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Why the Scale May be Your Nemesis

Health, PG 12

Creating a Technology Balance

Education, PG 20

Black History Month Athlete Spotlight
Kirk Mac Carruth

Sports, PG 35

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AN OPEN LETTER

Reps. Kildee, Conyers, Levin, Lawrence, Dingell: Schuette Must Challenge President Trump's Muslim Ban, Politics & Public Policy PG 38

Latino Leaders for the Enhancement of Advocacy & Development

Feb. 21, 2017
6:00 – 8:00 pm

Free Forum

LEAD COMMUNITY FORUM

Learn More on PG LB 1

SVSU Celebrates Martin Luther King, Jr.



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

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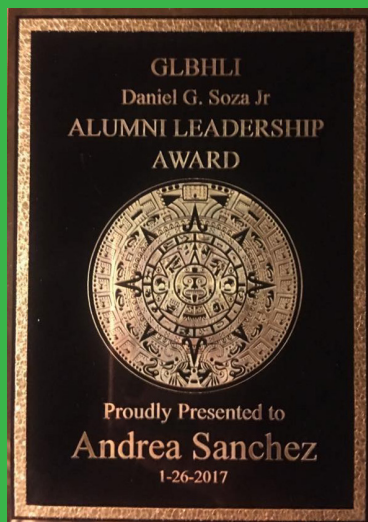


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We encourage readers to send letters, story ideas, comments and questions.

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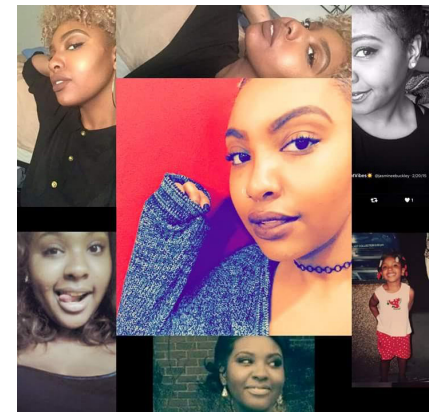
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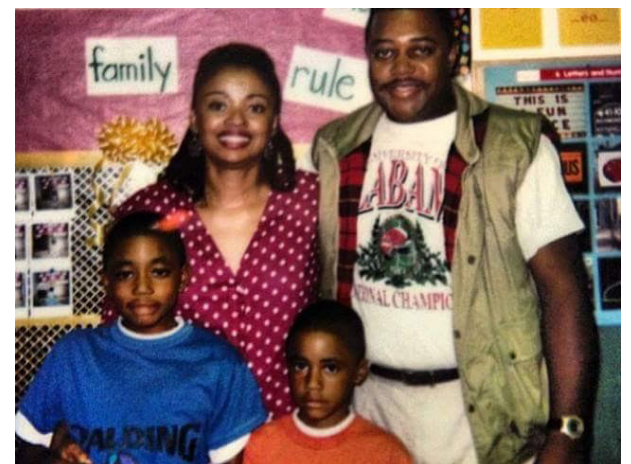
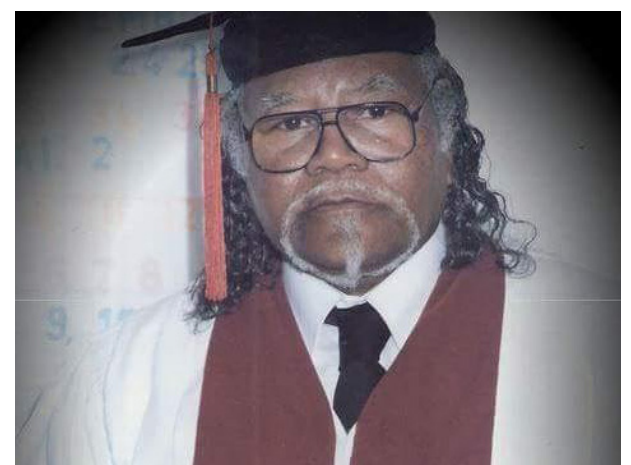
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BLACK HISTORY MONTH



spotlights



HEALTH

Why the Scale May Be Your Nemesis

By: *Derrick Harge* | *Certified Peer Fitness Trainer - American Council on Exercise*



Photo credit: INQUIRER.net

The scale has derailed more “good” fitness/nutrition plans than just about anything else I can think of. We've become obsessed with what the "number" says. The anxiety while waiting on that number to pop up on your digital scale will cause your blood pressure to go up into the stratosphere. The TV shows go straight to commercial just before the weight shows on the scale and we're all tensed and agitated waiting for those two minutes to pass. We've become obsessed with just losing weight. Not caring if it's body fat, muscle, water or a combination of the three. We just want to lose weight. But the fact is: we gain and lose weight all throughout the day. We lose weight just by breathing. We gain weight by just sitting. I've seen people go into a meltdown because they've gained half a pound or gloat mightily after they've lost two pounds (water from sweating) after an intense cardio session. Never mind the fact they used a different scale than before or they don't have on the same clothes as before or it's a different time of day as before or you're taking medications that cause significant weight gain or for females, different times of the month that cause huge weight fluctuation. It's much more important to get on and stay on a good nutrition and fitness plan than to obsess about the numbers. By adhering to a good fitness and nutrition plan, those "numbers" will take care of themselves.

We're trying to speed up our metabolism. Reducing body fat and gaining lean muscle should

be your goal whether you're trying to lose or trying to gain weight.

We know there are risk factors for being overweight (heart disease, stroke, high blood pressure, diabetes, osteoarthritis, breathing issues), but did you know there are also risk factors for being under-weight (nutrient deficiencies, impaired immunity system, female reproductive issues, osteoporosis, anemia)

You want a great scale to measure body size and composition? How about using the best scale in the world.

Your clothes. They will tell you everything you need to know about how your fitness and nutrition milestones are coming. Instead of the scale, how about measuring yourself monthly.

Start with your neck and work your way down to your ankles, measuring everything else in between. Your neck, shoulders, chest, waist, hips, thighs, calves, ankles, upper arms and lower arms. Take a full length photo in bra and panties or a one piece bathing suit (men, undershorts or swimming trunks). Photograph yourself from the front, both sides and rear.

Put that on your refrigerator or your bathroom

mirror or somewhere where it's a constant reminder of what your ultimate milestones are (plus, it'll give you a great before/after photo).

If you **MUST** weigh yourself on a regular basis, follow these basic tips:

- Weigh yourself no more than once a week
- Try to weigh yourself on the same scale (make sure it's calibrated)
- Try to weigh yourself at the same time of day (if possible, in the morning before breakfast)
- Try to have on similar clothes each time
- Remove all unnecessary items (shoes, jewelry, wallets, etc.)
- Weigh yourself on a hard, flat surface
- Weigh yourself before and after your workout (to see how much fluid you've lost – these have to be replenished)

I'm not saying **NEVER** get back on a scale again. Just understand the scale is just like any other tool we use in measuring and assessing our fitness/nutrition milestones. Use it sparingly and see how it fits with the rest of your fitness/nutrition milestones. Remember this: if you're happy with how you look and feel, **STAY OFF THE SCALES!**

Derrick Harge is a Certified Peer Fitness Trainer and a retired Professional Firefighter/Paramedic. He can be reached at dharge1234@gmail.com.

