Bread of Life Harvest Center
Senior Pastor Rodney J. McTaggart
3726 Fortune Blvd.
Saginaw, MI 48603
989-790-7933

C

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

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



Christ Image Community Church
5501 Gratiot Rd
Saginaw, MI 48638
(989) 759-9161
christimage.us

F



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



Faith Ministries Church
Rev. Dr. Anthony Revis
3420 E Ashman St.
Midland, MI 48642
989-837-7777
faithministrieschurch.org

G



Glimpse Of Hope Ministries
Pastor Leslie D Lewis
2211 S. Outer Dr.
Saginaw Michigan 48601
989-755-9237
g.ministries@aol.com



Glory House Ministries
Pastor Jim House
3660 Hermansau Rd.
Saginaw, MI 48603
(989) 752-4769

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

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

H



Holy Communion Gospel Center
Pastor Charlene Washington
1245 E. Genesee
Saginaw, MI 48607
989-752-3993

J

Jacob's Ladder
Pastor Dennis Barlow
1926 Fairfield Street
Saginaw, MI 48602
989-799-6601

L

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

M

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

N



New Beginnings Deliverance Ministry
Pastor Roy & Evelyn Baldwin
2609 E. Genesee
Saginaw, MI 48601
989-777-8272
Pastorbaldwin@charter.net



New Beginnings Ministries
Pastor Augustine Delgado
701 Hess Avenue
Saginaw, MI 48601
newlife3881@gmail.com



New Birth Missionary Baptist
Bishop Larry D. Camel
3121 Sheridan
Saginaw, Michigan
989-327-1755



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



New Hope Missionary Baptist Church
Rev. Dr. Willie F. Casey
1721 Tuscola Street
Saginaw, MI 48601
989-753-7600



New Life Baptist Ministries
Dr. Craig Tatum
1401 Janes Ave.
Saginaw, MI 48601
989-753-1151
newlifelcm.com

New Mt. Calvary Baptist Church
Pastor Alfred "AJ" Harris Jr.
3610 Russel St.
Saginaw, MI 48601
989-754-0801

P

Prince of Peace Baptist Church
Pastor Robert C. Corley Jr.
825 North 24th Street
Saginaw, MI 48601
989-754-2841

R

Radiant Church of God
Pastor Adolfo & Erlinda Martinez
708 W Genesee Ave.
Saginaw, MI 48602
989-401-2134
www.radiantchurchofgod.org



Resurrection Life Ministries Full Gospel Baptist Church
Pastor Carolyn L. Wilkins
2320 Sheridan Avenue
Saginaw, MI 48601
989-395-3142

S



Saint Paul Baptist Church
Rev. Dr., Vincent D. McMillon
120 North 15 St.
Saginaw, MI. 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

T



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

U



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

V



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

W



World Outreach Campus of Greater Coleman Temple Ministries
Supt. H.J. Coleman Jr.
2405 Bay Rd.
Saginaw, MI 48602
989-752-7957

Z



Zion Missionary Baptist Church
Pastor Rodrick Smith
721 Johnson
Saginaw, MI 48607
989-754-9621

+ FUNDRAISING GOODTIMES

Don't take our advice

By MEL AND PEARL SHAW

We believe that we all need each other. We say it all the time. Related to this, we also caution against those who beat their chests and proclaim they did it all. When you peel back the layers you can quickly see all the people who have supported – and continue to support – each of our so-called “self-made” miracle workers. We truly believe in asking for assistance, otherwise known as help. When you're not sure of the road ahead of you, ask those you trust for their opinion. Ask them to share their experience. Listen closely. Ask clarifying questions. Be sure you say, “thank you.” And then chart your own path.

At the end of the day you are the only person who can gauge what you believe will be right for the organization you lead. You know the complexity of the situations you are grappling with. You know the people and their personalities. You know the community you are working within. But you don't know it all. That is why you ask others for help, guidance, and suggestions. Their experience – and the questions they ask of you – can help illuminate the road in front of you. But they can't tell you what to do. Even when they do, you can't know whether or not their answer is right. You are the final decision maker.

This may sound crazy given that we are always offering advice and suggestions as it relates to fundraising and fund development. We share our insights and experiences to help inform how you will make decisions. We don't know the specifics of your situation, but we do know that others are constantly sharing their wisdom and learned experience with us. We listen hard, and then, at the end of the day we have to decide how we will chart our course. We expect no less from you.

When you reach out to others you may just learn that people have conflicting or divergent views on how you “should” proceed. Listen to their guidance and then sit with the information and determine for yourself what to do with their suggestions. You may have a “eureka!” moment where you realize the person you were talking to has the answer! You feel good and you move forward. You may also feel like the person doesn't understand the context you are working within. You may resonate with some of the suggestions made but feel that you can't implement everything they are recommending. Another person you talk with may sound “off base” to you, confirming the value of your insights.

