

Needs vs. Wants

Do we truly understand the difference between our wants and our needs? Many times we hear from individuals on what they "need". We also may complain to others, or even to ourselves, on how it is not fair that we do not have what we "need" to achieve our goals. We tend to always be so certain that we know what we "need" without understanding the whole picture. What actually is needed is a better understanding to what and how God provides for us.

While sitting in church listening to my pastor speak on needs vs. wants in his sermon, I could not help but think that there are things I "need" to accomplish with work and life, with the holidays right around the corner. It became clear to me though that all we truly need is the belief we have in our Lord and Savior. He gives us all we need.

He provides us with everything we deserve or even want, but it becomes our responsibility to Him and ourselves to make the most of what he provides.

Sometimes it seems like God may not bestow upon us everything we need, like when we are scrounging to pay bills, wondering if our health will remain steady, working to complete a project for our employer, or even if we are searching for self-improvement, but it is not until after certain reflections that we realize God provides exactly what we need.

He may provide support from others, resiliency to keep working towards goals, and even let us fail to help us understand humility as we progress through our lives.

These are just a few of the things he provides for us. These are things we need and should be what we want.

Please remember to thank God for all he provides for us, because it is exactly what we need.

- Tyler Yahn, VL Athletic Director

The True Impact of an Athletic Trainer



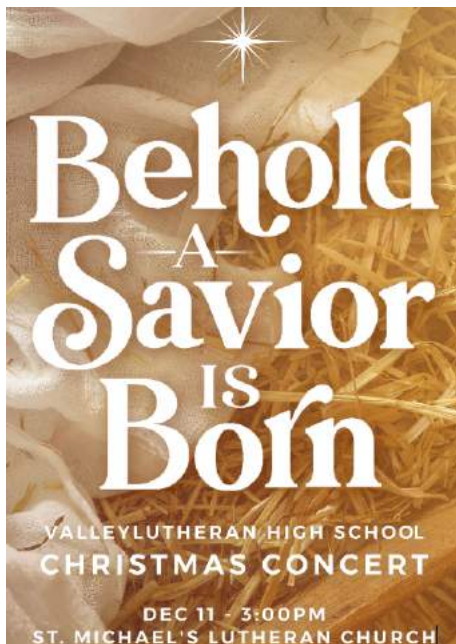
In the 2021-22 school year Valley Lutheran added a full-time Athletic Trainer, **Tasha Mulder**, to the Athletic Department. Just over a year later, the great impact of this on our school and our program is obvious.

Mrs. Mulder's role not only consists of the coordination of physicals documentation for MHSAA, physical and athletic preparation for players prior to games, and overseeing game days for sports related injuries, but she also helps with athletic training field setup and the building of emergency action plans for sporting events. The greatest blessing though is likely her role when a student is injured, providing sideline support as well as prehab and rehab for student athletes.

VLHS parent Kathi Pearson shared, "Mrs. Mulder is supportive and helpful when a student needs to rehab after an injury. She has been a true gift from God!" She is a support when students need it most, available when students need assistance or feel like they will never get better, and she works with them daily to get them back on the field or court.

In addition to her role in athletics, Mrs. Mulder also impacts the academic life of students as a health and fitness teacher. "Mrs. Mulder's leadership and direction in our training programs and our health curriculum benefits athletes and students alike. She is a real blessing to our programs." said **Dr. Lisa Meyers**, Academic Dean.

Thanks, Mrs. Mulder, for all you do for our students on a daily basis! We are grateful to have you as a member of the VL Athletic Department and working with our talented student athletes.



Fall Sports Highlights



Volleyball: District Champs! This fall VL's Varsity Volleyball team defeated Reese, Millington, and Vassar to be named District Champions. Congratulations to our athletes and coaching staff!



Claire Neumann (VL '24) qualified for the State Cross Country Tournament with her 6th place finish at Regionals - a personal best time of 19:50. (This also contributed to the VL Women's Cross Country Team's collective 5th place finish.) Claire competed at Michigan International Speedway on Sat., November 5 in the D3 State Finals. Congratulations to Claire for qualifying and competing at the State level!

Painting the Town with Holiday Cheer



Our upper level Art students have been hard at work designing and painting these holiday themed mural boards. They are a partnership with Saginaw Land Bank - the Land Bank seeks to protect and secure vacant properties in Saginaw, and our students turn the otherwise plain boards into an aesthetically pleasing display! So grateful for the tangible way that our artists can use their time, talents, and skills to serve our community.

We invite you to keep an eye out for these and other VL created mural boards around Saginaw this holiday season!

WINTER INFORMATION NIGHT

7th & 8th grade families are invited to explore the VL experience... where students prepare, belong, and excel!

Thursday, January 26

Arrivals begin at 6:00 p.m.

Register at

www.vlhs.com/InfoNight



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