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NOV/DEC 2024

Cut Taxes for Middle Class Families

Make Rent More Affordable and Home Ownership More Attainable
Grow Small Businesses and Invest in Entrepreneurs
Take on Bad Actors and Bring Down Costs
Strengthen and Bring Down the Cost of Health Care



Protect and Strengthen Social Security and Medicare
Support American Innovation and Workers
Provide a Pathway to the Middle Class Through Quality, Affordable Education
Invest in Affordable Child Care and Long Term Care
Lower Energy Costs and Tackle the Climate Crisis

Photo Credits: (Fulton County Democrats)



Complexions Contemporary Ballet

30th Anniversary Tour

Making their Detroit Opera House debut, Complexions Contemporary Ballet has awakened audiences to a new, exciting genre with their singular approach of reinventing dance and contemporary ballet. Led by dance icons Dwight Rhoden and Desmond Richardson with stunning gifted dancers and powerful choreography, Complexions has been hailed as a "matchless American dance company" by the Philadelphia Inquirer and "game changing" by London's The Guardian.

Featuring live music from the Detroit Opera Orchestra, the first act features Beethoven, Vivaldi, and Helbig, a vocal performance of Ave Maria, plus a spoken word poem by Aaron Dworkin set to the music of Michael Abels. Completing the program in act two is Love Rocks, set to the fun and thrilling music of Lenny Kravitz, where Rock meets Ballet!

Alvin Ailey American Ballet Theater

50th Anniversary Tour

Alvin Ailey American Dance Theater grew from a now-fabled performance in March 1958 at The 92nd Street Y in New York City. Led by Alvin Ailey and a group of young African American modern dancers, that performance changed forever the perception of American dance. The Ailey company has gone on to perform for an estimated 25 million people at theaters in 48 states and 71 countries on six continents—as well as millions more through television broadcasts, film screenings, and online platforms. Today, the Company continues Mr. Ailey's mission by presenting important works of the past and commissioning new ones. All programs will include Ailey's iconic Revelations; the program's remaining repertoire will be announced at a later date.



DIRECTOR | NATAKI GARRETT CONDUCTOR | ANTHONY PARNTHER

Anthony Davis, composer of X: The Life and Times of Malcolm X, won the 2020 Pulitzer Prize for Music for this true story adaptation of systemic discrimination. This gripping opera follows the wrongful convictions of five African American and Latino teenagers in the assault of a white female jogger in Central Park. Despite racial injustice, resilience and redemption emerge as the five men fight for freedom.

Buy tickets early for best seats OR subscribe to all three with a Choose-Your-Own subscription. Details at DetroitOpera.org.

Interested in bringing a group of 10 or more?

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Independent Economic Analyses Experts Find That Vice President Harris's New Way Forward Is Better for Americans and the Economy

Here are the Facts

Nearly 100 business leaders agree that electing Vice President Harris "is the best way to support the continued strength, security, and reliability of our economy." democracy and

1. Goldman Sachs estimates the biggest boost to the U.S. economy from a Vice President Harris win. They estimate that job growth will be higher and inflation lower than if Donald Trump is elected. A Harris victo-

A Harris victory would lead to between 10,000 and 30,000 more new jobs per month than if Trump is elected.

ry would lead to between 10,000 and 30,000 more new jobs per month than if Trump is elected.

2. An analysis by Moody's Analytics shows that, under a

Moody's finds that Trump's plan would cause a recession by mid-2025, cost 3.2 million jobs, add over 1 percent to inflation, and reduce middle-class families' incomes by \$2,000.

Harris presidency, more than a million new jobs would be added to the economy and household disposable income would rise more than under a Trump presidency. Moody's finds that Trump's plan would

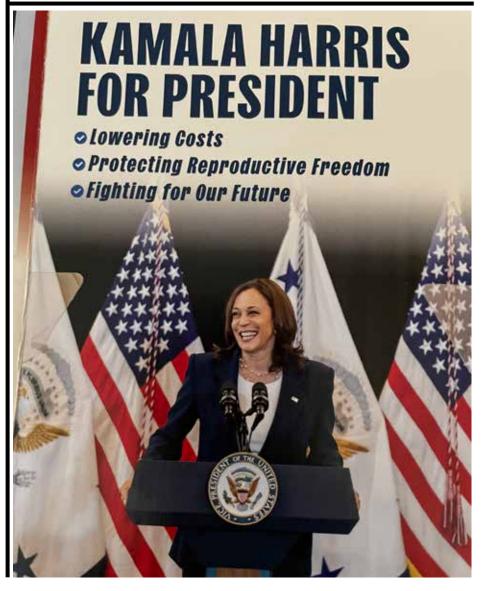
cause a recession by mid-2025, cost 3.2 million jobs, add over 1 percent to inflation, and reduce middle-class families' incomes by \$2,000.

And an economist at the Tax Foundation noted that tariffs as high as some of the ones Trump has threatened "will almost certainly increase the risk of a recession."

- 3. Experts Find Vice President Harris Will Be Better on Inflation Than Donald Trump: A survey of nearly 40 top economists by the Financial Times and the University of Chicago found that 70 percent to 3 percent, Harris would be better than Trump on inflation.
- 4. Economists at Nomura agree that Trump's acrossthe-board tariffs would reduce global growth and increase inflation in the United States by almost 1 percentage point.
- 5. Even the conservative-leaning American tion Forum and Tax Foundation found that Trump's tariffs would raise costs for American families and businesses. The American Action Forum found that Trump's tariffs would increase costs by \$4,000 per year
- 6. And an economist at the Tax Foundation noted that tariffs as high as some of the ones Trump has threatened "will almost certainly increase the risk of a recession."



Photo Credits: (Fulton County Democrats)



Your Vote In This Election Says a Lot About You!



BEVERLY SMITH

If anyone can vote for a person to become the President of the United States that has never uttered one positive word about this country since he came down the escalators in 2015, that person should take a look in the mirror.



If YOU Are That Person, What Does That Say About YOU?

INSPIRATIONAL CORNER

The Big Picture

Tiolence and aggressive behaviors are rapidly surfacing from within many of



BARBARA BRAZILE

us. The mindset
of our young children and adults is
triggered by the
toxic environment we live in.
You don't need
a doctorate to diagnose this raging epidemic that

has overtaken the world.

As a result, fear and deception have escalated, thus we stress out and kill ourselves and others. It's as if we've been possessed and overshadowed by a fog and cannot rationalize reality. Teenagers and small children are easy targets as many are innocent victims of unfortunate circumstances between family members or friends, such as being at the wrong place and at the wrong time.