You will need to create your own path forward for your nonprofit. We believe your way will be easier if you reach out for help and then evaluate the wisdom that is being shared with you. Remember, you can combine aspects of different suggestions. The more you make decisions the more confident you will become in your decision-making process. Don't take our advice, try it yourself!



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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.

+ EDUCATION



Why are parent teacher conferences important?

COURTESY PHOTO



By **CRAIG DOUGLAS**
RETIRED EDUCATOR

Many schools have what is known as "spring" parent teacher conferences now. Often the attendance is less than the first round held in fall.

Hypothetically there are many causes for a drop off in attendance. Sometimes people get busy and cannot afford the time. For others, enthusiasm diminishes.

Why make an effort to go?

Actually there are many reasons to attend, and I will highlight the following three for your consideration.

1) Track record- By now there have been more than seven months of school being in session. That is as many as five marking periods. When I taught Algebra, that would have translated to at least ten major tests and more than one hundred assignments and quizzes.

That is a lot of data to help describe student attributes and opportunities to improve.

2) Open communication- Hopefully this has been ongoing during the school year. Meeting in-person tightens bonds and builds rapport between teacher and

parent. This is important in all grade levels, especially high school where many times conference attendance really takes a downward dip.

Using my Algebra analogy to make a point, if I have "little Johnny" in Algebra I it is probable I will have him again in another class. It could become a multiple year relationship, making open communications even more valuable.

Plus ~ here is the kicker~ "little Johnny" could benefit from me down the road for a reference for employment, college, or scholarship. What starts as a simple conference could build in significance into something pretty important.

3) Troubleshooting- Unfortunately the following scenario happens occasionally.

First of the year, all As and Bs are earned when the material is easier. As the year moves forward, the material increases in challenges.

The grades may creep downward to Bs, Cs, or worse. "Little Johnny" may be a candidate for tutoring or some other intervention to get back on track and stronger.

Whatever the case, the bottom line is this. Avoid rationalizing. Avoid making excuses not to attend. Go to the conferences (even if you do not want to or think you do not need to).

You may be glad you did.

If your conferences have been held already and you missed them, seek atonement by sending a text, email, or brief note to say hello and to inquire, how are things going?

Again, you may be glad you did.

Resource: <https://www.parentsquare.com/blog/why-are-parent-teacher-conferences-important/#:~:text=Parent-teacher%20conferences%20are%20a%20vital%20component%20of%20a,progress%2C%20social%20development%2C%20and%20overall%20performance%20in%20school.>

+ EDUCATION

NITA FARAHANY

SVSU to host expert on artificial intelligence and neuroscience

Saginaw Valley State University's inaugural Field/Spicer Lecture will address artificial intelligence and neuroscience with ethics consultant Nita Farahany. The lecture will take place on Tuesday, April 9, at 7:00 p.m. in Rhea Miller Recital Hall. The lecture is free and open to the public.

Titled "The Battle for Your Brain: Defending Your Right to Think Freely in the Age of Neurotechnology," Farahany's lecture will focus on the relationship between artificial intelligence (AI) and neuroscience. Farahany will address the questions and concerns that the rise of artificial intelligence can bring about.

With a focus on the impact on privacy, human rights and equity, Farahany will discuss both the risks and the rewards of

AI and wearable technology.

A leader in the field of bioethics and technology, Farahany is the Robinson O. Everett Distinguished Professor of Law & Philosophy at Duke Law School and the founding director of the Duke Initiative for Science and Society. From 2010 to 2017, she served on the Presidential Commission for the Study of Bioethical Issues advising President Obama. Farahany currently serves on the National Advisory Council for the National Institute for Neurological Disease and Stroke in addition to being an elected member of the American Law Institute and a member of the Global Future Council on Frontier Risks for the World Economic Forum. As co-editor-in-chief of the Journal of Law and Biosciences, Farahany is a leading expert on the topic.

hany is a leading expert on the topic.

This lecture is made possible by the Field/Spicer Endowment in Science and Engineering. This endowment was established by Dr. E. Malcolm and Mrs. Lois Field to promote interdisciplinary work that bridges health sciences, biology, engineering and technology, with an emphasis on the neurosciences. A world-renowned neurosurgeon and philanthropist, Dr. Field is the founder of the Field Neuroscience Institute (FNI) in Saginaw and has six decades of experience in his field. The endowment supports research, fellowships, and programming to promote research and education on the SVSU campus and in the community.