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INTERSECTION OF BUSINESS & WEALTH**Wildfire Credit Union Appoints Holoman
Associate Board Member**

Linda Holoman | Courtesy Photo

experience includes a long successful career at

Saginaw, MI - Wildfire Credit Union's Board of Directors, recently appointed Linda Holoman to the board as an Associate Board Member. In her new position, she will be involved in all the board meetings of the credit union. Linda's

Delta College and dedicated involvement with numerous non-profits throughout the Great Lakes Bay Region. She is a graduate of the Great Lakes Bay Leadership Institute, and is member of the Midland County Community Success Panel, Midland 100, Great Lakes Bay Regional MLK Celebration Committee, Tri-City Links, and Midland Alumnae Chapter of Delta Sigma Theta Sorority. She is also a former board member of the Saginaw Bridge Center for Racial Harmony, The Great Lakes Bay Region YWCA, and Family and Children's Services of Midland. Rod Francis, Chairman of the Board of Wildfire Credit Union, commented; "Needless to say we are very excited to have Linda join our board as associate board member. She brings a new dimension to the board through her work and community experience. We are looking forward to her energy and perspective. It's a great

opportunity for all of us on the board and for the credit union." Wildfire Credit Union, a member-owned financial cooperative, has a community charter. Membership is open for anyone who lives, works, worships or attends school in Saginaw, Midland, Bay, Tuscola, Gratiot, Genesee, Shiawassee, Antrim, Arenac, Benzie, Clare, Crawford, Gladwin, Grand Traverse, Iosco, Isabella, Kalkaska, Leelanau, Missaukee, Ogemaw, Otsego, Roscommon, Wexford counties. The credit union also provides services to small businesses in the same twenty-three county market. Wildfire currently has full service offices in Saginaw, Midland and Bay City. More information is available on all Wildfire Credit Union's products and services at www.wildfirecu.org

What to Expect from the Economy in 2017

Economic performance in 2016 mirrored that in 2015. The economy created 180,000 new jobs per month in 2016 compared to 175,000 new jobs per month in 2015. 2016 ended with an unemployment rate of 4.6%, compared to 5.0% in 2015. The economy grew by an average of 1.8% in 2016, compared to an average of 2% in 2015. If history continues to repeat itself, 2017 will be similar. Inflation has yet to be a problem. The bond market expects inflation to average about 2% over the next ten years.

The recovery following the 2008 financial crisis and recession continues to be disappointing. Currently 59.7% of the population is employed compared 63% of the population being employed prior to the recession. The unemployment rate appears to be low, but in order to be counted as unemployed, a worker has to be actively looking for a job. If a worker stops looking for a job, that worker is no longer considered to be

unemployed for the purpose of calculating the unemployment rate. This labor force exit is a major reason why the unemployment rate has fallen during the recovery. In 2016, a record 95 million Americans were out of the labor force, compared to 77 million in 2006. Had this labor force exit not taken place, the unemployment rate would be nearly 10%. The economy would have to create nearly 8 million jobs to bring the unemployment rate back down to 4.6%. As a point of comparison, the unemployment rate was also 4.6% in June 2006. However in June 2006, 63.1% of Americans had a job, compared to 59.7% of Americans in November 2016.

Economic growth during the recovery has been disappointing, which is why employment growth has been sluggish. Economic growth has only averaged 2.1% since the recovery began in June 2009. This is a problem since small differences in economic growth rates lead to large

income differences over relatively short periods of time.

Economic growth is defined as the growth of gross domestic product (GDP), which is the total value of all final goods and services produced within the United States over the course of a year. GDP also equals total income generated in the U.S. during that year, since income is generated by producing goods and services.

The "rule of 70" is an approximation that says that 70 divided by a country's economic growth rate equals the number of years it takes income in that country to double. To find how long it takes income per person (or "per capita" income) to double in a country, simply subtract off the population growth rate (which is approximately 1% for the U.S.) and then apply the rule of 70. Thus at a 2.1% average growth rate, per capita income is doubling approximately every 64 years in the U.S..

JUMP TO PG 15, ECONOMY

FROM PG 14, ECONOMY

This represents a remarkable slowdown in economic growth. The post-WWII U.S. average economic growth rate was 3.2%, meaning per capita income was doubling approximately every 32 years.

This 3.2% average economic growth rate was not constant between the end of WWII to the 2008 financial crisis. Between 1947 and 1973, the economy grew by an average of 4.1%, which meant that per capita income doubled every 23 years. In fact, per capita income did double from \$13,513 in 1947 to \$25,477 in 1973. However, for reasons that are puzzling to economists, the economic growth rate slowed down in 1973 to an average of 2.7%. It would take until 2016 for per capita income to double again.

Had the economic growth rate not slowed down in 1973, per capita income would be \$42,000 higher today. In other words, the average American would have \$42,000 more in income. If economic growth permanently slows down from 2.7% to 2.1%, in 30 years per capita income will be \$18,500 lower than it otherwise would have been. If economic growth slows down to 1%, and the U.S. has had several quarters of 1% or lower growth during the recovery, then in 30 years per capita income will be \$45,000 lower than it otherwise would have been. Thus economic growth, or the lack thereof, is a big concern moving forward.

There are a number of challenges on the horizon that elected officials at all levels of government will need to address. The Affordable Care Act (e.g. "Obamacare") has failed to rein in health care costs. The average premium for a health insurance policy sold on the individual market increased by 22% last year, with the increase being much higher in many cases. Rising health care costs are putting a strain on budgets at all levels of government. Currently about 50% of the State of Michigan's budget is devoted to Health and Human Services (HHS), compared to a third in the year 2000. If the state could reduce the HHS budget back to one-third of the overall state budget, this would instantly free-up at least \$3.5 billion in the state's budget. This would more than cover the \$2 billion per year in additional revenue that it is estimated the state needs to properly maintain the roads. If the state put the remaining \$1.5 billion into higher education, the state appropriation to higher

education would double. It would make state aid about 40% of a typical university's budget, which is what it was in the 1980s and 1990s when college tuition is much lower.

As it stands now, health care costs are crowding out all other forms of state spending. Until health care costs are addressed, it will be difficult for the state to find the resources needed for things such as education and infrastructure. More roads in Michigan are rated as "poor" than "good" and as the sinkhole in Frasier illustrates, much of Michigan's infrastructure is in need of upgrades and replacement. Replacing infrastructure is extremely costly. Reconstructing a neighborhood road costs approximately \$1 million per mile and repairing the Frasier sinkhole is estimated to cost in the tens of millions of dollars. The Flint water crisis will cost the state many times this and the state will struggle to find the resources to meet these needs.

Michigan is not unique in its infrastructure challenges. For example, the city of Los Angeles loses 8 billion gallons of water per year due to aging water mains and needs \$1 billion in upgrades. To compound matters, city and state governments are facing an unprecedented pension crisis. Unfunded pension liabilities total approximately \$4 trillion, which is the equivalent of three years of federal income tax collections. Individual cities such as New York, Chicago, and Los Angeles have unfunded pension liabilities

in the billions of dollars. Chicago alone owes \$10 billion in unfunded pension liabilities, or \$80,000 per household. Pensions, healthcare, and infrastructure will pose huge challenges to state and local budgets and will crowd out anything else the state or local government would like to do.

The same is true at the federal level. Social Security and Medicare alone constitute about half of all federal spending. Social Security, Medicare, national defense, and interest on the debt constitute 75% of all federal spending. In order to balance the budget without cutting entitlements, the military, or defaulting on the debt, the federal government would have to eliminate all other sources of spending.