Then, there is the political arena and the existing war between

Republicans and Democrats. The whole world is in an uproar like never before over who will be the next president. I say – The author of this story called Life has already determined who the next president will be – so we need to just rest with it.

It has always been a power struggle with mankind fighting since the beginning of time for something and help one another in such a time of crisis. However, this is not the case today. Every man is for himself. We have enemies on every side of us and there is nowhere to turn.

It looks like history is repeating itself. For instance, when the children of Israel were in bondage in Egypt, they cried to be delivered from their taskmasters; but before

We, too, are crying to be delivered from the taskmaster of Trump, the KKK, and all the other imps whose only desire is to control and set up a dictatorship government. We need to look at the big picture and stop fooling ourselves.

they will never attain. Yet, they sell their souls to other countries for a mere morsel of bread trying to negotiate and keep the tension down as much as possible. However, hypocrisy has prevailed once again.

We know, the tension and pressure have always been high and the radical behavior has escalated to every part of the world. Our allies are supposed to be able to support

they could be delivered they had to suffer many things. We, too, are crying to be delivered from the taskmaster of Trump, the KKK, and all the other imps whose only desire is to control and set up a dictatorship government. We need to look at the big picture and stop fooling ourselves.

The big picture tells us that life is not a happenstance. We should all know by now that peace is not attain-

able in this world. It is not something that we will attain by bombing, fighting, and killing one another. As our Heavenly Father declared, "Think not that I have come to send peace on earth, I came not to send peace, but a sword". (Matt. 10:34). Peace is inherited by the promise our Heavenly Father promised us.

He is our peace. As He said: "My peace I give unto you, not as the world giveth" (John 14:27). The big picture tells us we only have one hope and we need to hold on to that hope and any faith we may have.

This message is only written to encourage you to keep your eyes on the prize, which is the spirit of our Heavenly Father in us, the only one who will guide us through this fog, and the only one who is our only hope of Glory.

CONTACT INFO: Barbara Brazile prfbook@yahoo.com

Eating Rituals for Youthful Vitality: A Holistic Approach to Aging Gracefully

In the quest for eternal youth, our society has often turned to quick fixes and cosmetic solutions, overlooking the profound impact



LATRICIA WRIGHT

of daily habits and, more specifically, eating rituals. As a holistic nutritionist, I am fascinated by the way our ancestors approached wellness and longev-

ity. These rituals are deeply rooted in a connection to nature, the cycles of life, and the foods we consume.

Aging, as we know, is an inevitable part of life. Yet, how we age can be significantly influenced by our lifestyle choices, particularly our diet. The foods we eat not only nourish our bodies but also reflect on our outer appearance, affecting our skin, energy levels, and overall vitality. In this article, inspired by the wisdom of ancient traditions and the latest scientific research, we'll explore eating rituals that can help you maintain a youthful glow, inside and out.

Exploring the Essence of Rituals

At the core of our conversation lies the term 'rituals,' which we understand as purposeful behaviors or routines undertaken with a distinct aim or objective. The essence of these rituals lies in their ability to enhance mindfulness, encourage gratitude, and deepen our connection to the sustenance provided by our food. Integrating intentional daily practices into our lives opens the door to a more mindful and appreciative relationship with the meals that nourish us.

Mindful Eating: The First Ritual

Mindfulness is the cornerstone of any eating ritual. It involves being

fully present during meals, savoring each bite, and expressing gratitude for the nourishment provided. This practice enhances the eating experience and can encourage slower eating, which can aid digestion. our overall wellness and appearance. Fermented foods, such as yogurt and kefir, are rich in probiotics that support digestive health and nutrient absorption. By making it a ritual to include

Aging, as we know, is an inevitable part of life. Yet, how we age can be significantly influenced by our lifestyle choices, particularly our diet. The foods we eat not only nourish our bodies but also reflect on our outer appearance, affecting our skin, energy levels, and overall vitality.

By adopting a mindful approach to meals, we honor our bodies and the earth, fostering a youthful spirit and a healthy metabolism.

Antioxidant-Rich Foods: Berries, Nuts, and Greens

Our ancestors intuitively knew the power of nature's bounty. Today, science confirms that foods rich in antioxidants, such as berries, nuts, seeds, and leafy greens, combat oxidative stress and inflammation, key factors in the aging process. Incorporating a ritual of consuming these foods daily may protect the skin from premature aging, support cognitive function, and reduce the risk of chronic diseases.

Omega-3 Fatty Acids: The Plant-Based Alternatives

Chia seeds and flaxseeds, nature's tiny but mighty treasures, are rich in ALA, a plant-based omega-3 fatty acid. These seeds support heart and brain health and skin's elasticity and hydration. Chia seeds, flaxseeds, and flaxseed oil can be added to smoothies, oatmeal, or salads. Integrating chia seeds and flaxseed oil into your diet can be a simple and effective ritual to enrich your body with omega-3s.

Fermented Foods: A Ritual for Gut Health

The health of our gut microbiome is intricately linked to

these foods in your diet, you are intentionally promoting a healthy gut and contributing to a smoother, more youthful complexion.

Hydration: The Simplest Ritual

Water is the elixir of life, and staying adequately hydrated is perhaps the simplest yet most overlooked ritual. Water flushes toxins from the body, keeps the skin plump and hydrated, and supports all bodily functions. Make

it a ritual to start your day with a glass of water and keep a reusable bottle with you to ensure you're meeting your hydration needs.

Rituals for a Youthful Essence

Incorporating these eating rituals into your daily life can transform your approach to aging. By choosing foods that nourish and rejuvenate, practicing mindfulness, and honoring the natural world, we can all embrace aging with grace and vitality. Remember, rituals are not about strict adherence to rules but about creating a lifestyle that celebrates and respects the incredible journey of life.

Latricia Wright, Holistic Nutritionist, Wellness Educator and Advocate for Healthy Living. For more wellness tips and insights, follow her on social media @LatriciaWright or visit www.olive-seed.com.

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Detroit Smart Pages Introduces Lydia Mpyisi

Smart Steps to Better Health: Connecting the Medical Dots

In a world where medical information can feel overwhelming, The Medical Dots, a YouTube channel created by physician-in-training Lydiah Mpyisi, stands out as a smart guide to navigating health. Through clear explanations and trustworthy insights, the channel promotes health literacy and encourages viewers to take a proactive role in their healthcare. This resource is dedicated to "connecting the dots" of complex medical knowledge, empowering individuals to understand, ask questions, and partner with their healthcare providers.