MCC's Technology Division to host open house April 10

The Mott Community College Technology Division will host an open house April 10 from 6-8 p.m., showcasing Technology programs at the College and highlighting career paths in high demand career fields. The open house will be in the Regional Technology Center on the main campus in Flint.

There will be information about professional degree and certificate programs, opportunities to engage with current faculty members, and Participate in hands-on workshops and activities.

Highlighted programs include Automotive, Computer Aided Drafting, Electronics and Robotics, Heating and Ventilation (HVAC), Information Technology, Machining, and Welding.

The Open House is free and open to the public but registration is encouraged. Pre-register by calling 810-762-0500 or <https://forms.gle/zdYjhHTopx4Eli337>

About the Technology Division at MCC

The Technology Division offers degrees, certificates, and alternative training in automotive, CAD, information technology, electronics and electrical robotics, HVAC, mechanical operations, and welding. These courses and programs are for students seeking marketable, high-tech skills, and those already employed seeking additional education options in the rapidly changing technologies. To learn more about the Technology division of Mott Community College visit <https://www.mcc.edu/>, also follow us on Facebook, Instagram, LinkedIn, Twitter, and Youtube.



COURTESY PHOTO

Dr. David Hopkins becomes a Delta College alum through the Reverse Transfer program—You can too!

Transfer your credits from a two-year college to a four-year institution and earn your degree. Strike that! Reverse it!

It happens often. Students transfer to university before earning their associate's degree. But you took those classes and earned those credits, why not claim your degree? With Reverse Transfer you can bring credits from your bachelor's degree courses back to Delta College to get your associate's degree.

Dr. David Hopkins, dean of Transfer Programs and Online Learning, did just that. Finding a new sense of pride, community and full-circle completion after earning two associate's degrees from Delta College through the Reverse Transfer program earlier this year. His new degrees are framed and displayed proudly on his office wall.

"For me, it's more sentimental. It solidified my connection to Delta and brought about that sense of pride," said Dr. Hopkins. "It's very likely, that if it hadn't been for my time as a student here at Delta, I never would have gotten the three other degrees I have. I learned so much here;



I drew so much inspiration from the instructors I had."

To anyone considering earning a degree or certificate through Reverse Transfer, Dr. Hopkins strongly recommends working with an advisor who will help you through the process and ensure requirements have been met.

Claiming your associate's degree or certificate through Reverse Transfer:

1. Complete the Reverse Transfer form from your four-year institution (links below).

2. If you have met all requirements of the agreement (vary by university) and Delta College graduation (vary by program), your degree(s) or certificate(s) will be awarded automatically.

Reverse Transfer Partners

We have agreements with several Michigan universities to make the process easy.

- Central Michigan University
- Eastern Michigan University
- Ferris State University
- Grand Valley State University
- Lake Superior State University
- Michigan State University
- Michigan Technological University
- Northern Michigan University
- Oakland University
- Saginaw Valley State University
- University of Michigan – Ann Arbor
- University of Michigan – Flint
- Wayne State University
- Western Michigan University

Coming fall of 2024!



POWER OF A PROMISE

Fundraiser

Will be held at the **new**
Saginaw United High School!



Please join us as we honor the past
and embrace the future!

*Evening event, Dinner, Entertainment, Auction, Keynote Speaker,
Scholar highlights & Program Updates
--Tours will be available --*

Event details, ticket and sponsorship opportunity information will be posted on the Saginaw Promise website and promoted by late spring.

**Event proceeds to support Saginaw Promise scholarships and programming to invest in Saginaw's future and that of Saginaw's students!*

JOIN THE RISE

Shape Your
Tomorrow.

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GRADES K-5



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PROGRAM FOR THE CREATIVE &
ACADEMICALLY TALENTED (PCAT)

- Relocated to a Beautiful New Building September 5, 2023
- Expanded Programming: Foreign Language, Music, Dance, 2D & 3D Art, Coding, Robotics & Much More!
- Testing has started for the 24-25 School Year!
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APPLY NOW

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CONCENTRATION FOCUSED GIFTED &
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- Relocating August 2024 to the Extensively Renovated Arthur Hill HS Creating a Gifted & Talented Campus
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- Apply Today!

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989.399.5500



APPLY NOW



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SOON**

SAGINAW PUBLIC SCHOOLS'

**GIFTED &
TALENTED
CAMPUS
FALL**

2024

LOCATED ON THE SITE OF THE
CURRENT
ARTHUR HILL HS

+ EDUCATION



COURTESY PHOTO

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 environ-

ments 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 43,
SISD**

Continued from pg 42, 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

⁴Head 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).

SAY HELLO TO

FREE TUITION.

