

KENTUCKY NEWSLETTER FOR HEALTH • PHYSICAL EDUCATION RECREATION • DANCE



AUTUMN 1999

1999 KAHPERD CONVENTION

"Take The Challenge - A Coordinated School Health Program"

NOVEMBER 4-6 • RADISSON PLAZA HOTEL • LEXINGTON, KENTUCKY



Linda Meeks & Philip Heit



Don Lane



Jack Ebel



Tim Cahill



Travis A. Fritsch



Steven Furney

LINDA MEEKS & PHILIP HEIT

Ohio State University
Linda Meeks and Philip Heit are emeritus professors of health education in the College of Education at The Ohio State University. They also are the owners of Meeks Heit Publishing Company, the nation's leading K-12 health education publishing company. Linda and Phil also are America's most widely published health co-authors with millions of boys and girls having used their publications. Their K-12 materials have been widely adopted this past year in Kentucky as a part of the Health Education State Textbook Adoption. Linda and Phil have collaborated for more than 20 years co-authoring more than 200 health books, CD-ROMs, and multimedia programs. Their books and curricula are used throughout the United States as well as in Canada, Japan, Mexico, England, Puerto Rico, Egypt, Jordan, Saudi Arabia, Bermuda, and the Virgin Islands. Linda and Phil train professors as well as educators in state departments of education and school districts. Their book, *Comprehensive School Health Education: Totally Awesome® Strategies for Teaching Health*, is the most widely used book for teacher training in colleges, universities, and school districts. Thousands of teachers throughout the world have participated in their Totally Awesome® Teacher Training Workshops. Linda and Phil have been the keynote speakers for many teacher institutes and wellness conferences. They are personally and professionally committed to helping school personnel develop, revise, and implement health education curriculum.

DON LANE

Transylvania University

Regarded as one of the best coaches in the nation, Head Coach Don Lane has built a tradition of excellence at Transylvania University. As one of an elite group of coaches with 500 or more wins, Lane has proven his stock as a teacher and strategist during his 32-year career. Lane enters his 24th season at Transylvania.

Lane has been honored by his peers on many occasions for his excellence. Last year, he was inducted into the NAIA Hall of Fame. At the National Association of Basketball Coaches Convention in 1997, Lane and Syracuse University Coach Jim Boeheim were recognized for winning 500 games in their careers.

In 1993, he was selected to coach at the Olympic Festival in San Antonio, Texas, one of just 12 coaches in the country to be selected. In 1988 and 1993, Lane was named NAIA District 32 Coach of the Year. In 1989, 1991, and 1996, he was named the Kentucky College Outstanding Christian Coach of the Year by the Fellowship of Christian Athletes. In the fall of 1998, his alma mater, Union College, inducted Lane into the Union College Athletic Hall of Fame.

JACK EBEL

Transylvania University

Coach Ebel is in his 21st year as coach of the Pioneer swim team. He started the program in 1978, and the team won its first meet in the winter of 1979 against Berea. Since then he has coached 49 NAIA All-Americans and numerous Honorable Mention All-Americans. In addition to swimming awards, his swimmers have received academic and individual recognition. He has received a number of "Coach of the Year" awards and is a level four

ASCA coach. Ebel's coaching record is 81-61-3 for the men and 83-56 for the women.

Ebel is a past president of the NAIA Coaches Association and is the secretary-treasurer of the Penn-Ohio Swim Conference.

TIM CAHILL

Model Laboratory High School

His Model Laboratory High School swimming teams have captured two state championships, a state runner-up finish and more than 20 girls, boys and combined regional titles.

And now Tim Cahill has a crown of his own — the National Federation Interscholastic Coaches Association's Section 2 Distinguished Service Award for Boys Swimming and Diving. The Section includes the states of Delaware, Kentucky, Maryland, Ohio, Pennsylvania, Virginia, West Virginia and the District of Columbia.

Cahill, a member of ECU's health education faculty since 1979, is in his 19th year as Model coach. He also was the assistant coach for the University's swimming team from 1979 to 1987 and has coached the Arlington swim team since 1987.

TRAVIS A. FRITSCH, M.S.

Domestic Violence Consulting Services

Travis A. Fritsch is a Domestic Violence Specialist with 20 years of career experience. She is a graduate of the University of Kentucky with a B.A. in Psychology and M.S. in Home Economics where she specialized in Family Law, Family Life Education and Family Therapy. Ms. Fritsch is a licensed social worker and certified Law Enforcement Instructor on Domestic Violence ('82-'02). She first qualified as a court expert on domestic violence in '82.

Prior to becoming an independent consultant, Ms. Fritsch served as a domestic violence specialist in a variety of capacities. She directed programs for the juvenile court and the Federal Correctional Institution ('75-'79). She was a shelter director ('79-'84) responsible for a 17 county area (Model Program '81). She served in the Governor's Office ('84-'88) where she coordinated Kentucky's Family Violence Prevention Curricula referenced in *Next Time She'll Be Dead* (Jones, A. 1994); "The Impact of Domestic Violence on Children," Center on Children & the Law, American Bar Association (2nd Printing October '94).

As a Staff Assistant/Victim Advocate in the Attorney General's Office ('88-'95), she was staff consultant to the Attorney General's Task Force on Domestic Violence Crime ('91) that factually produced nationally recognized laws, protocols and programs. She has served as domestic violence faculty for the National College of District Attorneys since '92 and was recently recognized as a Lecturer of Merit ('98).

Ms. Fritsch has been instrumental in all aspects of domestic violence issues and reform initiatives. She continues to serve on various committees, to provide training, and to consult on cases, articles, and protocols. In "real life," she is blessed with a loving family & Elliott, now age 10 1/2.

STEVEN FURNEY, Ed.D., M.P.H.

President-Elect of Southern District AAHPERD

Steven Furney, professor and division director of Health Education at Southwest Texas State University is the keynote speaker for the Second General Session at 7:30 p.m. on Friday, November 5. His topic will be "AIDS - An International Perspective."



Don Calitri

PRESIDENT'S COMMENTS

by Don Calitri

The 1999 Vice-Presidents have submitted excellent programs for the fall KAHPERD convention to be held at the Radisson Hotel, Lexington, Ky. November 4-6,

1999. Your President, along with Mike Kennedy - convention manager, Vonnie Colvin - VP Physical Education, and Steve Parker - VP Elect General met at Fayette County Schools and put together the excellent program you see listed in this newsletter. All we need now is for you, our loyal KAHPERD members to attend. Schedule your dates now, make reservations immediately at the Radisson, and send Executive Director Lonnie Davis your renewed (or new) membership and registration fees. Don't wait. Do it now.