Despite these challenges, there are bright spots in the economy. At 180,000 new jobs per month, job creation is healthy and there does not appear to be a recession on the immediate horizon. Inflation is low and projected to be low for the foreseeable future and gasoline is the most affordable it has been in nearly 20 years. Automobile sales hit a record high of 17.55 million vehicles sold in 2016 and automakers have recently announced new investments in the Michigan economy. Manufacturing, especially auto manufacturing, remains vitally important to Michigan's economy. If auto sales continue to be strong in 2017, Michigan's economy should continue to rebound.

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FUNDRAISING GOOD TIMES**10 WAYS TO REFINE YOUR FUNDRAISING READINESS IN 2017****Part Two of a Two Part Series**

Are you ready for a successful fundraising year?
Are you already involved?

Before you go full force in the marketplace – whether with cultivation or solicitation – stop and review your fundraising readiness status. Here are 10 business processes we have found impact fundraising. Take a moment to review, and consider scheduling a staff meeting to discuss.

1 – Customer service. Do we have a system in place that provides donors with the information or interaction they requested? Have we created a culture that ensures people who interact with our organization leave feeling informed and good about giving?

2 – Recognition and acknowledgement. Do we have a donor recognition program that seeks to make our donors and volunteers feel special and appreciated? Have we updated it for 2017?

3 – Education and awareness. Do we have systems and materials that update and educate potential donors about our work and how they

can become involved as donors and advocates?

4 – Communication. Do our current methods of communication inform people about who we are and what we do? Is our message clear and consistent? Is it up to date? Are we using methods that reach our donors and supporters as well as those we serve and advocate for?

5 – Making the case. What are we selling in the marketplace? Are we clear about our financial needs and projected impact? Do we use accessible language and engaging images? Do all who are involved with fundraising know our priorities?

6 – Partnership and collaboration. Are we positioned to partner and collaborate with organizations that can increase our effectiveness and ability to fulfill our mission? Are we “going it alone” when we could partner?

7 – Business and fundraising plan. Are we operating from a plan that will guide our volunteers, leadership and staff and help ensure delivery of services as well as our financial sustainability?

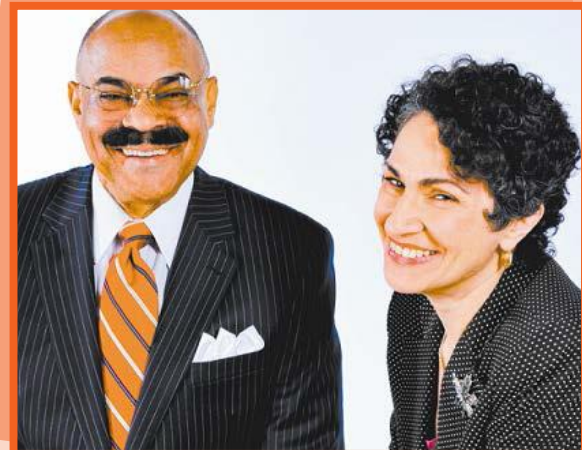
8 – Staff and volunteer orientation and training. Do we orient and train new and existing staff and volunteers so they can be most effective? Do these need to be documented or updated? Do we have a welcoming culture?

9 – Increased engagement opportunities. Have we thought about those things we need to put in place to excite and engage current donors, volunteers and interested parties? Should these be modified or updated?

10 – Impact – Can we honestly measure the impact of our work? Are we measuring the “right” things? Do we have systems in place to substantiate our ability to deliver on what we have promised? Do we have quantitative data that corresponds with qualitative findings?

Staff play a critical – though often invisible – role in fundraising and volunteer engagement. Taking some time to discuss these processes can help increase results throughout the year. Engage staff from across the organization in your assessment conversation. Ask each to help afterwards by taking a small, specific action in an area you all agree needs improvement or an update.

Our recommendation: consistently review your organization’s effectiveness. Take a look now to strengthen your work in 2017. *Copyright 2017 – Mel and Pearl Shaw. This column is an excerpt from FUNdraising Good Times Classics available on Amazon.com (<http://bit.ly/SaadShawBooks>). For help growing your fundraising visit www.saadandshaw.com or call (901) 522-8727. Image courtesy of 123RF.com.*



Mel and Pearl Shaw | Courtesy: Photo

EDUCATION

Creating a Technology Balance

By: Douglas Trombley, Superintendent - Saginaw Township Community Schools



Photo Credit: B&T

When it comes to student use of technology, students know best. They are honest. Given the fact that technology can be very expensive and has a short life span, we need to plan carefully and with purpose. We need to understand how technology can positively impact learning. We must also work within our budget. Most importantly, we cannot purchase and attempt to implement hardware and programs just because they are the latest and greatest and think that students will love them. The fact remains that students need and appreciate human interaction with staff, other students and family. These are not my opinions. These are the opinions of many, many students over multiple years.

Many schools across the country have implemented one-to-one technology for their students. This means that each student receives a computer or device such as a laptop, iPad, Chromebook or tablet to use and take home. These devices often house the content that would normally have been in textbooks, as well as other programs and applications that are used for instruction in the classroom. This is an expensive undertaking not only for the hardware, programs and content, but also for the staffing to support the implementation as well as the training of the teachers.

There are also too many schools that have little access to technology. Often, this is due to underfunding and lack of support for technology

literacy. To make matters worse, many of the students in these schools do not have access to technology outside of school either. We all understand that our world depends upon technology. Students without at least some technology skills are at a great disadvantage before they ever leave school to further their education or find work.

Students that have been a part of my superintendent advisory group these past five years understand the complexities of both scenarios. When asked what they thought was the best approach for our district, they have articulated very well the need for a balance between technology use and other instructional methods. First and foremost, the students want technology that works, is up to date and provides the necessary tools to complete their work. They want the instruction led by teachers not computers, and they want the opportunity to collaborate with their peers. In other words, they understand that technology is a tool, not a teacher.

Our district utilizes a Bring Your Own Device (BYOD) policy to augment our current technology infrastructure. We have a robust and secure wireless network that students can use to access the internet while at school. With this policy, though, comes an issue of equity. Not all students have capable devices, leaving the ability for equitable access to our district technology such as iPads, Chromebooks and computer labs.

Unfortunately, teachers must often wait for availability in order to use the technology as part of a lesson due to our limited number of devices.

Using the input and feedback from our students, we have begun the process of addressing our technology needs. First, we have already begun replacing our computer labs at the elementary level and staff computers across the district. Next year, we plan to replace the labs at the secondary level. Replacement of existing, outdated equipment is the needed first step. We have also begun the process of examining our current needs and planning for the expanded use of technology to enhance learning. This will mean addressing two major areas. The first is increasing access while at school by adding devices such as Chromebooks in each building. The second and more difficult is addressing the issue of equitable access for students at home. We are looking at possible ways that the district can make technology and internet access available in the home to those students that do not currently have it. Doing so will expand teaching and learning opportunities exponentially. While not every student will be provided a district owned device, our hope is that we can create a balance where students can and will have access to technology when needed, both at school and at home. Having equitable access to technology is important to learning as long as it is balanced with quality instruction provided by excellent teachers.



Intro to the Internet

Butman-Fish Library
First Wednesday of Each Month - 9:30 am
Registration is required.



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Second Wednesday of Each Month - 9:30 am
Please bring your Tablet. Registration is required.



Intro to eBooks and Audiobooks

Third Wednesday of Each Month - 9:30am
Butman-Fish Library
Please bring your Tablet or eReader. Registration is required.

SVSU residential student honored with national award for promoting health



Megan Christoson

A Saginaw Valley State University student's passion for promoting a safe environment for her peers has earned her national recognition. Megan Christoson, a health science major from Fowlerville, recently received the National Association of College and University Residence Halls Student of the Month award for November.