Get Free Tuition through Michigan's Reconnect Scholarship Program

Delta College, in partnership with Michigan Reconnect, is offering free in-district tuition to qualifying Michigan residents who want to earn an associate degree or certificate.

Do you qualify?

- Michigan resident for 1 year or more
- At least 25 years of age
- U.S. citizen or eligible non-citizen
- Hold a high school diploma or GED
- Do not currently hold a college or university degree
- Students must enroll for 12 credits per year

**Newly expanded
to those 21-24
for a limited time!**

*Other costs apply. Students outside Bay, Midland and Saginaw counties (Delta's service district) can receive the scholarship but will be responsible for the difference between in-district and out-of-district tuition and fees.

Apply today! | delta.edu/reconnect | 989-686-9093



WILD about Pre-K

Saginaw Public Schools

Free Breakfast & Lunch

16 Students Per Classroom

State Certified Staff

Field Trips

High Scope Curriculum

Child Must Be 4 By December 1

Items Needed For Enrollment

- Child's Birth Certificate
- Up-to-Date Shot Record
- Health Appraisal/Physical
- Health Insurance Card
- Proof of Income
- Proof of Residency
- Photo ID

To Complete Registration

→ Appointment Required ←

Call (989) 399-6750 or visit michiganpreschool.org

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Register Now



SAGINAW PUBLIC SCHOOLS: NOW ENROLLING
#spsdamazingkids: It's Time to Find Your Passion!
So Many Possibilities, Experiences & Opportunities to Explore!

www.spsd.net

989.399.6500





Saginaw Intermediate School District (ISD) is an educational service agency that provides effective and innovative leadership, services, resources, and programs throughout Saginaw County school districts since 1962. Saginaw ISD's **Early Childhood Services** department offers an array of support for children and families, including home visitation, preschool programs, and community resources.



Scan the QR code to learn more about Saginaw ISD's Early Childhood programs and family services. You may also contact Executive Director Dr. Ericka Taylor at etaylor@sisd.cc.



SAGINAW INTERMEDIATE SCHOOL DISTRICT

3933 Barnard Road, Saginaw, MI 48603
(989) 399-7473 | www.sisd.cc





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

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+ SPORTS

Ty Rodgers, fighting Illini wins Big Ten Championship, heading to Elite Eight

By HASANI ALI

Sophomore Ty Rodgers said during his preseason interview that he was excited to see where the season was going to take him.

Little to his surprise along with a couple other players from the Saginaw area, his team made it to the big dance.

Saginaw was honored to see former Lumberjack Jimmy Bell and the Mississippi State Bulldogs face off against Michigan State in the first round of the NCAA tournament.

Former Saginaw Heritage standout Moira Joiner was seen in action when Michigan State took on North Carolina in the second round of the women's tournament.

Now all eyes can be glued to the Saginaw native and Grand Blanc standout as the Fighting Illini are two games away from the national championship.

No. 3-seeded Illinois (30-8) just knocked off the no. 2 seed in Iowa State, 72-69 during the Sweet 16 of March Madness this past Thursday in Boston.

Graduate student and Chicago native Terrence Shannon Jr. led the way with 29 points for the Fighting Illini.

Senior Coleman Hawkins followed up with an aggressive 12 points. The Sacramento, Calif., native is the

first player in school history to record 900-plus points, 500-plus rebounds, 200-plus assists, 100-plus blocks and 100-plus steals.

He was prepared for a touch matchup with the Cyclones, but didn't realize the battle was going to be more physical than anticipated.

"I have more of a respect for them," Hawkins said during a post-game interview. "I think it's a higher level of respect. I think they've been playing great all year. I think they're well-coached, and they do what they do."

Rodgers chipped in four points for Illinois.

The Fighting Illini will be returning to



TY RODGERS

the Elite Eight for the first time since 2005 – they ended up falling short in the national championship to North Carolina, 75-70.

That team ended the season with a 37-2 record, tying the record for most victories in a season for men's college basketball team.

Head coach Brad Underwood is acknowledging the pressure moving forward as the Fighting Illini will be taking on no. 1 UConn in their Elite Eight matchup.

But they had to secure the win against Iowa State first.

"We didn't come here to win one game," he said during his postgame interview. "We came here to win two."

UConn had no problem taking care of no. 5 San Diego State, 82-52 earlier in the Sweet 16 play. The Huskies are steadily making their case as the top team in the land as they were ranked no. 1 overall seed.

UConn has only one loss to the season, which occurred back in December.

It will be the first time these teams have faced off since 1994.

Illinois is still riding high after winning the TIAA Big Ten tournament championship over no. 5 Wisconsin, 93-87 which automatically punched their ticket into the tournament.