I hope you will be professionally

stimulated by the Pre-Convention program. We have tried to bring in programs that meet the diverse needs of our membership who teach and coach. We have two coaching clinics, basketball and swimming, with instructors who are outstanding in their professions. Coach Don Lane will conduct the basketball clinic and Coaches Tim Cahill and Jack Ebel will conduct the swimming clinic. This is included in your registration fee. Also, Travis Fritsch, Domestic Violence Consultant, will host a pre-convention program at the Radisson on Violence Prevention. Travis will look at the devastating effects of domestic violence and how the needs of children, youth and their families can be met by well-trained and coordinated responses from individuals and communities. This is also included in your registration fee. All will be on Thursday night, November 4th. Check the times and locations on the schedule. The keynote speakers are excel-

lent. Drs. Linda Meeks and Philip Heit, who have written numerous textbooks which we in the Kentucky public schools have adopted, will be our First General Session speakers. This will be a hands on session on Friday, November 5th beginning at 10:30 so come ready to participate. The Second General Session speaker will be Dr. Steve Furney, President-Elect of Southern District. His program will be on Friday, November 5th at 7:30 p.m. and will be followed by the President's Reception and All-Convention Dance featuring Lexington DJ Ted Pacholik and will feature music and dance from the '50s through the '90s. All convention participants are personally invited to come to the President's Reception. I want you to meet your KAHPERD leadership and I am also personally inviting all KAHPERD Past Presidents to attend and meet you, our leaders of the future.

LOOK over the enclosed schedule and the articles written by the

Vice-Presidents as they highlight their individual programs and plan to attend all that will meet your personal professional development plan. There is a program for all who attend. We also have special programs for our students and they are also invited to attend all programs. Look for their special registration and membership fees in this newsletter.

The dates are set. The program is set. All we need now is YOU. YOU are personally invited by your KAHPERD leadership to the entire KAHPERD Convention at the Radisson Plaza Hotel, Lexington, Kentucky, November 4-6, 1999. We need your professional participation. YOUR students need your professional participation to make what you do now even better through attending YOUR professional association's annual state convention. SEE YOU AT THE 1999 KAHPERD STATE CONVENTION!

Help Kids Understand The Food Guide Pyramid

The Food Guide Pyramid, found on cereal, pasta and cracker boxes in grocery stores and school cafeterias is a familiar sight to many students. Yet, how many kids actually know what the Food Guide Pyramid is, or more importantly, how to use it?

The Food Guide Pyramid is a simple guide to eating using the concepts of balance, variety, and moderation to maintain healthy eating habits. The Pyramid is made up of five blocks — each block represents one of the five different food groups. The size of each block is proportionate to the number of servings that should be eaten from this group in one day. The smallest block of the Pyramid includes fats, oils, and sweets. These foods should be eaten less frequently because they supply fewer nutrients and are higher in fat and calories.

How do you get kids to eat according to the Food Guide Pyramid? Involving kids in meal planning and preparation is not only fun, but also can teach them about this important dietary guide.

Kids like to make decisions — especially about what they eat for their snacks and lunches. With a little help, they can learn to choose foods according to the Food Guide Pyramid and, eventually, they should be able to follow the Pyramid on their own. There are many snacks and lunch foods from each food group

that require little or no preparation. Examples include:

- fresh fruit (served alone or with peanut butter or yogurt for dipping);
- carrot or celery sticks with peanut butter;
- raisins;
- animal crackers, pretzels or a bagel half;
- low-fat muffins or cookies;
- cheese and crackers;
- snack-size candy bars; and
- individual serving cups of applesauce, pudding, or yogurt.

Not only do kids like to choose the food they eat, they like to prepare it, too. Helping with food preparation builds self-esteem and uses reading, measuring and counting skills — plus it's fun! There are many ways kids can help in the kitchen. Here are some examples:

- arrange foods on baking sheets;
- decorate pizza, cake, ice cream or yogurt with toppings;
- add and mix ingredients for salads, casseroles or cookies;
- measure ingredients to use in recipes; or
- prepare a vegetable tray or fruit salad.

From NASPE *The Right Moves*
Summer, 1999

KAHPERD Investment Portfolio Summary

April 30, 1999

	Current Value
Passport Money Market Balance	\$ 2,048.18
Certificates of Deposit	\$ 33,043.09
Corporate Bonds	\$ 48,022.83
Unit Trusts	\$ 2,936.25
TOTAL	\$ 86,050.35
Mutual Funds	
Vanguard 500 Index Fund (\$23,500)	\$31,002.46
Vanguard Total Stock Market Index Fund (\$10,000)	\$14,325.69
Vanguard Growth Index Fund (\$10,000)	\$15,536.07
TOTAL	\$ 60,865.07
Total Portfolio Value	\$146,915.42

Be sure to attend
DOMESTIC VIOLENCE PREVENTION
 Preconvention topic led by
Travis Fritsch
Thursday, November 4 at 5:00 p.m.
Lincoln Room, Radisson Plaza Hotel

President Elect Message by Sue Banister



Sue Banister

My name is Sue Banister and I'm a physical educator at Warren Elementary in Bowling Green. Some of you know me as the Advocacy Chair or from a presentation I may have

done or from a session we attended together at convention. However, I want all of you to know some of my goals as your president-elect of KAHPERD:

1. I want to continue the excel-

lent quality of our conventions and invite you to the Year 2000 convention at the Galt House, in Louisville, on Oct. 26-28, 2000. This year we have 2 corporate sponsors to offset rising costs and I hope to continue with these sponsorships and add one more. I will also keep my eyes and ears open for new "hot" topics in education that we can address through our many sessions.

2. Mentoring program — I have benefited professionally and personally with mentors and would like to start a mentoring program with

KAHPERD, matching master teachers with first and second year professionals and students.

3. Advocacy and the Proactive Approach — I have always believed in advocacy and see the need for us to continue in it. This "hit" home to me while sitting in an inservice for multiple intelligences. Brain research is the new "hot" topic in education and it lends itself to our disciplines. Here is an opportunity for us to get in the driver's seat and be proactive. If you aren't familiar with multiple intelligence or brain

research, just check it out in any of the search engines available on the web. My favorite is *askjeeves.com* or go to *thebrainstore.com*. Here you will find that 3 out of the 7 sets of intelligences come straight from our physical education classes — visual/spatial, kinesthetic and musical.

I will represent the KAHPERD membership to the best of my abilities. Let me know how I can help you. My e-mail address is: sbanister@prodigy.net.

EXECUTIVE DIRECTOR'S REPORT by Lonnie Davis



Lonnie Davis

I. Membership

From the period of November 1, 1998 through June 1999, our overall membership has continued to grow — 1,352 total.

We currently have 448 professional members, 455 student members, 34 lifetime members, 24 retired members and 391 JRFH/HFH professional members.

II. Conventions and Workshops

KAHPERD sponsors three state events each year. The annual fall convention has been attended by 600+ for each of the last three years. We sponsor two summer workshops, one in Health and one in Physical Education. Each of these are designed for staff development opportunities for our members. KAHPERD co-sponsors, with the American Heart Association, the largest fundraiser in the U.S. supporting Jump Rope For Heart and Hoops For Heart. To date, more than \$37 million has been raised for the 1998-99 year.

III. Honors and Grants

KAHPERD annually honors its own through various awards, recognizes committee service, and awards grants for health and fitness workshops, community projects, and conventions. We also recognize outstanding students and teachers of the year in health, physical education, recreation and dance.

IV. Legislation

The Executive Director's office

continues to work with our Health and Physical Education consultant (Dr. Ken Gibson) at the Kentucky Department of Education. The KAHPERD Board serves as a public advocate supporting quality HPERD programs.

