

MARSHALL STREET HEALTHY BULLETIN

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Celebrating Women, African-Americans, and Diversity

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Illustration by Charlotte Barna

'Never give up' Dr. Samuels says believe in yourself

Everyone in the world has a purpose, said Dr. Samuels, superintendent of the Norristown Area School District.

She has made education her purpose. She has been a teacher, a principal, and now a superintendent. She wants what is best for children. Originally she planned to go into the health profession as a medical technologist. She knew she wanted to be of service to others.

Children "should never give up," Dr. Samuels said in a recent press conference with the *Healthy Bulletin*. "Believe in yourself and not what other people tell you."

She said her father inspired her to achieve. He told her to believe in herself and to follow her dreams.

Dr. Jeanette Brewer also served as an inspiration for Dr. Samuels. She told Dr. Samuels she would be a good superintendent. Dr. Brewer was a long-time teacher, principal, and assistant superintendent in Philadelphia.

Dr. Samuels studied hard to reach her dreams. She finished high school at the age of 16, and earned her bachelor's degree from

Mrs. Rodgers offers advice

Challenge yourself

When Mrs. Rodgers was in high school, her guidance counselor told her that she would never be a nurse.

She ignored that advice and chose to believe in herself.

She studied hard so she could have her dream come true. She decided that she wanted to be the best she could be.

She now tells children to "live out their dreams."

"You should challenge yourself and not look for excuses," said Mrs. Rodgers, who is Marshall Street's nurse.

"You should push yourself. ... Education is power."

While in high school, Mrs. Rodgers also participated in track, football, basketball, softball,

drama club, and English Club. She always loved to read. Reading was an escape and an adventure, she said.

Her grandmother inspired her to follow her passion for education.

Mrs. Rodgers pursued several nursing degrees and even has a master's in education. She said her education was her greatest accomplishment. She wanted to be a role model for her children.

She has had many experiences as a nurse. She worked in different sections of a hospital, including the cardiac care unit, the medical-surgical floor, the pediatrics area, and the intensive

(See *Learning* on Page 2)

(See *Health* on Page 6)

Consider giving a helping hand

"Don't be afraid to make mistakes. Making mistakes and facing the consequences may prove to be the best way to prepare one for life."

That was one of the messages that Mr. Jason Roscoe shared with the *Healthy Bulletin* during a recent press conference. He is an academic advisor focusing on mentoring minority students at Mansfield University in northern Pennsylvania.

Mr. Roscoe visited Marshall Street because he wanted to share his experiences with children and give back to the community.

"I believe that I am obligated to give students the opportunity that was given me," he said.

He believes college is a gateway to a lot of opportunities such as a good job and a better life. He also believes that hard work will get students there.

Mr. Roscoe said he received a lot of support from a professor when he was a student at Mansfield. He played football and basketball, and he ran track. Because he was a good athlete and African-American, some people imagined that he was a poor student. They had stereotyped him, he said.

His professor helped him develop the skills to become successful and made sure he earned his college degree, he said. She also encouraged him to return to Mansfield to become an academic advisor.

Becoming a faculty member is one of his greatest accomplishments, he said. He has the opportunity to be an example for all students regardless of race. He enjoys sharing his experiences as a college student. He also enjoys watching students grow and mature during their college years.

Mr. Roscoe still maintains a healthy lifestyle. He tries to play basketball at least two times a week. He also tries to drink a lot of water and eat a lot of fruits and vegetables. He doesn't eat a lot of red meat or cake, cupcakes, or brownies.

He suggested that children also should eat healthy foods and stay away from junk food. They should exercise or play sports. He also said they should get plenty of sleep.

"I know sometimes being a kid can be tough," he said. "The 'rollercoaster ride' of school, homework, sports, activities, family relationships, and peer interactions can be overwhelming at times.

"I encourage children to dream big, work hard, stay focused, and surround themselves with good people," he said. —*By Healthy Bulletin staff*



Illustration by Isabel Fuentes

Learning continues for your entire life

(Continued from Page 1)

care unit. Of course, she also has a lot of experience as a school nurse.

School nursing has changed during her career. She is caring for more students who are "medically fragile," she said. These students need more attention and more treatment.

Children "are the future," she said. "What I have accomplished is in the past. Our hard work and determination, together, will provide us both with a very bright future.

"Learning never stops," she said.