Lydiah's healthcare journey began in Kenya, where a paternalistic system often compelled patients to accept doctors' orders without question. However, everything changed when she became a scribe in a Virginia emergency room. There, she witnessed a remarkable shift: patients who advocated for themselves received far superior care. "I was struck by how knowledgeable these patients were. They engaged with their healthcare teams, asking insightful questions that clarified their treatment plans. This experience illuminated a vital truth: empowered patients are essential partners in their health journeys," said Lydiah.

Reflecting on her experiences, Lydiah recognized that a paternalistic healthcare system can lead to misdiagnoses and unnecessary treatments, highlighting the critical need for patient empowerment and advocacy.

Now, as a medical professional, Lydiah's mission with The Medical Dots is to share that empowering knowledge with everyone. The channel serves as a guide, making healthcare insights accessible and meaningful, especially for those feeling lost in medical jargon or uncertain about their health journey. Through her stories, Lydiah illustrates the benefits of health literacy, encouraging viewers to take control of their health through understanding.



In one episode, she shares the story of a patient who frequently visited the ER with severe heartburn but didn't understand its causes. After a physician explained the foods and lifestyle choices triggering his symptoms, the patient gained new insight and made changes that improved his life. "That moment of clarity helped him make a smart change," Lydiah explains. "He stopped needing ER visits and felt more in control of his health."

Lydiah also addresses skepticism around medical recommendations. During her medical rotations, she interacted with a 70-year-old African American woman reluctant to take her blood pressure medication, believing lifestyle changes alone would suffice. As an African American, Lydiah connected with her on a personal level, explaining the medical reasons behind the prescription. This conversation empowered the patient to make an informed choice and ultimately improved her quality of life. "Connecting the medical dots doesn't just build understanding-it builds trust, especially where patients might feel unheard or misunderstood."

Through The Medical Dots, Lydiah tackles more than just health topics. Her channel aims to reduce health disparities and encourages viewers to become active partners in their healthcare. "Doctors may be experts in medicine, but patients are experts in their own lives," she emphasizes. This partnership, based on mutual respect and knowledge, is central to Lydiah's mission of promoting smart, self-empowered healthcare.

Beyond patient education, The Medical Dots inspires aspiring healthcare professionals, particularly young people from underrepresented backgrounds. Lydiah wants them to see that with knowledge, hard work, and dedication, they can make a meaningful impact in healthcare. She envisions a system where compassionate and informed professionals support all patients, regardless of background.

Ultimately, Lydiah's channel reflects her Christian faith and commitment to healing through understanding. As she explains, "When people understand the why, they can make choices that lead to healing." She views The Medical Dots as part of her calling; to connect people with medical knowledge that empowers them to lead healthier lives.

If you're interested in taking a smarter approach to your health, understanding the 'why' behind medical advice, or simply curious about living a more informed, empowered life, join Lydiah on The Medical Dots.

Subscribe on YouTube and feel free to reach out on Instagram @ Lydiah_Mpyisi or email her at themedicaldots@gmail.com and let's start bringing clarity to medicine, one dot at a time, creating a healthier, smarter community for all!

www.detroitmi.gov



I Dared to Dream

Utica, Mississippi, I dared to dream of being somebody in life. I did not know how or who to be, but I prom-



ised to become somebody. Over 51 years later, as the founder of ELE Wealth Solutions, Inc., and ELE Advi-Services, sory

ELLIS LIDDELL Inc., we are one of the largest Black-owned Broker/Dealers and RIAs in the United States.

Yes, still one of the first Black people to own an SEC (Securities and Exchange Commission) registered firm. The people I have hired are my proudest accomplishment, and I am committed to paying fair wages and providing benefits to my employees.

How did I do it? Well, that is the million-dollar question. I recall the song, "Rough Side of the Mountain" made popular in the gospel community by Rev. F.C. Barnes and Rev. Janice Brown, "If I can only keep the faith, I'll have the strength to run this race." That song spoke to me, but not in the way you would think. I would always say, "I can climb the rough side, but that slick side is impossible to climb." Today, examining a

a fifteen-year-old in to others. Well, there is help in the form of compound interest, the eighth wonder of the world.

> Credit card companies use it to build fortunes for their owners and shareholders. By lending a small amount of mon

helping individuals and families build wealth. First, through life insurance sales and later through stock market investments, as well as tax and estate planning.

Our community needed assistance, but they were

reactive. I do not know which you have chosen, but I suggest mentorship. At ELE, we are here to help you clarify your vision and make it clear, and help you climb that rough side of the mountain.

Our community needed assistance, but they were not even aware of it. There is a saying that goes, "When the student is ready, the teacher will appear." Are YOU ready?

charging them 20% interest for the loan, then making the minimum payment only 5% of the interest payment equals one of the formulas for building wealth.

From 2008 to 2009, this country went through a housing crisis, during which values plummeted to as low as one fourth of the amount owed on the house. This created opportunities for individuals to purchase a home previously valued at \$400,000 for \$100,000 or less; however, lenders tightened lending standards. "Cash was King."

Houses valued at \$100,000 or less sold for far less, as little as \$10,000 to \$25,000. Why, you might ask. Because it costs the lender an average of \$30,000 (more than the value of the house) to take the homeowners to court,

ey to millions of people and not even aware of it. There is a saying that goes, "When the student is ready, the teacher will appear." Are YOU ready?

This thing called life can be easier with the right help. People learn in two ways: through mentorship (advice) which is proactive or mistakes (costly) which is

Ellis Liddell is the President/CEO of ELE Family of Companies in Southfield, MI. He is also the author of "Wealth Management: Merging Faith with Finance" and a member of the Million Dollar Roundtable. Mr. Liddell can be reached at (248) 356-6555 or on his website: www.elewealth.com.

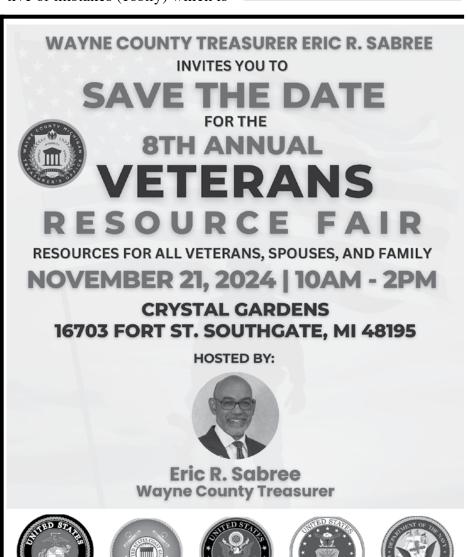
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The people I have hired are my proudest accomplishment, and I am committed to paying fair wages and providing benefits to my employees.

problem, product, invention, or medication to determine its creation is reverse engineering.