V. Communication

The KAHPERD Journal and KAHPERD Newsletter are published four times a year. The journal is sent to professional members two times a year. This serves as our refereed journal and Dr. Randy Deere continues to do an outstanding job with this publication. The newsletter is published two times a year and goes out to all members as well as other health and physical education teachers throughout the state. This publication features our fall convention information, award recipients, and general information to keep our membership informed of what is happening throughout Kentucky, Southern District, and national. Thanks to Cheryl Harlow and Pat McCann for an outstanding publication.

Finally, you the membership must provide the thrust to get these things accomplished. Are you willing to commit to the three "C's" — challenge, commitment, communication — and keep KAHPERD alive and strong?

I believe strongly that as professionals we need to keep these three "C's" as priorities. Challenge yourself and your colleagues to be the very best teachers. Be committed to your professions of health, physical education, recreation and dance. Com-

municate with your students, parents and communities about what you do and why it is important. If each of us practiced the three "C's" the state of Kentucky would never question the importance of health

and physical education in our schools. The professional legacy — and the responsibility — is yours. Are you prepared to accept the challenge?



A Message from the Executive Director...

Dear Conference Attendee:

Being responsible for your own retirement plan isn't easy. We can get so caught up in our work and outside interests that we may neglect to take care of issues that may determine the way we live during retirement. That's why a sound retirement plan is so important.

VALIC, the Variable Annuity Life Insurance Company, is endorsed by KAHPERD* as a carrier for the 403(b) supplemental retirement plan for our members. VALIC's *easy Retirement Plan* offers support in many forms to help you create a retirement plan that matches your situation and goals.

A review of your current retirement plan can help ensure that your program and investments are keeping pace with the changes in your life. VALIC's unique, computer-aided asset allocation service, Portfolio Optimizer, will enable you to analyze the risk and return characteristics of your current investments, and to consider how other combinations of investment options might be suitable alternatives to help you reach your goals.

Another advantage of VALIC's *easy Retirement Plan* is the wide array of investment options from which you can choose. A number of your colleagues presently are evaluating VALIC's investment options.

During the conference, I urge you to visit VALIC's booth. This will give you the opportunity to complete a personal retirement needs analysis questionnaire — which takes only a moment, and can place you a step closer to establishing the retirement plan you may need.

I hope you and all our conference attendees have a great school year, and I wish you the best of luck in your financial goals.

Sincerely,

Lonnie J. Davis

Lonnie J. Davis, PhD
Executive Director, KAHPERD

*VALIC reimburses KAHPERD for services relating to its endorsement of VALIC.

Don't forget to preregister!
You could win a \$250 reimbursement
for SDAHPERD or AAHPERD

DIVISION NEWS

PHYSICAL EDUCATION DIVISION

Vonnie Colvin, Vice-President Physical Education



Vonnie Colvin

It's an Exciting Time for Physical Education at the KAHPERD Convention. The proposals for this year's convention have been wonderful. Due to the efforts of your

vice-president-elect Jill Klinker and the section chairs: Karen Baum, elementary; Carrie LaMar, secondary; and Sue Banister and Sheila McIntosh, adapted, nearly 30 proposals have been submitted to the Physical Education Division. The diversity of the proposals means that there will be something for everyone in Lexington. Some of the program areas are:

1) For Large Groups - Kelly Ambrose and Peggy McGuire from Eastern Kentucky University will introduce the wonderful sport of TEAM HANDBALL. The Omnikin Corporation is sending us Isabelle Lanno for sessions on COOPERATIVE GAMES. Both of these sessions promise wonderful activities that can be used with large groups.

2) For Fine Motor Skills - This area will be well-represented by Paul Kelly who will lead a session on JUGGLING. In addition, Jamie Herndon from Lexington's Christ the King School has a CUP STACKING

Demonstration Team that will amaze you with its manipulative prowess. In both of these sessions you will find activities that you can learn one day and teach your students the next.

3) Special Activities - Carrie LaMar was able to secure several unique and really exciting programs. Kathy Givens will show how to lead a REALITY DAY while Sondra Cabell from Audubon State Park will explain how to establish CHALLENGE COURSES IN THE SCHOOLS. In addition, Debby Wilson and Meg Mabry from Henderson County have a PEACE DAY session that promises to be wonderful.

4) Children with Special Needs - Sue Banister and Sheila McIntosh have obtained four interesting and very relevant sessions on helping the physical educator work with special populations. The sessions will range from SENSORY INTEGRATION with Carlotta Abbott to UNDERSTANDING AUTISM led by Hazel Forsythe & Virginia Moody, and more.

5) Students Galore - Students from UK, ECU, and U of L have submitted proposals for program presentations. These student presentations are all very unique and very relevant to teaching. The University of

Kentucky's students will be presenting a session for the fourth straight year. Their session will be MAKING YOUR OWN PHYSICAL EDUCATION EQUIPMENT. Eastern Kentucky University will be presenting for their third year in a row with a session on ELEMENTARY EXPECTATIONS. Natalie Doering's students at Louisville have a presentation entitled TEACHING FOR LEARNING IN THE 21st CENTURY.

6) Something for Everyone - Jim Nance, UK will help you UPDATE YOUR GYMNASTICS

WITH GAMES AND ACTIVITIES while Karen Baum and Jeanette Askins have a terrific session planned on MULTI CULTURAL ACTIVITIES.

AND THERE'S MORE - Due to space limitations, I could not list all of the wonderful sessions planned for the 1999 KAHPERD Convention. I apologize to all of those fantastic individuals, so please refer to this NEWSLETTER'S insert for a complete list. But trust me, we'll have something for EVERYONE in Lexington.

DANCE DIVISION

Patt Hepp, Vice President Dance



Pat Hepp

Our dance programs for the 1999 Convention in Lexington are lining up in exquisite fashion! Swing dancing anyone? Learn to teach it to middle and high school stu-

dents, we may even throw in some flips and lifts! How about a session using sport skills to sequence dances, or one giving you the opportunity to learn folk and novelty dances anyone can use with his/her students? And for those seeking to move to a distant drummer, how about some break dancing and the Hip-Hop Culture? Care to learn and/or participate with a group for the Indianapolis "Year 2000" Folk

Festival for children? We have the session teaching the dances (which may be used as stepping stones for KERA components).

Struggling to address those new dance components of the Arts and Humanities requirement for high school? We have the solution at our KAHPERD Convention this Nov. 4-6!

Kaleidoscope

We are still seeking groups to participate in our Dance Kaleidoscope taking place on Friday of the Convention. What a fantastic opportunity to not only showcase your students, but to give students and parents the opportunity to observe and see several components involved within "physical education."

DANCE KALEIDOSCOPE

Please fill out the following form if you would like to bring a group to present at the 1999 KAHPERD Convention.