—*By Healthy Bulletin staff*

Marshall Street Healthy Bulletin

A publication of the Marshall Street Elementary School in the Norristown Area School District in Norristown, Pa.

Student staff members for this issue include Antonique Anguin, Nyasia Arline, Chayla Barksdale, Justin Bradwell, Sydney Dillard, Kaylee DiPaulo, Isabel Fuentes, Johan Gandarillas-Reyes, Eduardo Gonzalez-Ascencion, Daysha Sanchez, Ackeem Sangster, Gabriel Tello, Duyen To, and Orlando Vargas. Ms. Freeman is the faculty advisor.

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Workplace focuses on diversity

It is healthy to believe in your dreams. They will help guide you to a better life.

That's what Mrs. Eva Dickerson recently told the *Healthy Bulletin* in a press conference. She is a community and operations manager for Microsoft, the company that makes Xbox games.

She said she chose her career path because she likes helping people. At Microsoft, she works in human resources. The department provides support for employees and addresses their concerns.

Since she does not work on Microsoft's technology, Mrs. Dickerson said her greatest challenge at work is learning to talk to highly-skilled technical workers. "It sounds like they are talking a different language," she said.

She said she has not encountered difficulties at work because she is African-American. The company does a great job in training people to understand and appreciate each other's differences, she said.

In her family, Mrs. Dickerson said, she was among the first generation to attend college. She went to Rider University.

Mrs. Dickerson said she tries to stay in shape by riding an exercise bike 30 minutes a day, three times

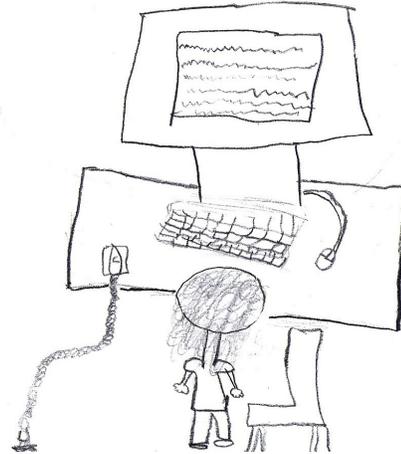


Illustration by Nyasia Arline

a week. She does not cook fried food, including meat. She drinks a lot of water, she said.

Her advice for children is that they drink water and avoid soft drinks. They should only have sweets on special occasions. And they should be active 60 minutes every day.

—By Healthy Bulletin staff

Helping families who lose a loved one

"Experience plays a big part in just how well you do," said Mr. Richard Johnson during a recent press conference with the *Healthy Bulletin*.

In his case, he has become an experienced funeral home director.

When he was 21, he didn't know what he wanted to be. His uncle suggested that he work as a funeral director. He worked with his uncle for many years before getting a funeral director license and opening his own business.

Being a funeral director requires a lot of different skills. A person must know how to manage a business and to help people who have just lost a loved one.

Mr. Johnson said one of his greatest challenges was learning how to relate to a family who has experienced a recent death. It's very emotional, he said. He stays calm so he can be supportive and help people plan the funeral. He also talks to the family and

reminds them that death is part of life. It is important to remember the good times, he said.

As a funeral director, he also needs to make sure the body is handled properly. He and his employees wear rubber gloves, gowns, and special shoes. In this way, they are protected from potential disease and do not spread illness elsewhere. He makes sure his funeral home is clean and properly sanitized.

Mr. Johnson told the *Healthy Bulletin* that health is everything. Children should stay away from drugs, have a good doctor, and exercise regularly.

* * *

Children who have lost a parent can receive help and comfort through the Families Live On Foundation. The group helps children and families continue traditions that allow children to move beyond the parent's death and celebrate his or her life. For more information, click on: www.familiesliveon.org.

"If I'd known I was going to live this long, I'd have taken better care of myself."

—Eubie Blake, musician, lyricist, and pianist

"First of all, I am happy that I'm healthy."

—Tina Turner, singer

"If you run full speed ahead without stopping for water, you lose momentum to finish the race." —Oprah Winfrey, executive, entertainer, and philanthropist

Mystery guest: Do you know her?

Editor's note: Healthy Bulletin reporters recently invited a Marshall Street student to answer questions about how she stays healthy and fit. Read the story and see if you can guess who the student is. One hint: She is in the third grade.

The mystery student says she is generally healthy. She eats five fruit servings and three vegetable servings daily. She sometimes eats chips. She loves Jamaican food. She eats breakfast every day. She sometimes eats whole grain french toast and turkey bacon.