If you aspire to become a millionaire, begin by envisioning the end goal and then work backward. One million dollars divided by a 50-year career equals \$20,000 a year saved. It may seem simple to some readers of this article but a daunting task and the houses were insured by the government. Therefore, it was a win-win for the lenders. During that period, I helped numerous individuals either maintain their current homes or purchase more affordable homes nearby.

have earned money throughout my career by assisting others and solving problems. I have dedicated my life to



For more information, email WCTOCommunity@WayneCounty.com

The Breakdown With Time

There is a break down with time. The breakdown with time started, the moment the focus in



SHEILA HAWKINS

the workplace started being based on how could much produced by any one person, while sacrificing

themselves in the process.

Time is something that was created to help measure how we move through our days, but it's been forgotten that it's has created dictates that you a construct and people live their lives by the clock, hav-

So, you can see that time is not manageable and what I've seen over the course of my professional experience and working with clients says, that it's not possible and sciit runs the show. People are caught up; ruled by time and at its mercy and playing rinse and repeat with their days... living the same day over and over because of the productiv-

Moving away from one-size fits all solutions and personalizing how you approach productivity is how you begin to mend the breakdown with time.

ence has already told us that time doesn't exist, so how then, are you "managing" it?

The construct that man be ruled by time, watching the clock and conform by

ity pains they're dealing with.

All of this equates to the breakdown with time and that breakdown has most people in a dysfunctional relationship with time. Nothing's getting done or done on time. Fighting with time, struggling through days, and things falling through the cracks. Time

is your rival. But it doesn't have to be that way. Moving away from one-size fits all solutions and personalizing how you approach productivity is how you begin to mend the breakdown with time.

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So, you can see that time is not manageable and what I've seen over the course of my professional experience and working with clients says, that it's not possible and science has already told us that time doesn't exist, so how then, are you "managing" it?

ing been duped into believing that time can be managed.

Evidence shows that clearly, this is not the case. 56% of people in one survey said they'd like to be more productive with their time in general. But life is so hectic; they can't even make it happen. **Statistically Speaking:**

•Interruptions cost a company 6.2 hours a day. That's 31 hours a week for a large company, but on a smaller scale, it still impacts entrepreneurs

•About 44% of the time, people interrupt themselves by checking email, text mesmedia sages, and social

•The average amount of time each person wastes is almost 2 hours a day. 12 hours a week, 624 hours a year. 26 days total

contorting yourself into its structure, and it says you're not worthy of your own time, so you get very little of it. Your days are full of hustle, no flow. There are set ways of doing things and if you struggle, the help available to you keeps you within that construct and hands you the one-size-fits all solutions.

Inside of what's been designed for people to operate in, the focus is always on the doing, not at all on the being. Thinking about getting things done, but not at all focused on thinking about who it is you need to be to get those things done and to get where you want to go in the big picture you've created.

That same conformity has people hand over their personal power to time. That's why

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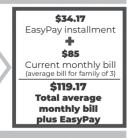
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Detroit Sports Teams Make National Headlines, Political Ad Overload, and Season Premier of NBC's Saturday Night Live **Breaks Ratings Record**

The barrage of national and local political ads has dominated television and radio airwaves for what seems



CHARLENE MITCHELL-RODGERS

like months, but fortunately there has been some exciting news to cheer about,

> which is the winning streaks of

the Detroit Lions and Detroit Tigers. Fans are hoping for a Super Bowl spot and a World Series win. Go Teams Go!

With summer behind us, TV reruns are gone, and the new season of your favorite network and cable shows are back on the air. Now that's something to cheer about.



OUTSTANDING TV SEASON PREMIER -SATURDAY NIGHT LIVE (SNL) ON NBC

The season premiere of SNL delivered 5.3 million viewers according to Neilson, which does not include ASSIGNMENT streaming. That's the best start since 2020. TV critics attribute the big numbers to



the political skits starring former SNL cast member Maya Rudolph who portrays Vice President Kamala Harris. There's a resemblance, and she nailed it! The actors playing the remaining pollical candidates also did outstanding performances.

CASUAL MEDIA OBSERVATIONS -LOCAL TV NEWS DRESS CODES & MORE

It's almost 2025 and rules for workplace attire have changed. I was watching the local weather while on the phone with a friend, she mentioned how some of the women meteorologists were starting to what some might call "alluring" attire. These ladies look fabulous, nothing like years ago with the loose, longer skirts and dresses, No judgement here, just an observation.

CUTEST MEDIA PHOTO - SPOUSES MEET ON TV NEWS

What a coincidence it was that Fox 2 News anchor Brandon Hudson ran

into his wife, WDIV- Local 4 Reporter and Weekend Anchor Pamela Osborne. They were both assigned to cover The Detroit Lions. Competitors only on-air.



SIMILAR HAIRSTYLES -**WDIV NEWS ANCHORS** KIMBERLY GILL & RHONDA WALKER

it best because both ladies are always perfectly coiffed... Rhonda anchors an early morning slot and Photos Credits: NBC News, noon slot, while Kimberly CBS News and The Daily anchors the early evening Mail

and 11pm newscasts. Observation: Both Kimberly and Rhonda are sporting longer hair these days; Recently, It's not about who wears Rhonda abandoned her stylish waves for a straight look. Here's a side-by-side glance.



TRUMP'S PROJECT 2025 IS A THREAT TO BLACK AMERICANS

Project 2025 is Donald Trump and JD Vance's plan to remake the federal government if they win. It would:

Use Civil Rights-era laws created to address discrimination to instead benefit white people

- Axios, 4/1/24

Gut the Affordable Care Act, which will raise health care costs and threaten healthcare coverage for millions of Americans

- AP News, 11/27/23

Cut Social Security and Medicare Americans have earned

- Washington Post, 2/9/23

Ban abortion nationally

- New York Times, 2/16/24

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You Must Scan the QR Code to see Trump's Plan to take Your Power, Your Control and Your Money!

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A New Way Forward For The Middle-Class

Governor Walz are charting a New Way Forward—
to a future where everyone has the opportunity not just to get by, but to get ahead. They grew up in middle-class families and believe that when the middle class is strong, America is strong. That's why building up the middle class will be a defining goal of their Administration.

They know that prices are still too high for middle-class families, which is why their top economic priorities will be lowering the costs of everyday needs like health care, housing and groceries and cutting taxes for more than 100 million working and middle-class Americans. Vice President Harris and Governor Walz will create



Photo Credits: (Fulton County Democrats)

nity, revitalize communities, create jobs, grow our economy, and propel our industries into the future—in rural areas, small towns, suburbs, and big cities. In an Opportunity Economy, more Americans can experience the pride of homeownership.