Name of Group: _____

School: _____

Address: _____

Name of Presentation (if known at this time): _____

Name of Coordinator: _____

Phone Number (hm) _____ (wk) _____

Deadline is October 1, 1999. Please send to:

Pat Hepp

Coleridge-Taylor Elementary

1115 W. Chestnut St.

Louisville, KY 40203

502-485-8232 • Fax: 502-485-8629

DATES TO REMEMBER

November 4-6, 1999 KAHPERD Convention
Radisson Hotel, Lexington

January 21-22, 2000 Leadership Conference

March 11, 2000 KAHPERD Board Meeting
Holiday Inn, Bardstown

March 21-25, 2000 AAHPERD & SDAHPERD Convention
Orlando, FL

June 10, 2000 KAHPERD Board Meeting
Bowling Green

October 26-28, 2000 KAHPERD Convention
Galt House, Louisville

2001 AAHPERD Convention site
Cincinnati, OH

RECREATION DIVISION

Larry K. Belknap, Interim Vice President Recreation



Larry K. Belknap

The position of Vice President - Recreation Division has been filled by Dr. Larry K. Belknap for the remainder of 1999. Larry is Department Chairman and Professor in the

Department of Recreation and Park Administration at Eastern Kentucky University. The Division will offer two programs at the upcoming KAHPERD Convention. Both sessions will focus on recreation programs and leisure activities as

interventions in the therapeutic recreation process. Michelle Gerken (EKU) will present a program (Friday - 2:15 pm) on creative movement and cognitive processing. Sherry Jones (EKU) will present a program (Saturday - 8:00 am) focusing on the implications of therapeutic recreation services for pre-adolescents experiencing eating dysfunctions. Students, recreation therapists, and educators interested in the relationships between leisure participation and healthy lifestyles will benefit from attending these sessions.

HEALTH DIVISION

Phyllis D. Murray, Vice President Health



Phyllis Murray

Greetings, fellow health educators.

Just a brief message for this edition of the newsletter. I want to highlight the presentations targeted for the Health Division at the upcoming fall

KAHPERD Conference. Since the general sessions will be focusing on elementary school health, I am especially pleased that the specific Health Division presentations will complement the school health focus of the fall conference by adding diversity not only in topic but also target populations.

For example, *Music for Healing* by Suzanne McIntosh is appropriate for all conference attendees. As health care costs continue to increase and life stressors seemingly become more abundant, learning and applying non-medical ways (i.e., less expensive) to improve our health is becoming more and more practical and essential. I invite all participants to check out this session. You will leave with a tangible means for making a simple, yet effective change for the betterment of health.

Michele Woolwine will focus on the health issues of rural Appalachian women. Individuals involved in adult education should find this presentation enlightening and useful in efforts to promote the health of women.

Senior Exercise: What Works? will focus on innovative and successful health education and health promotion programming for our aging population. Promoting the health of seniors is becoming more and more important as a larger percentage of the population becomes...well, let's just say that a large percentage of the population is progressing beyond

middle age! Jennifer Dearden will be the presenter AND she is one of the Health Division nominees for Vice-President Elect.

Athletes, male and female, appear to be risk takers in ways that go beyond the competition of sport. Kate Duffy will update us on the high-risk behaviors of college athletes and will identify strategies to use in an effort to reduce the incidence of the behaviors.

If you interact with youth of any age, you will want to attend Kathy Adams' session on Injury Prevention. Kathy will be discussing all types of injuries that occur in the various age groups from preschool through college.

Jenny Miller will share with us how to incorporate discussions of organ donation into the school health curriculum. She will also discuss the importance of organ donation and provide general information about the process. This session is appropriate for all conference attendees.

I want to take this opportunity to thank the Health Division conference presenters. Most KAHPERD members have presented at our conference, and perhaps at other conferences. We know the amount of work that is involved in the preparation of the presentation. So, I thank you for your time and willingness to share your expertise.

I would also like to ask KAHPERD members to acknowledge the hard work that has been employed by everyone involved in planning and implementing the conference. Please support the Health Division presentations. Your attendance is very much welcomed and will be greatly appreciated. You will not be disappointed.

GENERAL DIVISION

Mike Ballard, Vice President General



Mike Ballard

Greetings KAHPERD members. Hopefully your school year has gotten off to a great start.

Special thanks to everyone that submitted ideas or suggestions for sessions at the 1999 convention. As a result, a diverse program has been scheduled with topics specific to health, physical education, sports management, athletics, and general interest. The sessions should be of interest to both students and professionals.

One of the featured speakers from the General Division will be Louis Stout, KHSAA Commissioner. His presentation will address current and future issues of interscholastic athletics in Kentucky. This should prove to be very beneficial to our members that also have coaching responsibilities.

Several sessions have a health or physical education emphasis. The Kentucky Cancer Program will present the "Do Right - Don't Smoke, Do Right - Eat Right, Do Right - Don't Burn" curriculum for elemen-

tary students. Other sessions will address nutrition and the college student, chromium (the pros and cons), and collaborative partnerships in preparing physical educators.

Sports management, a new section of the division this year, has several sessions scheduled. Jeremy Brewer will discuss the training camp of the Cincinnati Bengals. Ken Gibson will profile minorities in sports management, and Reggie Overton will speak on sports management collaborative programs.

Similar to last year, the KAHPERD Literary Society will discuss a book that has had a significant impact on our field. This year the book is *Public Heroes, Private Felons: Athletes and Crimes Against Women*.

If you are interested in hearing the latest research, plan on attending the two hour open communication session. Robert Grueninger, chair of the research section has several outstanding projects that will be discussed.

Mark your calendars and plan on attending the 1999 KAHPERD Convention. I hope to see you in Lexington in November.

SOUTHERN DISTRICT SCHOLAR AWARD Call for Nominations

The SDAHPERD Scholar Award Program is designed to accomplish the following:

- Promote and stimulate scholarly productivity among professionals representing the various disciplines within the field.
- Recognize senior level scholars who have made and continue to make significant contributions to the profession.

Criteria for nominees and selection are as follows:

- (1) Must be a member of AAHPERD and the respective State Association.
- (2) Should have achieved a commendable record evidenced by scholarly productions and presentations.
- (3) Should be currently producing scholarship.
- (4) Should be capable of synthesizing phenomena and communicating facts appropriate to the membership.
- (5) Must be willing to assume duties and responsibilities as Southern District Scholar.

Any member of AAHPERD who resides within Southern District may submit nominees to the Scholar Award Committee by sending names and vitae BY OCTOBER 1, 1999 to:

Sandy K. Gangstead, Ph.D.
School of Human Performance & Recreation
The University of Southern Mississippi
Hattiesburg, MS 39406-5142

A FEW FUN FITNESS FACTS *by Sue Banister, Advocacy Chair*

If you're like me, writing does not come easily (I could never survive as a 4th grader in the KERA age!). And when I am forced to do it, I look for resources everywhere. One of my goals as President-elect of KAHPERD is to be proactive. One of these ways is to write little articles for the school newspaper, letters to the editor, etc. I would like to share with you some fitness facts that I have found in my resources that help me in my writing. They also make nifty bulletin board sayings, bumper sticker slogans and cocktail party conversation starters.

✓ Physical inactivity is a risk factor for heart disease. The NCPPA recommends that people accumulate a total of at least 30 min. of moderate physical activity on most days of the week to maintain cardiovascular health. Moderate levels of daily physical activity are also beneficial.

✓ Benefits of physical activity include lowering high blood pressure, increasing HDL (good) cholesterol, losing excess weight, strengthening the cardiovascular system and looking and feeling better, says the NCPPA (National Coalition for Promoting Physical Activity).

✓ Physical activity does the heart good! Need some good ideas? The NCPPA suggests walking, hiking, swimming, bicycling, jogging, stair climbing, running, rowing, or endurance activities. Even house-

work, gardening and dancing offer health benefits. The most important thing is to start being more physically active and then stay with it. Just Move!!