Christoson has taken an active role in educating and encouraging students to make healthy decisions through SVSU's Peer Health Education program where she is currently the alcohol education intern. She was invited to present at the national Boosting Alcohol Consciousness Concerning the Health of University Students (BACCHUS) conference where she presented on the topic of the SVSU CHEERS program, which she helped create. The CHEERS program encourages students to arrange for a designated driver after consuming alcohol away from home.

Taking advantage of other empowering opportunities, Christoson also is a member of SVSU's chapter of Phi Delta Epsilon, a medical fraternity. She assisted in hosting a benefit dinner where the group raised over \$11,000 in support of the Children's Miracle Network at Flint's Hurley Medical Center.

In order to receive the national honor, Christoson received the Student of the Month award for the Great Lakes Association of College and University Residence Halls. From there, regional Student of the Month award recipients were evaluated by a national selection committee. More than 400 colleges and universities are members of the national association, including 57 in the Great Lakes region.

For more information on the National Association of College and University Residence Halls, visit <http://www.nacurh.org/>.

SVSU students shine on Midwest theatre stage; Bay City native headed to nationals



(left) Jonah Conner, (center) Jacob Kaufman on stage in SVSU's Malcolm Field Theatre for Performing Arts, and (right) Donté Green. | Courtesy Photos

Saginaw Valley State University students turned their passion for theatre and strong work ethic into performances that earned praise and top honors — including an invitation to a national competition — during a festival featuring students from across the Midwest.

SVSU theatre students competed during the Kennedy Center American College Theatre Festival for Region III Jan. 10-14 in Indianapolis. The event includes colleges and universities from Michigan, Indiana, Illinois and Wisconsin.

Jacob Kaufman, a theatre major from Bay City, won the first-ever Region III Arts Management Fellowship at the festival, which earned him an invitation to travel to the national Kennedy Center American College Theatre Festival in Washington D.C. April 16-22.

Ric Roberts, SVSU professor of theatre, served as chairman of the organization's Region III festival. He called Kaufman "one of the hardest

working students I have ever encountered."

"I am not surprised that Jacob was nominated by a professor from Indiana University," Roberts said. "His work at the festival was at the same level he has shown at SVSU: exemplary."

Two of Kaufman's fellow SVSU theatre students also advanced deep into their competitions.

Donté Green, a Detroit native, was named a finalist for the Irene Ryan Acting Scholarship at the festival, placing him among the top 16 actors in a field that began with 250 students.

"I couldn't be more excited about where I ended up," Green said. "I used to think only people from New York or Los Angeles could succeed at this. This is something I can do — and be good at."

Jonah Conner, a Warren native, advanced to the semifinal round of the same competition.

Conner also won the Region III 10-Minute

Play Directing Award at the festival, giving SVSU two top honors.

Zach Wood and Cassie Graham, meanwhile, auditioned and were cast in a 10-minute play performed at the festival. Wood is a Flushing native and Graham is from Warren.

Roberts said SVSU students spent about one month rehearsing the material they performed at the festival.

"The level of dedication and determination is high," Roberts said. "This, of course, is all happening while they are working on SVSU productions, too."

He said the festival exposed his theatre students to talented peers from across the Midwest.

"Going to the regional festival, they get a chance to see not only where the stack up against their peers, but also how SVSU can compete with the best of them," Roberts said.

Martin Luther King, Jr. SVSU 2017 Scholarship Recipients

Congratulations to the following outstanding students:



Taylor Anderson
John Glenn High School
Saginaw Valley State University
Pre-Med



Ian Andridge
Midland High School
Northern Michigan University
Biomedical Engineering



Dymin Cannon
Saginaw High School
Florida A&M University
Journalism



Erin Hacker
Western High School
Central Michigan University
Communication Disorders



Haley Heldt
Bullock Creek High School
Mid Michigan Comm. College
Nursing



Lydia Hershauer
Herbert Henry Dow High School
Michigan State University
Advertising



Stacey LaRouche
Pinconning High School
University of Michigan
Journalism



David Lazarz
Freeland High School
Michigan State University
Engineering



Kaylee Meyers
Garber High School
Michigan Technological Univ.
Biomedical Engineering



Kyra Mitchell
Heritage High School
University of Michigan
Accounting



John Neal
Midland High School
Delta College
Graphic Arts and Design



Allison Ryan
Heritage High School
Central Michigan University
Medical field



Makenzie Smith
Saginaw Arts & Sciences Aca.
Howard University
Dance



Micah Webster
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Hampton University
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Justin Weller
All Saints High School
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COMMUNITY

Saginaw Community Foundation Marks 30 Years of Awarding Scholarships

Saginaw, Mich. – This year will mark the 30th year of scholarship awards from Saginaw Community Foundation. To celebrate this milestone, Saginaw Community Foundation is looking to re-connect with past scholarship recipients.

“We would like to hear from our past scholarship recipients and find out how a scholarship from Saginaw Community Foundation has made an impact in their lives,” said LeeAnn Martuch, program officer at Saginaw Community

Foundation.

Since awarding its first scholarship in 1987, the number of scholarship funds has grown to more than 190. In 2016, 259 students were presented with 423 awards totaling \$469,956. Many funds award multiple scholarships with award amounts ranging from \$500 to \$4,000. The scholarship funds support post-secondary education pursuits for college or vocational training.

“It’s exciting for us and for our donors to

learn what our scholarship recipients have been able to accomplish,” said Martuch. “It doesn’t matter if you received a scholarship last year or thirty years ago, we would like to hear from you.”

If you or someone you know received a scholarship from Saginaw Community Foundation, contact LeeAnn Martuch at Saginaw Community Foundation at (989) 755-0545 or via email at leeann@saginawfoundation.org with details.

Having Grit

By: Douglas Trombley - Superintendent, Saginaw Township Community Schools

A mentor once told me that there are two ways to be successful in life; to be gifted with talent, or to have determination and work hard to achieve success. Some people have and do both. He went on to explain that my job as an educator and coach was to instill a work ethic and drive that will result in each student reaching his or her own unique potential. This is often referred to as having grit.

We have all witnessed extremely talented people fail due to a poor work ethic. Professional and college level athletes that aren’t willing to put in the hard work quickly become irrelevant. Some students that showed great promise in high school have failed out of college. Promising young professionals that did little to impress, failed to climb to better positions within the company. The lack of determination, work ethic, perseverance and goals can leave even the most talented, gifted or blessed individual well behind those that have grit. While all of us can appreciate talent, we are often drawn more to those that set a positive example through their indomitable spirit. We must encourage students to aspire to do great things, to achieve success through perseverance. As adults, we can best succeed as role models for our students by exhibiting these traits ourselves. It may seem as though some people are just born

with grit, but I have found that it is something that is learned and practiced. Schools are a great place for this to occur. First and foremost, students need to learn to have a desire to achieve. This can be as simple as completing a classroom task, learning how to do a math problem, or getting along with others. It can be as complex as competing for the top ranking in the class, achieving perfect attendance, or earning a college scholarship. All are derived from setting a goal and following a path to achieve it. Along that path, there needs to be encouragement even if there is failure. A student needs to understand that it is okay to fail and to try again and again, but also needs to feel supported during that process. As adult role models, it is our job to provide support, encouragement and guidance as a young person sets goals and works hard to achieve them. It is not our job to point out failure and admonish a person for it. It is not our job to always expect perfection and to berate those who don’t achieve it. Remember, it our job to cultivate that indomitable spirit, that grit. Harsh words and unrealistic expectations can squelch the desire to achieve very quickly.