They will bring together workers, community leaders, unions, small business owners, entrepreneurs, and great American companies to remove barriers to opportunity, revitalize communities, create jobs, grow our economy, and propel our industries into the future—in rural areas, small towns, suburbs, and big cities.

an Opportunity Economy where everyone has a chance to compete and a chance to succeed—from buying a home to starting a business and building wealth.

They will bring together workers, community leaders, unions, small business owners, entrepreneurs, and great American companies to remove barriers to opportu-

Vice President Harris and Governor Walz have a plan to end the housing shortage and lower prices, partnering with the private sector to build 3 million additional homes. As these new homes are built, the Harris-Walz Administration will also give a historic \$25,000 in down-payment assistance to help more Americans buy their first home

and provide shelter, opportunity, and security for their loved ones.

Vice President Harris and Governor Walz know that small businesses—neighborhood shops, high-tech startups, small manufacturers, and more—are the engines of our economy. As part of their agenda, they have put forward a plan to help small businesses and entrepreneurs innovate and grow, which the Vice President aims to have spur the creation of 25 million new business applications.

Their plan includes expanding the start-up expense tax deduction for new businesses tenfold and taking on the everyday obstacles and red tape that make it harder to grow a small business. They will invest in the competitive advantages that make America the strongest nation on Earth—our workers, innovation, and industry—so

that America remains a leader in the industries of the future.

They will revitalize American manufacturing, strengthen our industrial base, and invest in cutting-edge technologies. They will create workforce programs that work for all Americans and strengthen the care economy, opening pathways to the middle class for more Americans that don't require a college degree.

And they will protect Social Security and Medicare against relentless attacks from Donald Trump and his extreme allies and will strengthen these programs for the long haul so that Americans can count on retiring with dignity and getting the benefits they earned. It's time to finally turn the page on Trump and chart a New Way Forward—one in which Americans have the opportunity to create a better life and future for themselves and their families.

Vice President Harris will be a president for all Americans, a president who unites us around our highest aspirations, and a president who always fights for the American people. As a prosecutor, Attorney General, Senator, and now Vice President of the United States, that has always been her life's work.

What Vice President Harris and Governor Walz Will Do to Lower Food Costs Harris-Walz will call on Congress to pass the first-ever federal ban on price gouging.

Going after price gouging by bad actors who exploit crises is a bipartisan, common-sense solution that has been embraced by Republican and Democratic governors and state attorneys general to confront inflation and lower costs in their states:

Americans across the country have been struggling with rising prices at the grocery store, leaving families' budgets pinched even as corporate profits have increased. In just the past several years we have seen insufficiently resilient supply chains in the face of disruptions from the pandemic and then Russia's invasion of Ukraine, as well as a lack of competition in markets.

Although inflation has significantly declined—with month-

ly grocery price inflation at or near 0 percent—families are seeing grocery prices in many areas that are significantly higher than before the pandemic struck.

- Harris-Walz will invest in building resilient food supply chains.
- Harris-Walz will revitalize competition in food and grocery prices, because a healthy and

competitive marketplace means lower costs for consumers.

• Harris-Walz will support giving small businesses, grocers, and growers the resources to compete, re-injecting competition back into our food markets and lowering costs for Americans.

Pageant B. Atterberry: Championing Excellence in Early Childhood Education



Pageant B. Atterberry, the dynamic owner of New Beginnings Child Care and Academy has been leading the charge in early childhood education since she took over the family business in 2020. Founded in 1996, New Beginnings has a long history of serving children aged 6 weeks to 12 years with a focus on high-quality, curriculum-based learning delivered by certified teachers.

What began as a modest operation with three locations has blossomed under Pageant's leadership; growing to nine locations across



vide child care; it offers a comprehensive educational experience, including latchkey services and summer camps. The facilities are well-equipped with 10 buses to support transportation needs, ensuring accessibility and convenience for families, 3 locations

Founded in 1996, New Beginnings has a long history of serving children aged 6 weeks to 12 years with a focus on high-quality, curriculum-based learning delivered by certified teachers.

the Detroit and Lincoln Park areas. This remarkable expansion is a testament to Pageant's vision and dedication to creating enriching environments for young learners.

New Beginnings Child Care and Academy doesn't't just pro-

cater to children on the Autism Spectrum. Pageant is currently working with the State of Michigan to open a facility solely dedicated to children on the spectrum.

At the core of Pageant's mission is a commitment to academ-



ic excellence and personalized care. With a staff of certified educators and a robust curriculum, New Beginnings ensures that children are not only cared for but also nurtured to develop cog-

With a staff of certified educators and a robust curriculum, New Beginnings ensures that children are not only cared for but also nurtured to develop cognitively, emotionally, and socially.

nitively, emotionally, and socially.

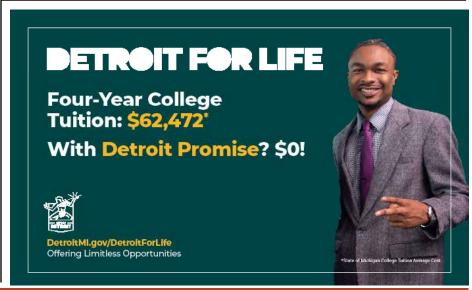
Pageant's passion for education extends beyond her role as a business leader. She is currently pursuing her doctoral degree in education at the University of Michigan, a reflection of her dedication to lifelong learning and improving



educational outcomes for children.

If you're looking for a trusted child care provider that prioritizes both care and education, New Beginnings Child Care and Academy offers a strong foundation for your child's development. For more information, visit www. nbccacademy.com or call 313-646-9153 for more information.





The Choice of Capital: SBA Loans vs. Private Equity

you study the spreadsheets ✓on your laptop, contemplating an exciting next step: buying a



profitable small business. But how do you finance this venture? Should you pursue SBA loan or explore private eq-GARY L. SMITH uity? Each option unique presents

benefits and challenges, making this decision crucial for your future. Is This You?

Are you thinking about starting a new business or buying an existing, profitable one? If so, it's important to consider your financing options carefully. •The Case for SBA Loans

SBA loans are a popular choice for many entrepreneurs. They often offer lower interest rates compared to private equity, making them an attractive option. With an SBA loan, you can secure up to 90% financing

eaning back in your chair, cially when time is of the essence. •The Allure of Private Equity

> Private equity offers a compelling alternative. Investors typically provide capital quickly and are often flexible in their approach. In addition to funding, private equity can give you access to a network of experienced mentors and advisors. Many entrepreneurs have seen how strategic input from investors can accelerate growth and open new doors.

> Private equity investors often take a hands-on role in guiding the business, helping you streamline operations or implement effective marketing strategies. This collaboration can lead to enhanced profitability much sooner than you might achieve on your own.