✓ Any activity that gets you moving around, even if it's done for just a few min. a day, is better than none at all. The trick is to get started. One great way is to take a stroll for 10-15 min. during your lunch break. Try taking the stairs instead of the elevator, or even parking farther away than normal to ensure a nice walk.

✓ You don't have to train like a marathon runner or an athlete to become more physically fit. Most physical activities do not require any special athletic skills. In fact, many people who've found group sports difficult have discovered other activities that are easy and enjoyable to do. A perfect example is walking—an activity that requires no special talents, athletic ability, or equipment.

✓ Build up slowly. If you've been inactive for a long while, remember it will take time to get in shape. Start with low-to-moderate-level activities for at least several minutes each day. You can slowly increase your time or pace as you become more fit. And you will feel more fit, after a few weeks, than when you first started.

✓ It's a family affair! If you have family, encourage them to take part in exercise programs and recre-

ational activities they can either share with you or do on their own. It is best to build healthy habits when children are young. When parents are active, children are more likely to be active and stay active after they become adults.

✓ About 25% of American adults do not engage in any leisure time physical activities. Women are more physically inactive than men, African Americans and Hispanics tend to be less active than non-Hispanic whites. Physical inactivity increases with age, and decreases with higher levels of education and income.

✓ What's in it for me? How about feeling less stress at the end of the day? What if your clothes fit a little looser? Want to feel less anxious, less tired and have a better outlook on life? Sound good? Physical activity can definitely affect your quality of life and benefit you in ways only you can imagine.

✓ 336. What does that number mean to you? There are 336 thirty minute periods available in a week! And all you need is three of them to be on your way to becoming physically fit. Folks who complain about not having enough time for physical activity may want to rethink that.

✓ "Physical inactivity is as harmful to your health as high blood pressure, high cholesterol, and smoking," says Steve Blair, Chief Scientific Editor of the Surgeon

General's Report of Physical Activity and Health.

✓ According to the U.S. Centers for Disease Control and Prevention about 75% of the adult population does not engage in adequate amounts of physical activity to reap the cardiovascular benefits.

✓ About 25% of adults lead basically sedentary lives. These adult couch potatoes are the group most likely to benefit from doing moderately intense activities such as walking, cycling, dancing and even daily lifestyle activities like gardening and vacuuming.

✓ Over 250,000 deaths per year can be attributed, at least in part, to the lack of regular physical activity.

✓ The American Heart Association, The American College of Sports Medicine and the U.S. Centers for Disease Control and Prevention as well as other leading medical authorities recognize that physical inactivity is a major risk factor for cardiovascular disease, the nation's number one cause of death.

✓ Leading medical authorities rank the public health benefits of physical activity similar to those associated with the prevention of cigarette smoking, lowering blood cholesterol, and reducing high blood pressure.

Source: SPEAK advocacy kit from NASPE

CALLING ALL ADVOCATES!

by Sue Banister, Advocacy Chair

As you may or may not know, KAHPERD has an Advocacy committee that is eager to help you in any way. Your Board members at Large and myself have a mountain of information that could help you in advocating our profession or personally help you keep your job. We are currently putting together an e-mail tree that will help our membership stay up to date on several issues that effect us. We are taking the e-mail addresses out of our new membership directory. If your e-mail address is incorrect, please contact

me and we'll update our files. If you don't have access to e-mail, send me your mailing address.

One of the hottest issues right now is the Physical Education for Progress (PEP) Act that Senator Ted Stevens has introduced. I have heard that your senator would take notice if hundreds of calls, emails and letters arrived on his/her desk. To the right is a sample letter. Will you take the time to contact your senator? They'll listen if you take the time!

PRESIDENT'S RECEPTION

Sponsored by SmithKline Beecham

Join us for food & fun

8:00-9:00 p.m.

Friday, November 5, 1999

in Ballrooms 3 & 4

followed by the Convention Dance
featuring Ted "The Bayou DJ" Pacholik

Date:

Your name and address:

Dear Senator:

I am writing to ask you to support legislation that Senator Ted Stevens (R-AK) has introduced, Senate Bill # 1159-The Physical Education for Progress-or "PEP"-Act. This bill would create a new incentive grants program for local school districts to develop programs that include minimum weekly requirements for physical education, and daily physical education if possible.

As a nation, we are not living up to the recommendations of the U.S. Surgeon General's 1996 report on Physical Fitness and Health or the recommendations of the Centers for Disease Control and Prevention that daily physical education be provided for all students in kindergarten through 12th grade. Fewer than one in four children get 20 minutes of vigorous activity each day. In fact, the percentage of overweight young Americans has more than doubled in the past 30 years. The impact of our poor health habits is staggering - the nation spends more than \$100 billion per year on lifestyle related diseases, and inactivity and poor diet cause more than 300,000 deaths per year in the United States.

The PEP Act would begin to correct these deficiencies. It would authorize funds to make grants to local educational agencies for physical education programs.

I urge you to support (cosponsor) this legislation so that our schoolchildren will gain the knowledge, skills, and motivation to adopt healthy, physically-active lifestyles. Children must be educated mentally AND physically to be healthy, productive citizens.

Sincerely,

Your name

1999 CANDIDATES FOR PRESIDENT-ELECT



ROBERT GRUENINGER

Professor, Department of Health,
Physical Education, and Recreation

Morehead State University

Education:

B.Sc., Springfield College (Massachusetts), 1962
M.Sc., University of Illinois, 1963
Ph.D., University of Oregon, 1970

Previous Professional Experience:

63-65 American Specialist Grantee (Sports and Youth), Kingdom of Laos
65-67 Instructor and Coach, Frostburg State College, Maryland
70-72 Instructor, Coach, Director of Research Laboratory, Oberlin College, Ohio
72-76 Assistant Professor, University of Wisconsin-Parkside
77-79 Project Director, U.S. Sports Academy Bahrain Sports Program, Persian Gulf Associate Professor (Adjunct), University of South Alabama
78-89 Chair, Division of Health, Phy. Ed. and Rec., Eastern Montana College

Teaching:

Current and recent responsibilities include teaching Interpretation of Data, Kinesiology, Personal Health, Wellness, Theory in Action, Lifetime Fitness, Motor Development and Motor Learning, Scientific Basis of Coaching, Sailing, and Canoeing.

Professional Activities

Professional Memberships

- American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) (since 1960)
- Kentucky AHPERD (since '89), Southern District AHPERD (SDAHPERD)
- American Kinesiotherapy Association (AKTA), associate member
- U.S. Sports Academy, National Faculty
- Phi Epsilon Kappa, life member
- Kentucky Coalition for Promoting Physical Activity (KCPPA)

Offices held in KAHPERD include Research Section Chair (current) and Vice President - General Division (1997-98). Service on awards committees. Host of several KAHPERD Summer Workshops at Morehead State University
Offices held in other professional organizations include Vice-President - Athletics, Northwest District AAHPERD and in Montana AHPERD prior to '89. President, Montana Senior Olympics, '89.