The tournament win was a shock to everyone as Purdue was the expected favorite to win the Big Ten tournament.

Senior guard Marcus Domask has heard it all before. The 23-year-old graduate student looks at this upcoming game as another time to shine rather than pulling off an upset.

"We've played a lot of college basketball," he told ESPN. "We've played a lot of teams that are supposed to beat us, if you say they're supposed to beat us."

Lawson II earns Flint area player of the year, first team all-state

By HASANI ALI

There was no surprise that junior point guard Greg Lawson II was going to be named Flint Area Player of the Year while earning first team All-State honors.

His father Greg Lawson took to social media to comment on his son's accolades and wished that the season could've turned out a bit differently.

"I wish he could've finished his season healthy," he posted on Facebook.

The Cardinals went 17-5 on his watch, finishing second with a 10-2 record in the Saginaw Valley League.

Lawson II hit the 1,000-point mark on Feb. 2, en route to a 66-57 win against Grand Blanc. He also became Davison's all-time leading scorer.

It was a humbling experience for the junior being able to achieve such a feat in front of his loved ones.

"It was big for me," Lawson II said. "I was just trying to achieve it in front of our home crowd with my friends and family in the stands."

The six-foot-2, 170-pound guard averaged 23.5 points, eight rebounds and seven assists. He also scored 30 points at least five times and had five triple-doubles.

Lawson II was also named first-team All-Saginaw Valley League.

He has been recently seen working out with NBA player Brian Bowen, who has been recently released by the Minnesota Timberwolves.

He was able to soak in all of the pro tips that Bowen gave him to separate his game from the rest.

"From high school to the pros is a different pace in play," Lawson II said. "That euro step has really helped me create space for me to score in the open."

Gaining exposure from a professional player showed a couple areas where Lawson II can improve his game.

"My explosiveness needs some work," he said. "I can be more athletic getting around the rim and become more assertive getting to the basket."

The Saginaw native visited Tom Izzo and Michigan State on last month. This



GREG LAWSON II

month, he visited Mississippi State, home of Arthur Hill alumni Jimmy Bell.

If Lawson II decides to play for MSU, he will be teaming up with Jase Richardson, son of former Arthur Hill legend Jason Richardson, who is committed to play for the Spartans next season.

Lawson II stated that he will make a decision by mid-April.

According to 247sports.com, the three-star guard is ranked no. 2 in the state of Michigan.

Lawson II has offers from Arizona State, Arkansas, DePaul, Florida State, Louisville, Sam Houston State, TCU, Penn State, Oakland, Mississippi State, Toledo

and many more.

His father praises his son's work ethic, excited to see where his future will take him as he's preparing for his collegiate career.

"From the beginning, he's always had a great work ethic," he said. "He looked up to Maurice Jones as he went to USC and Eric Davis going to Texas as it showed him how much it took in order to make it as a collegiate player. He goes to the gym before practice, he may go to the gym after practice. He's making sure that he gets extra work whenever he has time. He's apt to put in an extra 500 shots a day."

+ SPORTS

Saginaw crowns first Golden Glove state champ since 2019

By HASANI ALI

It's been five years since a boxer has brought home a state title back to the city of Saginaw.

Heavyweight Solomon Jagun was able to end that drought in convincing fashion at the Golden Gloves Finals last week at the 4 Mile Showcase in Grand Rapids.

Jagun earned a 5-0 decision from the judges against Ascensio Tedford from Flint.

Gideon Gym Boxing Club head coach Joe Mendez was impressed with the performance from the two-time state champion.

"He performed very disciplined," he said. "He fought a guy that loves to draw his opponent in and make it a slugfest. So it was a good test of his boxing skills. We stayed behind the jab the entire night."

Jagun (12-4), who had transferred from another gym, has been fighting heavier over the past few years. He now fights at 203 pounds as the 189-pound weight class was eliminated a few years ago.

Since the Golden Gloves are now an Olympic qualifier, the standard weight classes are to now mimic what weight class they would compete in if they qualified for the Olympics.

The state championship win would be the first in Saginaw since 2019, which was won by super heavyweight Gary Ramirez and welterweight Morris Young.

Young also won a state title back in 2016. Super heavyweights Robert Simms and Jermaine Franklin won state championships back in 2015 and 2014.

Franklin went on to win the national Golden Gloves tournament.

With the national tournament being hosted in Detroit this year in April, Mendez and Jagun can have a bit of relief preparing to make a national run.

"It's not a boxing advantage, but a mental advantage," he said. "It's better to focus when you're in your own backyard compared to being in a different world. From packing, flying and get adjusted to the new environment, it's a lot to handle when focusing on the upcoming fights."