All of us can remember a time when negative comments, harsh words or lack of support left us feeling like giving up on something that we

strongly desired to achieve. Perhaps this may have happened while in school. Maybe it was even one of your teachers, your coach or your principal. Sadly, this type of grit-destroying behavior has been a common occurrence for far too long. We have come to the realization, though, that every student is different in terms of what motivates them. We want students to be intrinsically motivated, to have grit. They need to learn how to succeed and know what success feels like on a regular basis for that to happen. It takes practice and repeated success cultivated by both educators and parents with an understanding that there is unique potential in each and every child. In our school district, we have worked hard to develop a positive climate and culture for our students where the desire to succeed is practiced, supported and promoted.

Success motivates. Small or large, each and every accomplishment builds a sense of confidence and spawns greater determination, perseverance and persistence. Regardless of where one’s talent may lie, grit is the great equalizer and is the greatest indicator of potential success. As educators and as parents, our work as positive role models and facilitators can and will provide our young learners with the immeasurable gift of grit.



Sabrina
Beeman-Jackson

Saginaw ISD Head
Start/Early Head
Start Program
Director

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
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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

"Head Start graduates are more likely to graduate from high school and less likely to need special education, repeat a grade, or commit crimes in adolescence."
Joe Baca, former Dem. Calif. Congrmn., Dist. 43.

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

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Saginaw Healing Rooms 10th Anniversary

Saginaw Healing Rooms first opened on a Tuesday evening November 9, 2006! It has experienced 10 years of signs, wonders, and miracles. Our Lord has done amazing things through the prayers of the teams. It is not uncommon every Tuesday and Thursday at Saginaw Valley Community Church to find many cars in the parking lot as The Healing Rooms has expanded to be open Tuesday evenings, and Thursday afternoons and evenings. Numerous people come on those days to either work in the Healing Rooms of Saginaw or to receive prayer. People come from all over Michigan and other states. During the ten years that the Healing Rooms have been operating at SVCC, they have held 11,000 prayer sessions, averaging an attendance of 450 people per year.

It is the passion of the Healing Rooms of Saginaw to see the sick and injured healed, and see the captives set free. The prayer teams who work in the Healing Rooms are committed to praying with each person until the healing manifests and lines up with the Word of God. People are welcome to attend as many sessions as needed to soak in God's presence and receive prayer.

People from all over have attended sessions at the Healing Rooms of Saginaw. Pastor Ginny Defoe, director of the Healing Room ministry, related that a traveler from Switzerland who was visiting the area took the opportunity to stop by for prayer. Others have driven from Texas or Indiana because they heard about the ministry and were willing to drive the long distances to receive their healing.

When hearing the phrase "Healing Rooms," one might think it only pertains to physical healing. However, Pastor Defoe states, "The sessions are not just for physical healing. We also offer prayer for emotional and spiritual healing." Some who are going through the painful trauma of divorce come weekly for healing prayers. People

are born again and filled with the Spirit of God.

Some of the recorded healings have included being healed of cancer, Crohn's disease, rheumatoid arthritis, back pain, vision improved, asthma, knees and backs healed, legs lengthened, ringing in ears stopped, dizziness gone, canes and walkers no longer needed, numerous headaches, including migraines, and so much more.. Emotional healings are just as plentiful with people receiving prayer for peace and freedom from fear and anxiety, restoration of relationships, and forgiveness.

When people come to the Healing Rooms, they are greeted at the door and given paperwork to complete telling what they would like prayer for. Then, they go upstairs to a waiting room that is called a "soaking room" where they can listen to soothing music. When it is their turn, they are escorted to a prayer room where they are greeted a team of three people.

"The prayer team will spend 20 to 30 minutes with them," Pastor Defoe states, "asking out what the person would like prayer for, and seeking God to determine how to effectively pray, and expect God to do something awesome."

There are many testimonies of healings that come out of the Healing Rooms. One local man, Jeff Kragenbrink, attended a session at the request of a relative. He suffered from severe rheumatoid arthritis. He could not walk from sideways and had lost his sense of balance. Walking up and down stairs or getting up from a chair was a very slow and painful process for him. He was also unable to lift his leg even an inch off the floor. After prayer, he ran down the stairway, balanced himself on one foot, walked side to side and lifted his knees above waist level. The swelling in his knuckles and hands was completely gone, making it possible for him to make a fist with no pain. He now plays golf on a weekly basis, something he has not been able to do for years. The doctors report that there is NO rheumatoid arthritis in his

body!!!

The Healing Rooms of Saginaw is associated with the International Association of Healing Rooms out of Spokane Washington. The teams that work every Tuesday and Thursday have gone through extensive training offered twice a year in September and February. Coming from all over the state of Michigan, the trainees are there to learn how to pray for people, receive their own healing, or learn how to start a healing room in their church. The training sessions are open to anyone who wants to learn how to pray for the sick.

The teams consist of Christians from various church backgrounds. Some drive to Saginaw to serve on the prayer team from as far away as Clio, Gladwin, and Pinconning. Out of the training ministry at SVCC, healing rooms have emerged at other churches in Traverse City and Midland.

When asked how working in the Healing Rooms has changed her life, Terri Carey says, "As we pray for others, our faith continues to strengthen. We have learned to hear from the Lord. It has been a powerful experience. We get to see the miraculous strength of our Lord, and we've also received healings."

If you are in need of a healing; emotional, physical, or spiritual, come to the Healing Rooms of Saginaw at Saginaw Valley Community Church, 3660 Hermansau. No appointment is necessary. Tuesday evening 7:00 – 9:00pm and Thursday afternoon 1:00 – 3:00pm and 6:30 – 8:30pm. Check us out on the web: svcc.cc

If you are interested in coming to the Healing Training, and have any questions please call Pastor Ginny Defoe at (989) 752-4769 ext. 210. She will be willing to answer any and all questions about the Healing Rooms and training. The dates for the next training is

February 17 & 18, and 24 & 25. It takes place over two consecutive weekends.

Sick of being sick?

Come as you are! It is our privilege to pray for you. Whether you suffer from physical, emotional, or spiritual ailments, come and experience the healing touch of Jesus. It is our privilege to pray for anyone of any faith. We are sensitive to your needs & there is no charge, our ministry is supported by freewill gifts and donations. No appointment is needed.



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African-American History Month African-American Read-In Chain 2017

Sunday, February 5 at 3pm
Zion Missionary Baptist Church - 721 Johnson Street, Saginaw, MI
989-754-9621

All across America, individuals and families will celebrate African-American heritage and culture by reading works by African-American authors during the African-American Read-In Chain. Bring your favorite selection and join us during this celebration. Light refreshments will be served.

Special Guest Presenter:
Pamela Ross McClain, PhD, Assistant Professor,
Education Department, University of Michigan-Flint

Read-In Chain Displays in Public Libraries of Saginaw Branches
January 30-February 13




African-American History Month Public Libraries of Saginaw 2017

Movies Tell the Story
Race (PG-13): Jesse Owens' Story
Tuesday, February 14 at 5:15pm - Butman-Fish Library - 989-799-9160
Southside With You (PG-13): President Barack and Michelle Obama's Story
Thursday, February 23 at 6pm - Hoyt Library - 989-755-0904

African Folktale Puppet Shows
Who's In Rabbit's House? Puppet Show
Friday, February 10 at 10am - Hoyt Library - 989-755-0904
Tuesday, February 21 at 4pm - Wickes Library - 989-752-3821
Friday, February 24 at 10:30am - Zauel Library - 989-799-2771
Saturday, February 25 at 2pm - Butman-Fish Library - 989-799-9160

Fun Facts for Tweens & Teens
Visit Wickes Library in February and enter to win weekly prizes. Participants will learn about African-American history and culture.