Membership in Academic Honor Organizations - Kappa Delta Pi

Publications (since 1993):

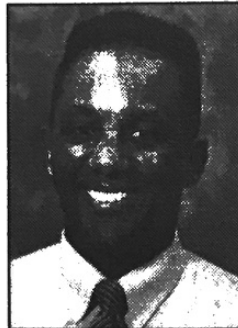
- "Incorporating Native American activities into the physical education program," in *Teaching the Native American*, edited by Hap Gilliland (3rd. edition). Dubuque: Kendall/Hunt Publishing Co., 1995
- "The effect of a personal health class upon the health behaviors of college students," with Willis King, in *KAHPERD Journal*, 31:2 (Fall 1995), pp. 22-24
- "Evaluated health education programs," with Michael Ballard, in *KAHPERD Journal*, 31:2 (Fall 1995), pp. 22-24
- "Teaching in the content areas: physical education," in *Teaching American Indian students*, edited by John Reyhner. Norman: University of Oklahoma Press, 1994
- "The evaluation of children's growth and its impact upon health-related fitness," in *Healthy from the start: new perspectives on childhood fitness*, Teacher Education Monograph No. 15, edited by M. Leppo. Washington, D.C.: ERIC Clearinghouse on Teacher Education, January 1993.

Community Service:

Committee Chair, Rowan County Chapter of the American Red Cross
Hardwood Festival 5K Committee

Research and Faculty Development

The highlight of '98 for me was a trip to China. I spent two weeks at Huaiyin Teachers College, Jiangsu Province. There I presented a seminar to physical education instructors at the college and middle school teachers from the province.



STEVE R. PARKER, Ed.D.

Associate Professor, Department of
Kinesiology and Health Promotion

University of Kentucky

Education:

Ed.D. 1995 University of Kentucky, Lexington, KY
Major Area: Educational Policy Studies and Evaluation
M.S. 1984 Eastern Kentucky University, Richmond, KY
Major: Physical Education Major Emphasis: Sports Administration
B.A. 1975 University of Kentucky, Lexington, KY
Major: Physical Education Minor: Health Education
Area of Concentration: Psychology

Professional Affiliations:

Kentucky Association for Health, Physical Education, Recreation, and Dance
American Alliance for Health, Physical Education, Recreation, and Dance
The Kentucky Association of Teacher Educators

Services/Honors in HPERD and other Recognitions:

Kentucky Association of Health, Physical Education, Recreation, and Dance Vice-President Elect General, 1996
Kentucky Association of Health, Physical Education, Recreation, and Dance Convention Co-Manager, 1997

The Edgar L. and Marilyn A. Sagan Scholarship, Educational Policies Studies and Evaluation Program (Higher Education), 1994-1995.

Phi Beta Kappa District VIII 2nd Place Outstanding Dissertation Award, 1996.

Related Professional Activities:

Methodist College, Adjunct Professor, PED 485: Special Topics: Contemporary Leadership Principles for Cheerleading Coaches, Summer 1999.

Presentation: "Team Leadership: Centrality Theory Applied To African American Athletes," African American Studies Lecture Series, University of Kentucky, February 11, 1999.

Book Review, Presentation, and Discussion, "Darwin's Athletes: How Sport Has Damaged Black America And Preserved The Myth Of Race," Kentucky Association for Health, Physical Education, Recreation, and Dance, Bowling Green, KY, November 7, 1998.

"Planning and Implementing a Weight Training and Conditioning Program for Cheerleaders," National Cheerleading Coaches Conference, Fayetteville, NC, May 19-22, 1999.

Chairman, National Coach and Cheerleader Selection Committee, National Cheerleading Coaches Conference, Fayetteville, NC, 1997-1999.

Methodist College, Adjunct Professor, PED 485: Special Topics: Contemporary Leadership Principles for Cheerleading Coaches, Summer 1998.

"Policy Development, Implementation, and Evaluation for Cheerleaders," National Cheerleading Coaches Conference, Fayetteville, NC, May 21-24, 1998.

"Planning and Implementing a Weight Training and Conditioning Program for Cheerleaders," National Cheerleading Coaches Conference, Fayetteville, NC, May 21-24, 1998.

"Role Modeling," National Cheerleading Coaches Conference, Fayetteville, NC, May 21-24, 1998.

"Body Image Issues and Problems," National Cheerleading Coaches Conference, Fayetteville, North Carolina, May 21-24, 1998.

"Motivation, Self-Confidence, and Negative Response Behavior in Sport," National Cheerleading Coaches Conference, Fayetteville, NC, May 21-24, 1998

"Athletics and Achievement," Reexamining and Renewing Parent and Family Involvement in the Education of Our Children. Parent and Community Involvement Conference, Lexington, KY, February 21, 1998.

Publications:

Taylor, L., Colvin A.Y., & Parker, S.R. "Organizing And Planning For A State Convention." *Strategies*, (In review for publication), 1998.

Parker, S.R. "Sociological, Psychological, And Medical Perspectives Of Returning To Competition Too Soon After Injury." *American Cheerleader*, (In review for publication), 1998.

Parker, S.R. "Bloodborne Pathogen Training for Coaches." *Kentucky Athlete*, September-October, 1994.

Parker, S.R. "The Coaches Role In The Proper Care Of An Athlete." *Kentucky Athlete*, October, 1984.

1999 KAHPERD SLATE OF OFFICERS



VICE PRESIDENT - ELECT PHYSICAL EDUCATION

SHARON C. BROWN

Assistant Professor of Physical Education
Transylvania University

Education:

Ph.D., University of South Carolina (May 1994)

Physical Education Pedagogy

M.S., University of South Carolina (May 1989)

Instruction and Curriculum in Physical Education

B.S., Eastern Illinois University (May, 1984)

Physical Education

Professional Affiliations:

KAHPERD

AAHPERD

Services/Honors in HPERD and other Recognitions:

Jones Faculty Development Grant, Transylvania University (1998).

Participated in a workshop at the Cooper Clinic in Dallas, Texas.

Faculty Development Grant, Furman University (1993).

Faculty Bonus for Teaching Excellence at Brevard College (1989).

KAHPERD Special Awards Committee.

Past Vice-President for the South Carolina Alliance for Physical Education and Sports (SCAPES).

Past Chair of the Membership Committee for SCAPES.

Past member of the South Carolina Model School Program Committee.

Related Professional Activities:

Taught a course in England and Scotland on Comparative Physical Education.

Ran the New York Marathon, Marine Corps Marathon, and Monticello Marathon.

Completed a Century Bike Ride.

Publications:

Brown, S.C. (forthcoming in *Strategies*). How to Make the Most of Your 30 Minutes.

Brown, S.C. (forthcoming in *Montessori Leadership*). The Importance of Physical Education for Children.

Brown, S.C., Brown, D.G., and Hussey, K.J. (1996). Promote equality in the classroom. *Strategies*, 9, (6), 19-22.

Brown, S.C., and Brown, D.G. (1996). Giving directions: It's how you say it. *Journal of Physical Education, Recreation, and Dance*.

Woods, A.M., Brown, S.C., Jones, E.H., and Werner, P. (1995). Take a look at your teaching. *Teaching Elementary Physical Education*, 6, (2), 9-11.



VICE PRESIDENT - ELECT PHYSICAL EDUCATION

KAREN BAUM

Assistant Professor
Elementary Physical Education and Health
Model Lab School

Education:

Rank I: Elementary Physical Education Specialist, Eastern Kentucky University, July 1992

Master of Arts in Education: School Health Education, Eastern Kentucky University, August 1982

Bachelor of Science: Physical Education Major, Health Education Minor, Eastern Kentucky University, May 1981.