Last time Saginaw went five years without a state champion was 1996. Since then, Saginaw has had a fighter win the Golden



SOLOMON JAGUN

Gloves at least every other year.

Mendez commends Jagun for having his name recorded amongst the Saginaw legends in the sport.

"To have your name listed as a state champion along the lines of Lorenzo Reynolds and Ernie Garza says a lot about a fighter's caliber," he said. "He's won it twice and those guys were winning it multiple years, sometimes in a row."

As the 23-year-old prepares to win a national title, Mendez wants him to perfect his fundamentals as he still has a couple of years until he is professionally ready.

"A fighter needs to be well rounded in the amateurs," he said. "You can lack in a couple areas and still win fights if you're

disciplined."

Being the first state championship in the open division for the club can attest to what Mendez has implemented for the fighters at his gym.

"It says a lot regarding the culture that I've set in the gym," he said. "I have fighters coming from all over the area to work with me and I don't teach anything simple. It's just basic fundamentals and good sparring."

The younger fighters of the Gideon Boxing Gym will be traveling down to Detroit on April 30 for the Tony Harrison showcase at the Superbad Academy, located at 8701 Puritan Ave.

Saginaw to host annual Tri-City Celebrity All-Star Game

By HASANI ALI

It's about that time, Saginaw!

As March Madness is quickly wrapping up on April 9, there's a chance to watch some quality hoops.

The ninth annual Celebrity Basketball Game will be on April 14 at Michigan Lutheran Seminary High School, located at 2777 Hardin St. Tipoff is at 3 p.m.

An autograph session will take place after the game.

Legendary Arthur Hill basketball coach Dave Slaggert will be selling copies of his new book, "Remembering the Trojans and Lumberjacks."

In honor of suicide prevention awareness, the Barb Smith Suicide Resource and Response Network will be the beneficiary of this year's game.

The Barb Smith Suicide Resource & Response Network is a grassroots organization that has been serving Michigan and beyond since 1989.

The founder and Executive Director, Barb Smith, used her personal experience of losing her 20-year old brother, John, to suicide to build the organization, hoping to find purpose for her pain.

Their purpose is to help people understand the nature of suicide, how to respond to someone with thoughts of suicide, and how to walk family and loved ones through the aftermath of a suicide.

Their team of experts and trainers deliver evidence-based prevention trainings with the hope of destigmatizing suicide, increasing help-seeking behaviors, and caring for those impacted by suicide.

The Tri City WELS Men's Basketball League is returning to the city with some of your favorite local personalities.

Dr. Blair White from White Orthodontics will be making his fifth appearance in the all-star game. The former Nouvel standout led the Big Ten in touchdown receptions at Michigan State in 2009 with nine. He signed with the Indianapolis Colts in 2010.

White will be representing Team Jackson.

St. Charles head coach Taryn Taugher will be making her all-star debut. The Free-land standout finished her hoop career at Grand Valley State University – averaging



COURTESY PHOTO

7.4 points and was named to the Great Lakes Intercollegiate Athletic Conference All-Defensive team.

Taugher will be representing Team Jones.

Not all the celebrities that are participating in the all-star game are athletes.

Comedian Mike Ball will be making his second appearance in the all-star game. Ball opened up for the legendary Ralphie May and has been featured at the no. 1 comedy show in Las Vegas, N.V.

He will also be representing Team Jones.

Detroit Catholic Central head coach Tory Jackson is the captain for Team Jackson and will be coached by Bridgeport's head coach Kevin Marshall.

Northwood's assistant head coach Maurice Jones will be the captain for Team Jones and will be coached by Saginaw United girl's head coach Eugene Seals.

Last year's celebrity game was in honor of Carter Kits, a sensory bag dedicated to comfort and appropriately focus children who are on the autism spectrum, as well as many other children who occasionally find themselves overwhelmed or otherwise impacted by traumatic events.

Carter Kits were initially designed for First Responders, however, the scope of their mission has expanded to many other professions including mental health, schools, churches, emergency departments, and more.

+ SPORTS

Saginaw United names King as head coach of Football Program

By HASANI ALI

Every school loves to find a passionate competitor from a former high school graduate to carry on the future of their sports program.

For Arthur Hill graduate James King, he knows exactly what it takes to bring a winning culture back to Saginaw football.

“I’ve been working at the high school level the last eight or nine years, working with young athletes in the community,” King said during an interview with MLive. “We have to start building the program, building that sense of ownership of the team and the program.”

King is taking over as the new head coach of the Saginaw United football team, which is heading into its fourth season as a co-operative program with Saginaw High and Arthur Hill students.