She plays Just Dance 2 on the Wii and jumps rope for exercise. She also plays tennis and soccer.

She had one unhealthy habit and she stopped it. She used to bite her nails. She broke it by painting

her nails. She wanted her nails to look pretty. "It's all about fashion," she said.

The mystery student said she dislikes colds because she has to stay in bed and miss something important in school such as a lesson in writing, math, reading, social studies, science, and specials.

She said she gets better by eating healthy fruits and vegetables such as strawberries, bananas, pineapples, and kiwis. She likes to eat broccoli, carrots, and cauliflower. She also said she gets some rest so she can feel better and stronger for school. She takes medicine when the cold is really bothersome.

When she is home and sick, she said she likes to play Just Dance 2 on the Wii. It gets her pumped up and exercising, she said. So who is the mystery guest?

Look for the answer on the bottom of Page 6.

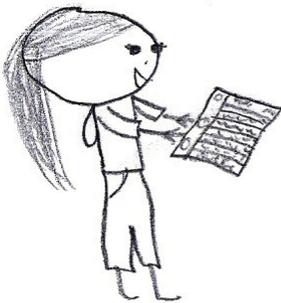


Illustration by Duyen To

Odes to the *Healthy Bulletin* and fruit

Editor's note: Healthy Bulletin reporters recently wrote odes about their newspaper experience and feelings about fruit. Here are a few excerpts.

*O Healthy Bulletin I appreciate you
Always guiding my writing and illustrations, too.
I always will ask questions during every interview
I think of ways to write up my stories.
Always helping me to bring out the writer I am
So now I am asking you to forever be my guide and
helping hand. —Nyasia Arline*

*O Healthy Bulletin I write up interviews
I learn so much from you.
Healthy Bulletin I really, really appreciate you.
O Healthy Bulletin, I love to write for you.
My pencil never goes 'snap, snap' for you.
We interviewed so many people for you.
—Justin Bradwell*

*O Healthy Bulletin you are a wonder.
O Healthy Bulletin you give us the power to read.
O Healthy Bulletin you show us how to be active, safe,
and healthy.
O Healthy Bulletin how you bring ideas to my brain.
O Healthy Bulletin you are an amazing part of health
awareness.
O Healthy Bulletin you are a wonder in my head.
—Duyen To*

*O fruit you sweeten my taste buds.
O fruit you save me from vegetables, sometimes.
O fruit I eat you every time.
O fruit some of you are shiny.
O fruit you are so healthy and cool.
O fruit I trust you to help me think.
O fruit I trust you to rock my brain cells.
O fruit I trust you to make me healthy and ready to go.
O fruit you help me a lot. —Orlando Vargas*

Dance company give students history lesson

Marshall Street fourth grade students recently saw African-American dances performed at Montgomery County Community College.

The dances included old style jazz, the Charleston, soft shoe, and hip hop. The dancers worked hard, sweat even poured down their faces.

The dancers belong to the Lula Washington Dance Theatre from Los Angeles. The company has mostly African-American dancers. They travel throughout the United States and teach students about dance.

Mr. Erwin Washington, the manager of the dance company, said one of the company's most important goals is to teach others to appreciate African-American dances. It's been a challenge because the dance world has been dominated by people who have a different taste in dancing, he said.

At the start of the show, company founder Mrs. Lula Washington showed the audience four flags that were black, red, green, and gold. She explained that the colors represent Africa. Red symbolizes blood. Gold stands for the wealth. Black is for the color of the skin. Green is for the motherland. Mrs. Washington also showed the audience a picture of the African continent.

In the middle of the show, Mrs. Washington asked volunteers to come on stage and help her dancers act out the story Harriet Tubman. Harriet Tubman brought slaves from the South to freedom in the North.

The volunteers acted as slaves. They first had to take a "health test" to make sure they could make the journey North with Mrs. Tubman. They showed their teeth, listened to Mrs. Tubman, and demonstrated that they could run. The "slaves" then followed Mrs. Tubman on stage and acted out the escape.

"The show made me feel sad and happy," said Duyen To. When she saw the dances of how African Americans struggled that made her sad. "It made me happy at the end when African Americans got their freedom to do whatever they wanted."

While Kaylee Dipaulo said she really enjoyed the show, it also made her more aware of the horrors of slavery. "It made me feel sorry for the African Americans and what they have been through," she said.