Professional Affiliations:

American Alliance of Health, Physical Education, Recreation, and Dance: Member 1992-present.

Kentucky Association of Health, Physical Education, Recreation, and Dance: Member 1983-present.

National Association of Girls and Women in Sport: Member 1994-present.

Citizens for Sport Equity: Member 1992-present.

Services/Honors and Other Recognitions:

Supervisor of student teachers.

Planned and implemented inservices for Eastern Kentucky University and University of Kentucky Coalition.

Presenter at KAHPERD and AAHPERD Conferences and Workshops, Comprehensive School Health Program Summer Workshops, Council for Children Under Six Conference, and the National Elementary Physical Education Council Conference.

State Practical Living Assessment Committee.

State Practical Living Curriculum Committee.

Presenter at KERA workshops and inservices around the state.

KAHPERD Positions: Board-at-large East, Public Relations, Elementary Physical Education Chair.

Advocacy for Physical Education and Health Committee.

Kentucky Elementary Physical Education Teacher of the Year - 1997.

Related Professional Activities:

Part-time faculty at Eastern Kentucky University.

Model Cheerleading Coach 1988 - present.

Coach Junior Pro Cheerleaders and All-stars 1994-1996.

Richmond Girls Softball Association: Past board member and coach for pony tail and junior leagues.

Publishing:

Teaching Thematic Units in Physical Education: A book containing 10 units for elementary education.

"Let the Games Begin!" KAHPERD Journal, Spring 1996.

ALSO ON THE "NET":

The United States Department of Agriculture has a great website for kids! Try www.usda.gov/news/usdakids. There is information for teachers, parents and students on nutrition, nutrition for small children, Team Nutrition (a program for older elementary and middle school students) and more!

*Don't forget
to preregister!*

**You could win a \$250 reimbursement
for SDAHPERD or AAHPERD**

1999 KAHPERD SLATE OF OFFICERS



VICE PRESIDENT - ELECT HEALTH

KAREN MARIE CAMARATA

Assistant Professor
College of Health, Physical Education and
Recreation, Department of Health
Eastern Kentucky University

Scholarly Activities:

Registered Dietitian

Licensed Dietitian in the State of Kentucky

Certified Health Education Specialist

Editor of the Kentucky Public Health Association Newsletter from
1991-1993

Editor of the College of Health, Physical Education, Recreation and
Athletics Newsletter from 1992-1997.

Faculty Sponsor for, and member of Eta Sigma Gamma - Health
Honorary

Trained Instructor in On Campus Talking About Alcohol series

Member of the American Dietetic Association

Member of the Kentucky Public Health Association

Member of the Kentucky Alliance for Health, Physical Education,
Recreation and Athletics

Received the Lucy E. Elliott Memorial Merit Scholarship, 1985.

Volunteer Activities:

American Red Cross, Daniel Boone Chapter, Madison County, Kentucky.

Instructor, certified to teach Community CPR, Standard First Aid and

Safety, Responding to Emergencies, and the ARC HIV/AIDS course.

Regular volunteer with the chapter, teaching at least 2 of each of the
above per year.

Presentations:

Stress Management During the Early Years, presented during a seminar
for Head Start in Richmond, Kentucky (April, 1993).

Sports Nutrition for Model Swim Team at Eastern, Richmond, Kentucky
(January, 1992).

Surviving the Holidays, presented to Eastern Kentucky University
Faculty, Richmond, Kentucky (December, 1991).

Surviving College - Stress Management for Students, presented to Honors
Students at Maywoods Reserve, Kentucky (August, 1990).

Panel Lecture on Protein Sparing Modified Fasts, Presented to the
Bluegrass Dietetic Association in Lexington, Kentucky (March, 1987).

Successful Lifestyle Changes: How Can We Help? Presented at Nutrition:
The HCF Way Conference in Lexington, Kentucky (August, 1987).

Publications:

Kaplan, Gordon D., Miller, Karen Camarata, Anderson, James W. (1990).
"Comparative weight loss in obese patients restarting a supplemented
very-low-calorie diet." *American Journal of Clinical Nutrition*.
Presented at the International Conference on Obesity in Kyoto, Japan
in August, 1990.

Camarata, Karen (1997). *Instructor's Resource Manual for Access To
Health*. (5th ed.) Needham Heights, MA: Allyn and Bacon.



VICE PRESIDENT - ELECT HEALTH

JENNIFER S. DEARDEN

Instructor - Kinesiology & Health Promotion
Prestonsburg Community College

Education:

Ed.D. (2001 proposed ABD) University of Kentucky - Health Promotion
M.A. 1997 Morehead State University - Health, Physical Education &
Recreation (Exercise Science option)

B.S. 1992 Lake Superior State University - Therapeutic Recreation

B.S. 1989 Lake Superior State University - Exercise Science

Professional Affiliations:

American Alliance for Health, Physical Education, Recreation and Dance /
AAHPERD

American College of Sports Medicine / ACSM

Kentucky Association for Health, Physical Education, Recreation, and
Dance / KAHPERD

Related Professional Activities:

Chair, Big Sandy American Red Cross Health and Safety Committee in
Prestonsburg

Member, Kentucky State Red Cross Health and Safety Committee

Services/Honors in HPERD and other Recognitions:

Honor Award - Exceptional Volunteer Service, American Red Cross

Service Recognition Award, Project Health for Seniors -

Who's Who in American Universities and Colleges, L.S.S.U.

Board of Control Scholarship, L.S.S.U.

Michigan Competitive Scholarship, L.S.S.U.

Ron Cooper Coaches Award, for top female athlete in citizenship, leader-
ship, campus participation and athletics, L.S.S.U.

Most Valuable Player, softball, L.S.S.U.

All GLIAC Selection, softball, L.S.S.U.

Captain, volleyball and softball, L.S.S.U.



VICE PRESIDENT - ELECT GENERAL

KENNETH D. GIBSON

Health and Physical Education and Driver
Education Consultant with the
Kentucky Department of Education

Education:

B.S., M.S. Indiana University, Bloomington, Indiana

Ed.S. Eastern Kentucky University, Richmond, Kentucky

Ed.D. Brigham Young University, Provo, Utah

Professional Affiliations:

AAHPERD

KAHPERD

KEA

Lexington Association of Black School Educators

United States Track Coaches Association

USATF Coaches and Officials Associations

Professional Honors:

New York City Track and Field Coach of the Year (Five Times)

NCAA College Division Track and Field Coach of the Year

Bob Kirk Award for Excellence in Health and Fitness

Related Activities:

National Track and Field Coach/Manager for US National Teams in The
Olympic Games

The World Outdoor and Indoor Track and Field Championships
Officiated Olympic Games, NCAA Big Ten, SEC, IAAF, and many other
national and international meets.

Professional Members:

REMEMBER TO VOTE!