> However, there are concerns with private equity as well. Investors usually seek a significant stake in your company, meaning you may need to relinquish some control. The prospect of board meetings filled with outside opinions, some

Take time to reflect and reach out to trusted advisors. Discuss the pros and cons of both funding avenues with financial consultants and friends who have undergone similar acquisitions.

on your business purchase, which means less upfront capital is needed and a manageable monthly repayment structure. This can help preserve cash flow, enabling you to reinvest in the business and focus on growth.

The application process for an SBA loan can be relatively straightforward, especially if you have a solid credit score and a well-prepared business plan. The government backing provides an extra layer of security, giving you confidence in your chances of securing funding.

However, there are some drawbacks. SBA loans often take longer to process than private equity funding. The paperwork can be extensive, and lenders will closely scrutinize your personal and business finances. This bureaucratic red tape can lead to frustrating delays, espeof which might conflict with your vision can be daunting. Additionally, the pressure to deliver returns within a shorter timeframe than with an SBA loan may be intimidating if you prefer a long-term approach. •Balancing the Pros and Cons

As you weigh your options, consider the benefits of both approaches. An SBA loan can feel safer, allowing for greater control while fostering growth through strategic reinvestment. However, the potential for rapid acceleration with private equity is compelling, offering not just capital

It becomes clear that both options have merit. SBA loans are ideal for businesses you can manage with your existing knowledge and skills, providing stability for grad-

but also expertise and connections.

ual growth. In contrast, if the business requires immediate changes or has untapped potential, the quick access to capital and expertise through private equity could be invaluable. •Making the Decision

Take time to reflect and reach out to trusted advisors. Discuss the pros and cons of both funding avenues with financial consultants and friends who have undergone similar acquisitions.

Ultimately, your decision will hinge on the specific business you're considering. Conduct a thorough analysis of its financial health, market position, and growth potential. Depending on your findings, an SBA loan might be the best choice, especially if the business has a solid foundation and you're confident in your ability to increase its value without outside pressure.

In the end, you'll realize that both SBA loans and private equity have their advantages and drawbacks. The best choice often depends on the unique circumstances of your acquisition. As you sign the loan documents and prepare to take over the new venture, feel that surge of confidence. You're ready to navigate the complexities of ownership, equipped with insights from both funding paths and a clearer vision of what lies ahead.

In the world of business finance. choices are rarely clear-cut. With careful consideration, you can chart your path, knowing that success will be defined not just by the capital you choose but by the strategy you implement in the years to come.

For a complimentary confidential business valuation, visit our website at www.swanmoney.com. "Sleep Well at Night".

For more information on crafting a successful exit strategy or purchasing a profitable business, reach out to Business Consultants International at (248) 579-8320 or email us at info@swanmoney.com.



The Key to Maximizing Profitability: Not Just Efficiency

n the pursuit of profitability, businesses have traditionally focused on enhancing efficien-



LAURA SIGMON

cy. Streamlining processes, eliminating waste, and improving operational workflows have long been regarded as surefire ways to drive profit mar-

gins. However, in today's rapidly evolving technological landscape, a new approach is emerging as the bor, utilizing cutting-edge technologies to replace manual processes to reduce costs on a grand scale. **Automation and Profitability:**

A Growing Trend

In my practice we write business plans, design financial projections, assess site selections, and business evaluations; all of which on some level can be done via automated systems. This trend is not only about increasing speed and accuracy but also reducing overhead costs associated with labor. Beyond wages, PTO, vacations,

By leveraging automation, companies can scale their operations seamlessly, increasing output and revenue without a proportional increase in labor costs.

ultimate key to profitability—workforce reduction through automation.

As a small business consultant and business owner, I believe my staff is the heart of my business. However, the retained and sustained earnings are less than desirable, and as the CEO, I am required to review and adjust. The strategy calls for redefining the role of human la-

professional development; are all line-item expenses that continue to increase and eat profits.

Efficiency vs. Workforce Reduction

By minimizing dependence on human labor, companies can significantly lower their operating costs. The automation of repetitive and manual tasks—like data entry, supply chain monitoring, or even advanced machine learning analysis—allows businesses to focus their workforce on higher-value activities that drive innovation and growth.

Increased Scalability

Workforce reduction through automation also unlocks greater scalability. Businesses that rely heavily on human labor face challenges when trying to expand rapidly. Recently, we launched Grand Rapids while already servicing Lansing, Flint, Jackson, Pontiac and Metro Detroit.

The traditional fix would be to hire support for new territories, but maybe not anymore. Scaling up requires hiring and training additional staff, which can slow down expansion efforts and increase operational complexity. By leveraging automation, companies can scale their operations seamlessly, increasing output and revenue without a proportional increase in labor costs.

Reallocating Human Capital

Automation doesn't have to mean eliminating the workforce altogether. Instead, businesses can reallocate human capital toward more strategic, creative, and innovative tasks. Employees who once performed repetitive tasks can be retrained to focus on roles that require human insight, problem-solving, and leadership.

By embracing workforce reduction through automation, companies can transform their labor force into a team of highly skilled professionals who drive the business forward. This strategic shift helps position businesses for long-term success in an era where automation continues to redefine what's possible.

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The Fusion of Dance and Opera Take Center Stage with the Detroit Opera

etroit always brings the best in arts and culture. With some of the country's most sought-after venues, art forms, and



SHARON BANKS

performing varieties, there is always something for someone to enjoy. The Detroit Opera 2024/25 Season is no exception, presenting electrifying

dance and operas at the Detroit Opera House, where returning audiences and new ones are welcome.

Bankable Marketing Strategies and Detroit Opera have teamed up with group sales opportunities for three spectacular productions, creating a buzz. They will be Detroit favorites, and we encourage groups of ten or more to take ad-

vantage of discount ticket sales.

When looking for shows that push the boundaries of traditional performances and promise experiences you'll be talking about long after the curtain falls, these family-friendly presentations make great holiday outings and gifts.

Secure group sales tickets for your family, friends, church, colleagues, schools, sorority, fraternity, civic and social groups, and others in your network. Group sales tickets of ten or more can also be combined with a fundraiser opportunity. **Join us for:**

• Complexion Contemporary Ballet 30th Anniversary

Complexions represents one of the most recognized, diverse, inclusive and respected performing arts brands in the world. Complexions ballet's unique style draws inspiration from the visual arts, theatre, street-dance and pop culture.

SAT-DEC 7, 2024-7:30 PM

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•Alvin Ailey American Dance

Theater 50th Anniversary Tour

A Detroit favorite returns! Ailey enriches the field of dance and shares the African American cultural experience. The company showcases the power of dance in theaters, classrooms, and communities worldwide through the art of dance with people of all races, ages, and backgrounds.