Saginaw United will become its own program as the school will be opening in the fall, hoping to make a strong turnaround after three winless seasons.

King, 33, was a three-time athlete as a Lumberjack, earning league honors in three different sports.

He went on to play baseball at the Div. 1 level at Chicago State University.

Having the experience to compete at a high level, King is dedicated to helping the Saginaw United players achieve the same feat, perhaps even reach the professional level.

“I have a training program called ‘The Grit, the Grain, the Pain’ that we’ve used to train a lot of athletes,” he said. “We’ve helped seven kids in the past two years get into colleges.”

King also knows that it takes a strong foundation in order to construct a solid program.

“The need to see structure, we want to bring that,” he said. “When that structure is missing key pieces, the program cannot run correctly. We have youth in our area that will know us as a staff and as a program.”

King participated in baseball, basketball and football. He was a sophomore on the 2006 state championship basketball



JAMES KING

team.

He was the first four-year starter in the high school’s history in football. King started as a quarterback, but then later moved to tight end and linebacker.

His stellar performance as standout pitcher and catcher in baseball is what earned him the scholarship to Chicago State,

King graduated in 2008.

“Playing three sports was very important,” King said. “It’s needed. These athletes need to play multiple sports. I will push for that and help them play multiple sports. As a college coach, you love seeing kids playing multiple sports.”

He also stresses the benefits of being a multi-sport athlete.

“When you play different sports, you develop your athletic IQ. You learn about

playing different roles. You may be a star in one sport, but you may have to play a different role in another.”

King, who also played arena football, has worked as an assistant coach for Arthur Hill, Bridgeport and Saginaw United football programs.

“Experience is everything,” King said. “When taking over a program, whether it’s successful or not, you have to understand the program. I’ve learned a lot from coaching and also playing. You learn from the good and the bad.”

Off-season training is expected to begin after spring break.

The Phoenix is set to kick off the 2024 season against Freeland. Games will remain at Saginaw High until construction for the new football stadium is complete.

Lady Lakers tourney runs falls short to United Tribes Technical College, 83-70

By HASANI ALI

Mid Michigan College was potentially a few games away from becoming NJCAA national champions. Their magical ride was cut short by United Tribes Technical College, losing 83-70 in the consolation bracket at the NJCAA National Tournament.

The Lady Lakers historic season ended with a MCCA Northern Conference title, an MCCA State Championship, and a District Championship accompanied by a bid to the NJCAA National Tournament.

The game was closely knit for three quarters, with the Thunderbirds holding onto a slim 37-31 halftime lead and a 51-45 lead after three.

United Tribes Technical College went 16-of-21 from the line all game, which has been able to keep the Lady Lakers at bay and eventually the game out of reach.

Sophomore Myona Dauphinais led the way with 27 points for the Thunderbirds, shooting 9-of-21 from the field and hitting 7-of-8 from the free throw line.

Sophomore TeAnndra Pemberton-Kingbird followed with 19 points, shooting 7-of-13 from the field.

Tiara Flying Horse chipped in 14 points, going 5-of-16 from the field.

Mid Michigan College's offensive attack was led by sophomore Satori Griffin with 22 points. Alexys Carlstrom followed with 13 points.

Mid Michigan College fell to undefeated Rock Valley 78-54 in the second round of the women's NCJAA Division II tournament.

The next day, the Lady Lakers were routed by South Arkansas University Tech in convincing fashion, 69-39.

Head coach Lance Maney took to social media to comment on the magical ride his team was on during his second year as coach.

"In the preseason we said we wanted to 'Win Everything' and we just about did," he said. "Conference Champs, Michigan State Champs, Great Lakes Region Champs. Walking off the court losing in the sweet 16 at the national tournament I wanted to



LADY LAKERS

hang my head, but couldn't because I knew that we had given absolutely everything we had. This team lived winning habits & discipline all year long, and we should have no regrets."

Despite the loss, Mid Michigan College still had a successful season.

Along with the several titles won, the Lady Lakers tied the program record single season wins with 28.

They also had several players receive All-Conference honors, as well as Coach Maney being named the MCCA Northern Conference Coach of the Year, as well as the MCCA Coach of the Year.

Freshman Rachel Resio earned All-MCCA, First Team All-Northern Conference, Northern Conference All-Freshman Team, and Northern Conference All-Defensive Team. The Saginaw native also earned MCCA Player of the Year. Resio averaged 15 points and 4.5 rebounds per game while shooting 40 percent from the

floor and 88 percent from the free throw line.

She scored her season high of 26 points against Lansing Community College.