—By Healthy Bulletin staff



Illustration by Jahon Stevenson

Marshall Street students have fun at recent school dance.

Focus on your future

Mr. Erwin Washington, a former journalist, said that everything comes from reading and writing. He said that even at 10, you can decide what you want to be when you grow up.

Mr. Washington earned two degrees, one in journalism and another in creative writing. He was a writer for *Time* magazine, *The Washington Post* and *The Los Angeles Times*.

Mr. Washington met Lula in high school. He was inspired hearing about her desire to become a dance teacher and told her, "if you follow your path, it will take you there."

Eventually, Mr. Washington was at the studio so much that he did not have enough time to work on his stories. In 1980, he and his wife founded the Lula Washington Dance Theatre. It offers a home for minority dancers to explore and grow as artists.

When Mrs. Washington started her dance com-

"You should do what you love the most."

—Mr. Erwin Washington

pany, she faced a challenge. There were not a lot of African-American dancers, Mr. Washington said.

Mr. Washington said if you see a need in your community you should create something to fill that need. Mrs. Washington wanted to create the dance company for her community so that people would appreciate the art of dance.

Mrs. Washington's achievements include choreographing the dances in *The Little Mermaid* and *Avatar*, Mr. Washington said.

Mr. Washington handles the business side of the dance company. He said his greatest challenges are raising enough money and getting the seats filled. Mr. Washington said, "You should do what you love the most."—By Healthy Bulletin staff

Remember all things are possible

Greetings *Healthy Bulletin* Readers,

We at the *Healthy Bulletin* would like to express our excitement about this special issue called "Celebrating Women, African-Americans, and Diversity."

We have attempted to explore what makes the United States tapestry so "rich." It is not power, money, or military capability, but our nation's diversity—"We the People" as stated in the U.S. Constitution.

This issue examines diversity. Yet it also allows you as the reader to see what you have the power to achieve when you make healthy choices, have a healthy belief about yourself, and above all bring a healthy attitude to any situation.

Editor's Letter

I encourage you to complete the contest sheet which the *Healthy Bulletin* staff will provide. Read each article and answer all the questions. The staff will collect your sheet by Friday, May 3 and choose a winner from each grade level.

Each day challenge yourself to make healthy choices, bring a healthy attitude to school, and believe that "all things are possible."

Sincerely,
Ms. Freeman
Editor of the *Healthy Bulletin*

Health is the center of children's lives

(Continued from Page 1)

Millersville University at the age of 19. She went on to pursue her master's degree in public administration from Penn State, principal certificate and superintendent certificate from the University of Pennsylvania, and a Ph.D from Drexel University.

Dr. Samuels said she loves to read. It's such an important activity. One book she mentioned is *Gifted Hands, the autobiography of Dr. Ben Carson*. "What an incredible book," she said.

When asked whether she faced any specific challenges because she is African-American, she said she did not. She stayed focused.

"Don't let anything stand in your way," she said. "I believed I could do anything and everything as well as the next person and still a lot more. You can't let things stand in your way—you have just as much right as the next person."

Her greatest challenge is balancing all the demands of her job so she can get everything done. As the head of the school district, Dr. Samuels makes sure that the schools set rules and expectations. She also tries to encourage a sense of urgency and belief among the school personnel that "all things are possible for children."

Children's health is important to Dr. Samuels. "Healthy minds and healthy bodies are gifts. They are the center of children's lives," she said.

The Norristown schools do many things to promote good health, Dr. Samuels said. They include serving healthy food in the cafeteria, giving lessons on health and nutrition, and making sure the buildings are clean.

Doctors and nurses also come to schools to provide physical exams for students. She said that healthy minds and healthy bodies affect one's ability to think and learn. It also affects the decisions students will make moving into adulthood.

Dr. Samuels wants children to make healthy choices. She also tries to make healthy choices. For instance, she watches that she doesn't eat too much food, like cake, with fat in it.

She also suggested that children exercise regularly and have a positive attitude. "Paying attention to one's health is a good start to a long and fulfilling life," Dr. Samuels said.—*By Healthy Bulletin staff*

"Paying attention to one's health is a good start to a long and fulfilling life," says Dr. Samuels.

Who is the mystery student?

Analucia Smith

Tell us what you think

We would like your feedback. What do you like about our paper? Can you suggest a news item or a feature story that you would like to read?

Please consider writing us a letter and it may be published in our next issue. Send it to Ms. Freeman.