FRI -MAR 14, 2025 -7:30 PM SAT -MAR 15, 2025-2:30 PM SAT -MAR 15, 2025 -7:30 PM SUN-MAR 16, 2025 -2:30 PM •The Central Park Five Opera

The Central Park Five Opera takes us to New York City in the late 80s—when five Black and Latino teenagers were false-

ly accused of rape and assault and coerced into confession. Their high-profile case turned the accused, and their families, into victims

of prejudice and grave injustice. The Central Park Five opera champions the five innocent heroes' refusal to plead guilty on their paths to exoneration.

SAT-MAY 10, 2025-7:30 PM FRI-MAY 16, 2025-7:30 PM SUN-MAY 18, 2025-2:30 PM

Reach out to Sharon Banks at Bankable Marketing Strategies by email at sbanks@bankablemktg.com or call 313.929.3986 to learn more. You can also contact groupsales@detroitopera. org and mention Bankable Marketing Strategies and select one, two or all three productions. Also visit detroitopera.org for more information about the Detroit Opera and the 2024/2025 season.

See you at the shows!

See advertisement on page 3.



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War Still Has No Winners...None...

has been ongoing since 2014. A war that was supposed to last four weeks, the nation



DAVID RAMBEAU

is still totally involved in death and destruction in Ukraine and won't can't or its losses and go home. On Febru-

ary 24 of 2022, Russia invaded Ukraine in a major escalation of the Russo-Ukrainian War. The invasion was the largest conflict in Europe since World War II and has caused hundreds of thousands of military casualties and tens of thousands of civilian casualties. Ukrainian

As of 2024, Russian troops occupy about 20% of Ukraine. From a population of 41 million, about 8 million Ukrainians has been internally displaced and more than 8.2 million has fled the country by April of 2023. To date, Russia, the nation, has roughly 300,000

For Russia, the war in Ukraine once young, healthy men, dead. 700,000 wounded or injured with lifelong medical liabilities. A million of their most skilled young people have fled the country.

> A nascent anti-war movement is developing that is being violently suppressed. And the nation has rampant alcoholism, a heroin growing and exporting neighbor. Afghanistan, on its border, widespread

fake foreign soldiers from India and Africa, national criminal cartels, climate change, a notorious, punitive prison system, wasteful, useless interference in foreign elections and assassinations, an over-zealous police surveillance of its own citizens.

Also, on-going military and civilian logistics challenges across a 600 mile frontline, con-

This is what war really is, a corrupt, wasteful, criminal loss of life and resources. This is Russia yesterday, today and tomorrow.

fentanyl and opioid addiction, long term population decline, international economic and social sanctions, predatory war debt, hyper-inflation and an increase in the cost of living, international economic disadvantage with other nations, and decline in its trade relationships, and a weak financial system.

Russia is being invaded and now bombardment of their territory, duplicitous recruitment of tinued development of military oriented drone technology instead of peace technology, dependency on China, Iran and North Korea, and prospects for more of the same for the foreseeable future.

This is what war really is, a corrupt, wasteful, criminal loss of life and resources. This is Russia yesterday, today and tomorrow. Their military has occupied about

19 percent of Ukraine in their two plus years of war. At this rate of conquest they will take about 10 years to 'win' the war, just to enter its second, never-ending phase of guerilla warfare.

In truth, Russia will never recover from this war. (Nor will Ukraine) It may have 'concepts of a plan' and rhetoric, but who doesn't. Putin will be long gone and the Russian people will still be suffering. But the military, the political elites, and the oligarchs won't. They never have and never will ...make Russia great again.

Essentially, much the same is happening in the Ukraine, the Middle East, South Asia, Africa and in Springfield, Ohio. War is war. Armageddon is closer than you think. Register and vote, organize and resist, while you still can.

An urban journey world-wide by David Rambeau, freelance journalist. (C) September 2024. All rights reserved.

Home Decor Tablescaping Expert Arthur White Celebrating the Art of Home Entertaining

Décor: The Art of Tablescap- the Michigan Design Center

After the success of his E Décor for an inspiring preacclaimed book, *Distinctive sentation on Tablescaping at

A limited number of tickets will be available for \$10 each, with all proceeds benefiting Gleaners **Community Food Bank.**

ing*, renowned home decor (MDC) in the Mid-Amerexpert Arthur White will of- ica Room on Friday, Nofer multiple opportunities for vember 8, at 2:00 p.m. residents of Metro Detroit to meet him and enjoy a pre-tickets will be available for sentation and book signing. \$10 each, with all proceeds

A limited number of Join Arthur White of A & benefiting Gleaners Com-



munity Food Bank. Following the presentation, there will be a book signing and reception in The Ghiordes Knot showroom.

For a complete listing of the day's events, please https://www.michigandesign.com/event/ gather. Media Contact: Hollens Group

Hollensgrp@ gmail.com. Or call 313-574-9367

How The NAB Show Can Help Your Business as a Content Creator

he 2024 NAB Show New York officially opened its doors at the Javits Convention Center on October 9-10, 2024 and has now concluded, showcasing some 250 exhib-





itors and welcoming attendees to the premier East Coast event for the broad-

willie BRAKE event for the broadcast, media and en-

tertainment industry. With hundreds of new products on display, 20 new product launches and nearly 50 first-time exhibitors, this year's show delivered the latest innovations in AI, sports media, and content creation.

The NAB Show is the must-attend East Coast event for not only broadcast, media, entertainment professionals but for anyone creating content across various industries. This year's show included the technology, more than 12,000 attendees and the diverse mix of people made the NAB Show New York, a critical event for anyone involved in content creation, distribution and monetization for their business.

Although we all agreed the great storytelling is the key of successful content, there was a strong emphasis on connecting with your audiences through every means possible, with audio, podcast,



newsletters and video streams.

The NAB Show is narrowly similar to the CES Show from a technology perspective as it offers a comprehensive look at the latest trends and innovations shaping the broadcast industry. The end of the Chupka, executive vice president and managing director, NAB Global Connections and Events. "With a strong lineup of Exhibitors showcasing tools for content creation and distribution, this event helps with end-of-year buy-

With more than 75 educational sessions, NAB Show New York explored the latest industry trends, along with product launches and Exhibitor showcases across pivotal areas including artificial intelligence, the creator economy, live and virtual production, sports media and streaming.

year time provides a pivotal opportunity for professionals to explore end of year purchases and prepare strategic decisions for 2025.

"NAB Show New York is where broadcast, media and entertainment professionals come to explore the future products and trends impacting the industry," said Karen ing and future business planning."