Freshman Chloe Watson earned honors of All-MCCA, First Team All-Northern Conference, and Northern Conference All-Freshman Team. She averaged 14 points, five rebounds and four assists per game.

Watson scored her season high of 31 points in the Region XII Great Lakes District Semi-Final game against Schoolcraft College.

Sophomore Terre'ya Moore earned honors of Second Team All-Northern Conference and All-Northern Conference Defensive Team. The Saginaw native averaged nearly a double-double with 11 points and seven rebounds per game.

She scored her season high of 21 points against Grand Rapids Community College.



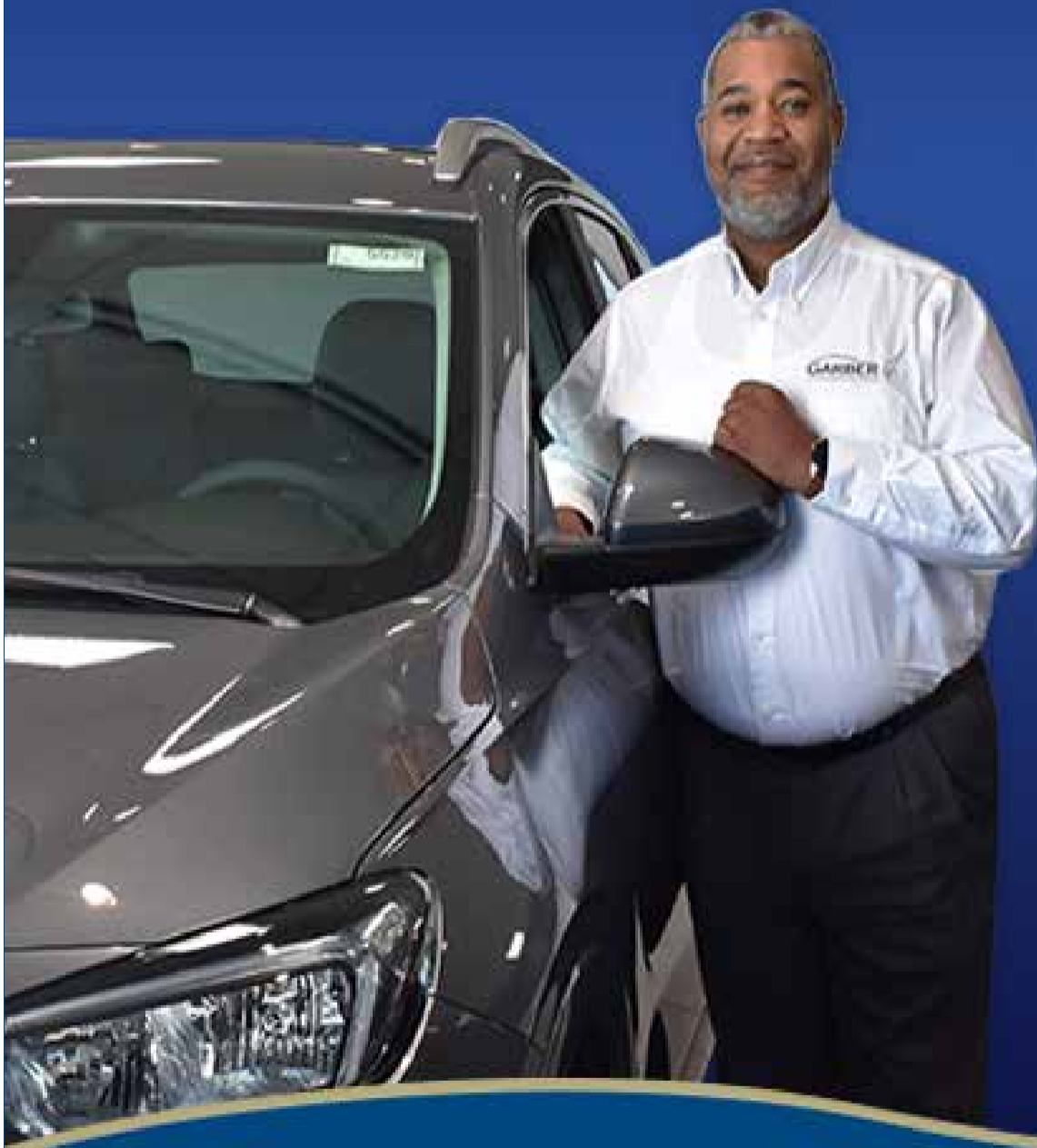
PICS OF THE WEEK

Governor Gretchen Whitmer, Senator Kristen McDonald Rivet & State Representative Amos O'Neal Visited Saginaw High School on March 21 to speak to the Class of 2024 about FAFSA and financial aid.



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