African-American History Month Public Libraries of Saginaw Community Celebration 2017

Saturday, February 18 at Noon
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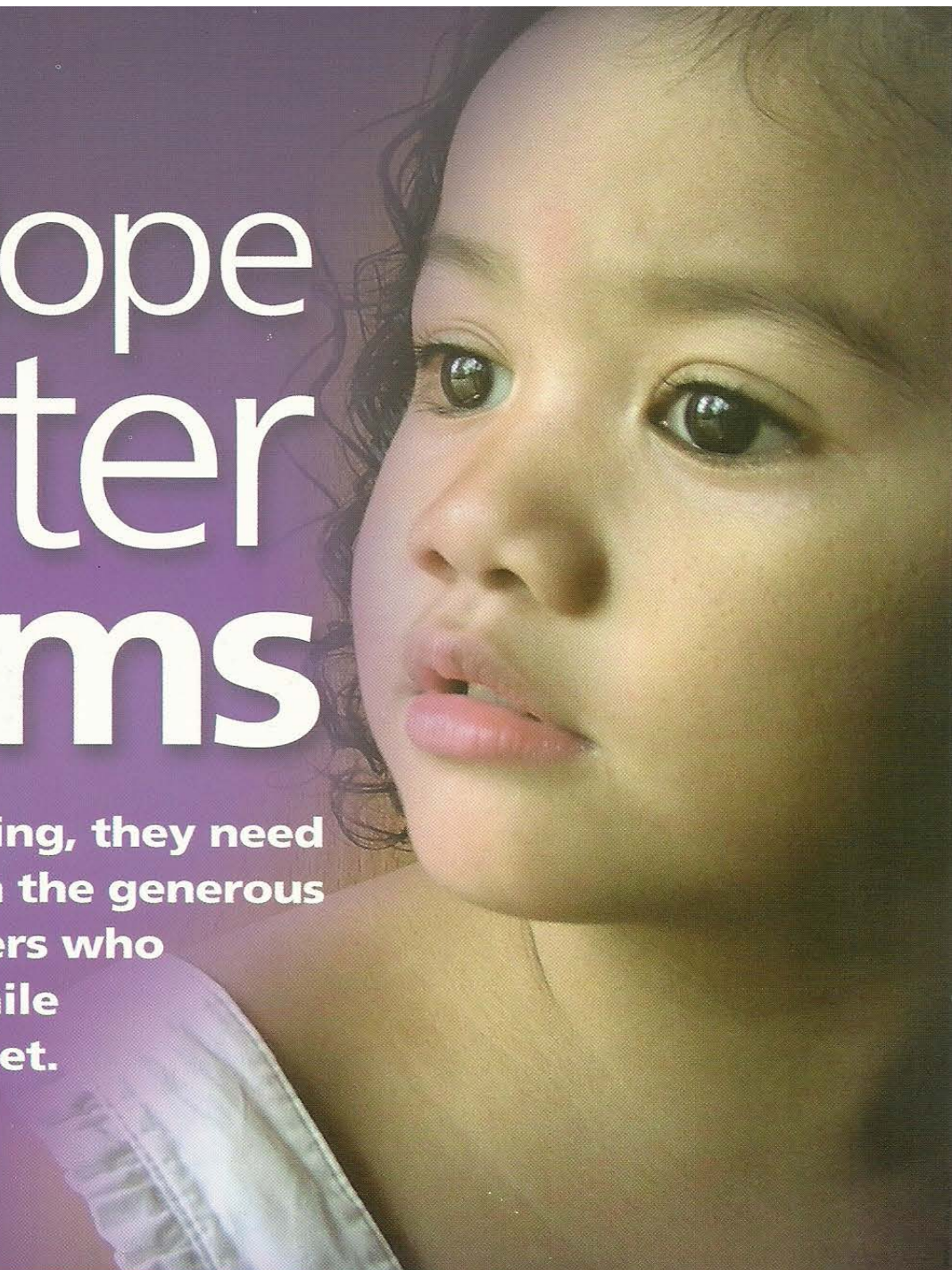
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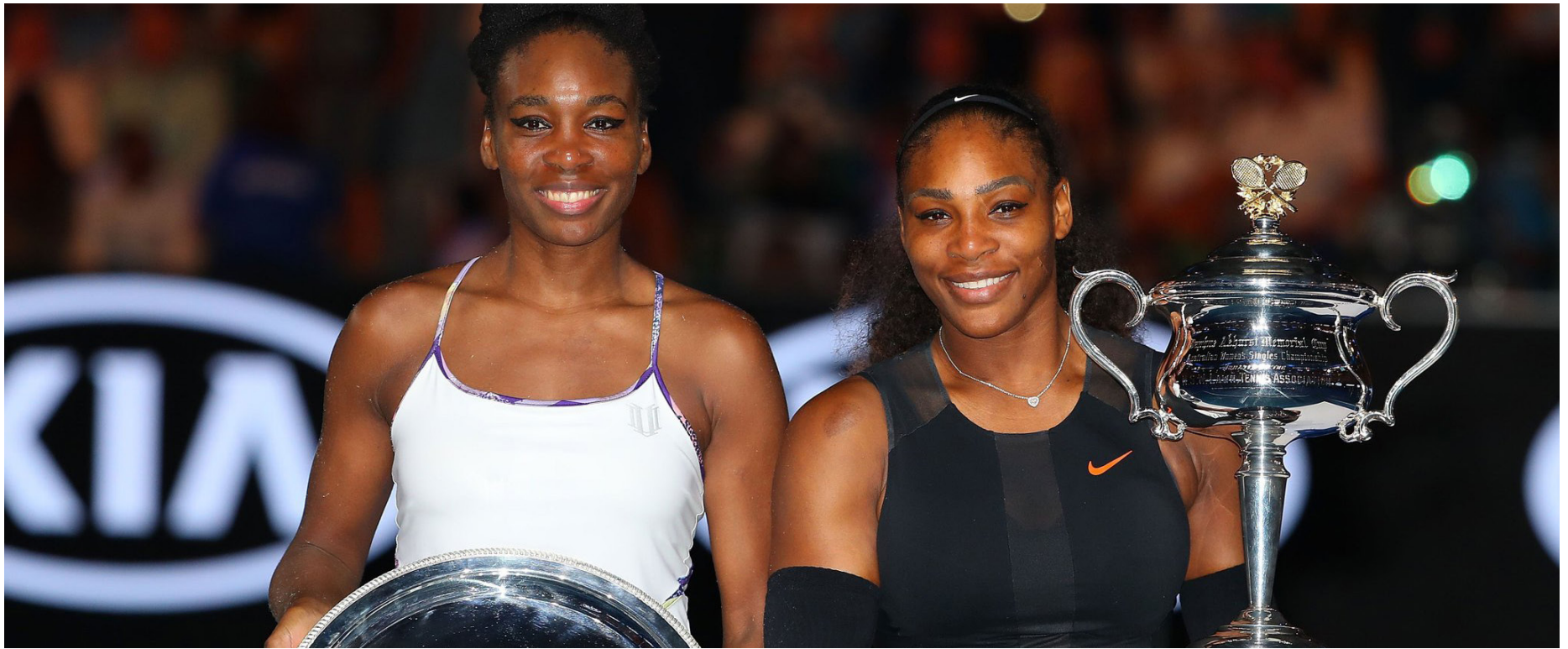
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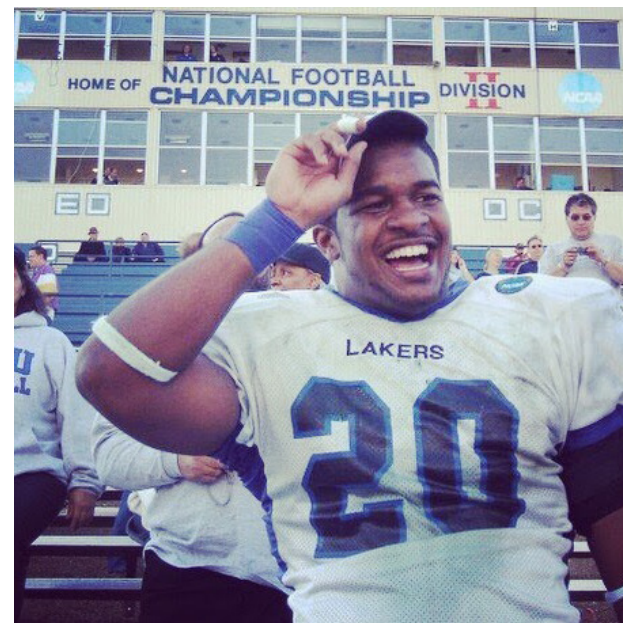