With a variety of demos, new launches and hands-on experiences across the floor, NAB Show New York offers attendees a chance to experience the future of the industry in real time. Whether exploring new tech or attending top-tier educational sessions, this year's event provides a valuable platform for professionals to discover innovations and finalize end-of-year business deals as they prepare for 2025.

With more than 75 educational sessions, NAB Show New York explored the latest industry trends, along with product launches and Exhibitor showcases across pivotal areas including artificial intelligence, the creator economy, live and virtual production, sports media and streaming.

Here are highlights of the key trends and topics:

Artificial Intelligence

& Machine Learning

AI is transforming media workflows, from enhancing audience engagement to automating content creation and delivery. The role of AI in sports broadcasting, disinformation management and campaign planning was front and center.

Creator Economy

With the creator economy driving new forms of content monetization and social engagement, NAB Show New York focused on how independent creators can leverage digital tools and platforms for success.

• Live & Virtual Production

From cinema tools being used in live events to virtual production environments, this trend focused on how technology is revolutionizing production workflows and storytelling techniques.

• Streaming

As streaming platforms continue to expand, discussions at NAB Show New York highlighted the need for cross-platform measurement, innovative monetization strategies and AI-driven content delivery optimization.

The National Association of Broadcasters is the premier advocacy association for America's broadcasters. NAB advances radio and television interests in legislative, regulatory, and public affairs. Through advocacy, education, and innovation, NAB enables broadcasters to best serve their communities, strengthen their businesses, and seize new opportunities in the digital age. Learn more at www.nab.org.

Willie E. Brake is a Computer Expert and Industry Analyst at All About Technology, a Certified Disability-Owned Minority Business Enterprise and Microsoft Authorized Refurbisher, based in Detroit, Michigan. You can connect with me on LinkedIn: https://www.linkedin.com/ in/williebrake/



LeBron James and Son Make NBA History in Pre-Season Opener

eBron James has made a career of redefining what's possible on the basketball court, and his influence on the



DESHAWN HOLMES

game has been felt across two decades, four championships, and countless historic moments. Yet, this NBA pre-season opener brought something uniquely

special; a moment that transcended stats and scores. LeBron and his son, Bronny James, suiting up for the same NBA game.

While Bronny's future in the league has long been speculated, this first pre-season game fulfilled a dream for both father and son. It wasn't just an ordinary game; it was a symbolic passing of the torch, a living testament to LeBron's longevity and the next generation of talent he's helped inspire.

The elder James, now 39, showed no signs of slowing down, still commanding the court with his trademark mix of athlet-



icism, basketball IQ, and leadership. Meanwhile, Bronny playing with a mixture of nervous energy and flashes of raw talent gave fans a glimpse of what's to come.

For LeBron, the moment was about more than basketball. He's always been outspoken about his desire to share the court with his son, calling it one of his career goals. With Bronny's entry into the NBA, that vision moved a

step closer to becoming reality. Watching them interact during warm-ups, you could see the pride in LeBron's eyes and the determination in Bronny's. It was more than a father son moment; it was history in the making.

While Bronny still has much to prove as a young player learning to carve his own path in the enormous shadow of his father, this game was a first chapter and the potential is undeniable. His feel for the game and his ability to play in sync with the Lakers' system were evident in flashes, though understandably, there were moments of hesitation.

For fans, seeing both James on the floor together was surreal; a once in a lifetime event reminiscent of Ken Griffey Sr. and Ken Griffey Jr. playing baseball together. It's the kind of storyline that transcends sports, appealing to anyone who values family, legacy, and ambition. The chance to witness two generations of James playing side by side might be one of the most poetic moments in sports history.

As the season unfolds, all eyes will be on Bronny's growth and LeBron's ability to extend his unprecedented career. The game itself may have been a preseason contest, but its significance will echo long after the final buzzer. The James family has added another unforgettable chapter to NBA history. And if this is any indication of what's to come, the story is far from over.

Mike Tyson vs. Jake Paul

he highly anticipated fight between Jake Paul and Mike Tyson is set to take place on November 15, 2024, at AT&T Stadium in Arlington, Texas. This match is being billed as a major cross-generational sporting event, with 27-year-old Paul, a YouTube star turned boxer, facing the legendary 58-year-old Tyson, who was once the undisputed heavyweight champion.

This exhibition fight, consisting of eight 2-minute rounds, promises to be one of the mostwatched events in modern box-



ing. It comes after Tyson had to postpone the original July date due to health concerns.

Despite the 30-year age gap, Tyson has acknowledged Paul's growth as a boxer, noting that it will be a challenging and thrilling contest. This fight will air exclusively on Netflix, marking the platform's first foray into live boxing events. The co-main event will feature a long-awaited rematch between Katie Taylor and Amanda Serrano, adding even more excitement to the night.

From the Office of Wayne County Treasurer Eric R. Sabree



If you are facing foreclosure and need assistance in starting a Wayne County Probate Court Case because a property is in the name of a deceased family member, please contact one of the following community partners for assistance:

Michigan Legal Services: 313-774-1527

United Community Housing Coalition: 313-963-3310

Legal Aid & Defender: 313-967-5800

The property may be removed from foreclosure if you have filed a probate petition.

We are here to help!

Treasurer.WayneCounty.com 313-224-5990 Fannie Lou Hamer



FANNIE LOU HAMER POLITICAL ACTION COMMITTEE 2022 GENERAL ELECTION ENDORSEMENTS Mote TUESDAY, NOVEMBER 5, 2024

"I'm just sick and fired of being sick and fired!" - Famile Lou Hamer (1917-1977)

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DETROIT COMMUNITY SCHOOL DISTRICT PROPOSAL "S"

Vote /

School District of the City of Detroit Operating Millage Restoration.

This proposal would restore and increase the limitation on the amount of taxes, which may be levied by the School District of the City of Detroit for general operating purposes by 6.00 mills on all property, EXCEPT principal residence and other property exempt by law, which would allow the School District to continue to retire its debt obligations

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ABOUT FANNIE LOU HAMER

Please Scan for more info

* Danotas Incombent



Female Lou Hamer worked tirelessly and yielded up her life to support social, economic and political issues that impacted African Americans from Mississippi to Michigan. This Political Action Committee projectories that some tradition of activism and dedication. We are committed to supporting sandidates for laderal, state and local offices who have midesced a constructive progressive position on key issues. These issues impact our community without regard to race, religion, sex or creed



Remember to just fill in the ovals on the ballot



Paid for by the Farnie Lou Hamer Political Action Committee • PO. Box 21940 • Detroit, MI 48221-0940 • www.filipac.org • Veronica Smith, Treasurer