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**Who are you
rooting for?**

Black History Month Athlete Spotlight | Kirk Mac Carruth



Kirk Mac Carruth was born in 1984 on September 19th in Saginaw MI to Charlotte Carruth and the late Howard McClendon. Brother Mac was raised in the church and was taught early to love The Lord. He pin points accountability, responsibility, attention to detail and always telling the truth as key things that were instilled into him as a young boy. His mother, aunts and grandmother all played key factors in raising Mac to have the morals ethics and values he carries with him today. Blessed with athletic abilities that ranged from baseball basketball and football, brother Mac played and starred for many accomplished coaches and teams. Winning state championships as early as 10 years old in baseball to starting at

Safety as a sophomore on Saginaw High's only State Championship Football team in 1999-2000, being voted Saginaw Valley League Most Valuable Player as a Quarterback for Saginaw High in 2001 and being apart of 4 National Championship Football teams at Grand Valley State University starting 3, where he graduated from with a Bachelors in Science in 2007. Brother Mac credits The Lord, his family and Pastor Camel for molding him into the man that he is today. Mac is so delighted to be blessed with such a wonderful wife and beautiful son whom is the apple in his eye. After church every Sunday Mac takes his son Kam and himself up for prayer from the pastor, something that his aunt Jamie started

having Mac do when he was in middle school. It is very vital to Mac that they raise Kam to follow The Lord first and to trust in Him with all his heart. Mac currently serves as the President of the Men's Discipleship Ministry and Men's Choir at New Birth Missionary Baptist Cathedral. He prays and is claiming that Kameron Maximus Carruth grows up to surpass all of his accomplishments spiritually, academically and athletically in Jesus Name.

Kirk Mac Carruth
Grand Valley State University c/o 2007
B/S Communications

Courtesy Photos

Mascots and Nicknames

By: T. A. Blasi

Having nicknames and mascots for school athletic teams is pretty much a creation of the United States. Athletic teams in Europe were clubs which were named after their city or their neighborhood in a multi-team city. The schools including the universities did not sponsor athletics the way it's done in the United States. For some reason, in the United States, the schools sponsored athletics and somewhere along the line they were given nicknames and/or adopted mascots.

There are thousands of high schools and thousands more junior high schools and many thousands more elementary schools, almost all of which, have nicknames and/or mascots. Other than the K-12 schools in the area in which we live or grew up in, we do not hear many of the nicknames and mascots from other places. However, there are so many colleges and universities with their own TV stations airing all their sports activities we are exposed to a steady barrage of mascots and nicknames of colleges and universities.

There are approximately 350 Division I colleges and universities, 300 Division II, 451 Division III, and a whole host of others. The nicknames/mascots cover everything from A to Z. Aggies (Texas A & M et.al.) Bulldogs, Gorlocks, Leopards, Owls, Razorbacks to Zips (University of Akron); the colors of the rainbow, Big Red, Purple Cow and Aces, Mean Green, Yellow Jackets, Blue Raiders, Black and Scarlett Knights, Golden Eagles, Black Bears, Orange, Crimson; and most of the animals in the zoo, Golden Gophers, Red Wolves, Blue Hens, Mules and Jennies, Bilikins, Salukis, Chanticleers, Rams, Lions, Panthers, Tigers, Ospreys, Kangaroos, and Terrapins.

For as long as you can remember, you have wondered where and how do schools get their nicknames and/or mascots. The answer is they get their nicknames and mascots in ordinary, crazy and unusual ways.

The three most prevalent nicknames/mascots are Bulldogs, Eagles and Tigers. In most cases the nickname is also the mascot. Some schools have live nicknames/mascots. The University of Texas

Longhorns actually has a rather large longhorn steer which they parade onto the field at their home football games. The University of Colorado has a real live buffalo which represents their nickname; The University of Georgia Bulldogs have a long proud history of the real thing to represent them.

Some schools cannot have live mascots/nicknames representing them. How would you represent your nickname; Pride, if you were a student at Hofstra University; or Big Green if you were from Dartmouth or Big Red if you were from Cornell, in New York, not the Cornell Rams of Mount Vernon, Iowa.

Some schools could have live mascots/nicknames but don't. Georgia Tech could have a large clear container filled with yellow jackets. The University of Maine could bring a big 500 pound black bear to all their athletic activities, or the University of Montana could favor us with a grizzly bear.

Georgetown University's nickname is the Hoyas; its mascot is a bulldog. A hoya is not a breed of bulldog; it's a climbing evergreen shrub indigenous to Asia and Australia in the milkweed family.

Originally, the athletic teams at Wake Forrest University were known as the Fighting Baptists. However, back in the 1920's after a particularly impressive win over the Duke Blue Devils someone noted that they (the Wake Forrest team) fought like demons. Ergo, the Demon Deacons, which is as close to an oxymoron as any in college athletics. No, wait a minute; I think Wabash College teams in Crawfordsville, Indiana are called the Little Giants.

There are many schools with the same mascot but there are also quite a few with one-of-a-kind names.

Some of the one-of-a-kinds, Spiders (University of Richmond), Hoyas (Georgetown University), Fighting Squirrels (Mary Baldwin College), Banana Slugs (University of California at Santa Cruz), that's right, Banana Slugs!

There is a small school in Topeka, Kansas called Washburn University. Its mascot/nickname

is Ichabods. What you say is an Ichabod? It's not as much a what as it is a who. One of the big benefactors of a small Congregational School in Topeka back in the late 1800s was Ichabod Washburn. So they name the school Washburn and its mascot is the Ichabods.

With that line of reasoning, Stanford University should have as its mascot the Lelands. Leland Stanford was the great benefactor of Stanford University but the Board of Governors voted to have Indian as its mascot. But wait a minute, Stanford University mascot or nickname is Cardinal (not the bird but the color). This is political correctness in its most obvious form. Back in 1971 or 1972, a small, really small, group of students said they were offended by the use of Indian as the school's mascot so the name was changed to Cardinal, (the color not the bird). Its mascot is an evergreen tree.

Kentucky State refers to its male athletic teams as the Thorobreds and its women teams as the Thorobrettes. The word thoroughbred means bred from the best blood through a long line. It is usually applied to horses but sometimes to other animals like dogs and people. The word thoroughbred is gender neutral. A filly is a young female horse. There is not such a thing or word as a thorobrettes. They should have called the girls' team Fillies. Using Thorobreds and Thorobrettes means that the people who made the mascot decision don't know how to spell and don't know anything about sex.

There are many unique mascots and/or nicknames. The University of Delaware mascot is Blue Hens. I don't know about eastern chickens or what they feed them but I have never seen a Blue Hen. Have you?

Campbell University's nickname is the Fighting Camels. That must be a sight to behold, two camels fighting.

When the Auburn Tigers play the Clemson Tigers, they only need one set of cheerleaders. The cheerleaders could just lead the cheers and alternate which side of the football field they are on. If the cheers are supposed to inspire and motivate the players, the players on these two

teams must be exhausted at the end of the game because all the cheers were for Tigers.

Let's look at the University of Alabama. Its nickname is the Crimson Tide. Its mascot is an elephant. The obvious question is, huh? Back in the 30's someone mistook the sound of the Alabama football team coming onto the field as a herd of elephants, bingo, a mascot is born, but they did not change their nickname.

P.S.U. would normally refer to Penn State University, the 2016 Big Ten football champions. But it also can refer to Pittsburg State University

which is not in Pennsylvania, but in Kansas. (Did you notice that Pittsburg, Kansas, does not have the letter H at the end of it?) Which should not be confused with California University which is in Pennsylvania, not California.

The winner of the "What were they thinking" Award goes to Long Beach State's baseball team, their nickname is Dirt Bags. A close second is the same school's woman gymnastics team who call themselves Gym Dogs. It's not often that a school has different nicknames for different teams. But for both to go by ridiculous nicknames is, well, it

is what it is.

A number of occupations are also honored as nicknames and/or mascots. Colleges and universities have selected the Vikings, Quakers, Explorers, Matadors, Pioneers, Spartans, Paladins (what's a paladin?), Titans, Yeomen and Knights just to name a few.

Let's make this more interesting. See if you can match up the following schools with their nickname/mascot:

DO YOU KNOW YOUR MASCOTS?

1. UNIVERSITY OF ALBANY
2. SOUTHERN ILLINOIS UNIVERSITY
3. BOSTON UNIVERSITY
4. KENT STATE UNIVERSITY
5. SWEET BRIAR COLLEGE
6. MANHATTAN COLLEGE
7. HAMPTON UNIVERSITY
8. UNIVERSITY OF IDAHO
9. SLIPPERY ROCK UNIVERSITY
10. UNIVERSITY OF NORTH TEXAS

A. TERRIERS



F. VANDALS



B. GOLDEN FLASHES



G. MEAN GREEN



C. JASPERS



H. GREAT DANES



D. THE ROCK



I. PIRATES



E. SALUKIS



J. VIXENS



(The correct answers are below)

Professional teams are not quite as confusing. The Green Bay Packers have been the Green Bay Packers since day one, except for a brief period of time when they were the Green Bay Meat Packers. While the Chicago Bears have only had

one name, just like the Cleveland Browns. On the other hand, the Los Angeles Rams became the St. Louis Rams and now have gone back to be the Los Angeles Rams. The Indianapolis Colts were formerly from Baltimore, now the city has the Ravens. The Cardinals used to be in Chicago, now

they are in Arizona.

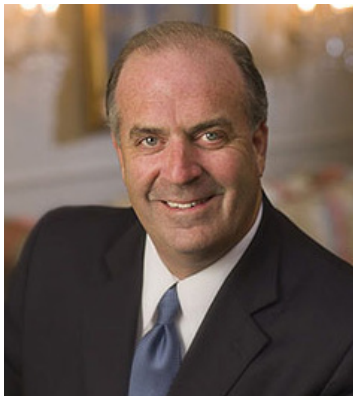
The pro football teams have kept their nicknames even though their cities have changed. Plus they have added more cities, for a total of 32 now.

D 9
G 10

C 6
I 7
E 8

A 3
B 4
J 5

(Correct Answers)
I 1
E 2

POLITICS & PUBLIC POLICY**Reps. Kildee, Conyers, Levin, Lawrence, Dingell: Schuette Must Challenge President Trump's Muslim Ban****Lawmakers Send Letter to Michigan's Attorney General "Extremely Concerned" With His Four-Day Silence on President Trump's Unconstitutional Ban**

Dan Kildee



John Conyers



Sander Levin



Brenda Lawrence



Debbie Dingell

WASHINGTON – Congressman Dan Kildee (MI-05) today (January 30, 2017), along with Representatives John Conyers (MI-13), Sander Levin (MI-09), Brenda Lawrence (MI-14) and Debbie Dingell (MI-12), has sent a letter to Michigan Attorney General Bill Schuette imploring him to join other U.S. Attorneys General in challenging the constitutionality of President Donald Trump's recent executive order banning refugees from majority-Muslim countries. Congressman Kildee and members on the letter have been outspoken in opposition to President Trump's order since it was announced Friday.

"You have sworn an oath to not only support and defend the U.S. Constitution, but also the Constitution of the state of Michigan. Article I, Section 2, of the Michigan Constitution states that no person shall 'be denied the enjoyment of his civil or political rights or be discriminated against in the exercise thereof because of religion, race, color or national origin.' The executive order is in clear violation of this principle," the lawmakers wrote to Attorney General Schuette.

"The people of Michigan deserve to know that they will not be subject to arbitrary detention and deportation merely based on their religion. As Attorney General, you must speak out and use your office to challenge President Trump's executive order, which is a clear violation of the

constitutional rights of your constituents," the lawmakers continued.

On Sunday, Attorneys General from 16 U.S. states issued a joint statement condemning President Trump's executive order banning refugees from seven Muslim-majority nations. Attorney General Schuette did not sign the statement and has been silent on President Trump's executive order since it was announced Friday.

Counterterrorism experts have voiced concern that such bans are a powerful recruiting tool for terrorists trying to do us harm. Many officials, including some Republicans in Congress, are saying President Trump's policy could make America less safe.

The text of their letter to Attorney General Schuette is below:

ATTORNEY GENERAL SCHUETTE:

As members of Michigan's congressional delegation, we are extremely concerned with your silence on President Trump's recent executive order regarding the detention of refugees and immigrants entering this country from Syria, Iraq, Iran, Sudan, Libya, Yemen and Somalia.

This overly broad Muslim ban not only impacts previously admitted individuals and refugees fleeing from war, but also those who are legal permanent residents of the United States.

This executive order does nothing to increase the safety of our country; counterterrorism officials have actually said that such an across-the-board ban could make America less safe. It is a thinly veiled attempt to create a religious ban that is a clear violation of the principles our country was founded upon, including religious freedom.

You have sworn an oath to not only support and defend the U.S. Constitution, but also the Constitution of the state of Michigan. Article I, Section 2, of the Michigan Constitution states that no person shall "be denied the enjoyment of his civil or political rights or be discriminated against in the exercise thereof because of religion, race, color or national origin." The executive order is in clear violation of this principle.

The people of Michigan deserve to know that they will not be subject to arbitrary detention and deportation merely based on their religion. As Attorney General, you must speak out and use your office to challenge President Trump's executive order, which is a clear violation of constitutional rights of your constituents.

Dan Kildee

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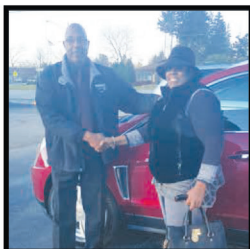
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