**1:00 - 4:00 p.m. Friday or
8:00 - 11:00 a.m. Saturday**

1999 KAHPERD SLATE OF OFFICERS



VICE PRESIDENT - ELECT RECREATION

R.F. OVERTON

Assistant Professor of
Recreation/Sports Administration
Morehead State University

Education:

Ed.D. Temple University, 1997, Sports Administration
M.S. United States Sports Academy, 1988, Sports Management
B.S. Middle Tennessee State University, 1984, Business Administration

Professional Affiliations:

1996-present Kentucky Association for Health, Physical Education,
Recreation, and Dance
1997-present Vice President of Recreation for the Kentucky Association
for Health, Physical Education, Recreation, and Dance
1996-present North American Society for Sport Management
1998-present Sports Management Section Chair for the Kentucky
Association for Health, Physical Education, Recreation,
and Dance

Publications:

Overton, R. "Athletic Coaching Evaluations: Differences in Congruence
Between Athletic Directors and Head Men's and Women's Basketball
Coaches." International Sports Journal, Winter 1998.
Overton, R. and Hums, M. "Sports Management: A Voice To Be Heard."
Kentucky Association for Health, Physical Education, Recreation and
Dance Journal, Fall 1998.
Overton, R. and Malinauskas, B. "Sports Marketing and Sports Nutrition:
A Multi-Disciplinary Lecture Series Presented in China." Kentucky
Association for Health, Physical Education, Recreation and Dance
Journal, Fall 1998.

Papers Presented:

"Sports Administration: A Collaborative Approach Utilizing Interactive
Technology." North American Society for Sport Management
International Conference, San Antonio, Texas, May 28-May 31, 1997.
"Sports Administration: Collaboration and Long Distance Learning
Technology." Kentucky Association for Health, Physical Education,
Recreation and Dance, Louisville, KY, November 6-9, 1997.

Research:

1997. Overton, R., "The Processes Used By Athletic Directors To Evaluate
Head Coaches Of Men's And Women's Basketball Teams At National
Collegiate Athletic Association Division I, II, And III Colleges And
Universities In Pennsylvania," Doctoral Dissertation.



VICE PRESIDENT - ELECT DANCE

KANDANCE ANDERSON

Health And Physical Education 7 & 8
Moss Middle School, Bowling Green

Education:

M.A.E. in Secondary Education

Professional Affiliations:

KAHPERD

Related Professional Activities:

Presenter at KAHPERD Workshop

Publications:

Book review in KAHPERD newsletter



VICE PRESIDENT - ELECT RECREATION

LARRY K. BELKNAP

Chairman and Professor,
Department of Recreation and Park
Administration
Eastern Kentucky University

Education:

Re.D. Indiana University
M.S. Marshall University
B.A. Morris Harvey College

Professional Affiliations:

AAHPERD (AALR)
National Recreation and Park Association (SPRE)
American Camping Association
National Parks and Conservation Association
National Wellness Association

Services:

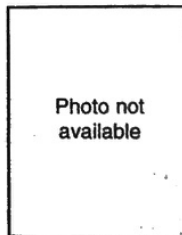
NRPA/AALR
National Council on Accreditation Educator Visitor

Professional Activities:

Professor Advisory Board, Member
Resort Recreation and Tourism Management

Publications:

Eight (8) articles
Directed eleven (11) theses



VICE PRESIDENT - ELECT DANCE

NANCY M. CLEMENT

Primary Health and Physical Education
Princeton, KY / Caldwell Co.

Education:

B.S. Physical Education and Health K-12, Murray State
M.A. Secondary Education / Special Education, Murray State
Currently working on Rank I in Administration, Murray State

Professional Affiliations:

Kentucky Association for Health, Physical Education, Recreation and
Dance (KAHPERD)

National Education Association (NEA)

Caldwell County Education Association (CCEA)

Related Professional Activities:

Comprehensive School Health Team Leader, 1998-99
USTA Coordinator - 2 years

Caldwell County Varsity Tennis Coach - 5 years

Jump Rope for Heart, Hoops for Heart and Dance for Heart Coordinator

Fredonia Lions Club Tennis Coordinator - 4 years

Special Olympics Coach - Track & Field, Bowling, Alpine Ski

Member of State Task Force for Health Education

1999 KAHPERD SLATE OF OFFICERS



BOARD MEMBER AT LARGE EAST

KATHY TODD

Elementary Physical Education Teacher
Mayfield Elementary, Richmond

Education:

B.A. Berea College

M.A. Michigan State University

Professional Affiliations:

Kentucky Association for Health, Physical Education, Recreation and Dance (KAHPERD)

American Alliance Health, Physical Education, Recreation, Dance (AAHPERD)

American Association of Educators

Kentucky Coalition for School Health

Services/Honors in HPERD and other Recognitions:

KAHPERD Convention presenter

Richmond Youth league Soccer and Basketball Coach

PTO President

Pregnancy Help Center/Founder and Board Chair 8 years

Jump Rope for Heart Demo Team Coach

Related Professional Activities:

Core Content Review Team

Cardiovascular Curriculum & Mapping Development

Project for KDE

Publications:

Authored 2 Kentucky Arts Council Teacher Incentive Grants: 1. Katherine Kramer - Jazz and Tap; 2. Erin Delaney - Expressive Movement.



BOARD MEMBER AT LARGE EAST

KAI HARDISON

Elementary Physical Education Teacher
Jefferson Co.

Education:

M.A. in Teaching, University of Louisville, 1991

B.S., Middle Tennessee State University, 1979

Professional Affiliations:

Kentucky Education Association (KEA)

National Education Association (NEA)

Kentucky Association for Health, Physical Education, Recreation, and Dance (KAHPERD)

Services/Honors in HPERD and other Recognitions:

KAHPERD Vice President of Physical Education 1996

KAHPERD Elementary Section Chair 1997

Related Professional Activities:

Jump Rope for Heart Coordinator

Jump Rope for Heart Task Force KY.

Presenter for KAHPERD Convention in 1995

Presider for KAHPERD Convention in 1995 - 1998

Health Promotion School



BOARD MEMBER AT LARGE WEST

NANCY RAGLAND

Physical Education and Health Teacher
Paducah Tilghman High School

Education:

MA.Ed Murray State University, Murray, KY (1980)

B.S. Health, Physical Education and Recreation (K-12), University of Southern Mississippi, Hattiesburg, Mississippi.
Honor Graduate - 3.65

Professional Affiliations

1997-present, Jump Rope for Heart Coordinator

1990-present, Jump Rope for Heart Demo Team

1997, Represented Kentucky at Southern District with JRFH Demo Team

1992, KAHPERD Board - Elementary Division - Physical Education

Member of KAHPERD

Member of National Education Association

Member of Kentucky Education Association

Member of Paducah Education Association



BOARD MEMBER AT LARGE WEST

MIKE BALLARD

Assistant Professor
Department of Public Health
Western Kentucky University

Education:

Ed.D. University of Tennessee (1994)-Health Education

Collateral: Curriculum and Instruction

Ed.S. University of Tennessee (1994)-Safety Education and Service

MA Ed. Eastern Kentucky (1991)-Secondary Health Education

B.S. Eastern Kentucky University (1990)-Health Education & History

Professional Affiliations:

AAHPERD, American Association of Health Education, American School Health Association, American Society of Safety Engineers, Eta Sigma Gamma - Health Science Honorary (Life Member), KAHPERD, Kentucky Association for School Health, Kentucky Coalition for School Health, Kentucky Public Health Association (KPHA), National Safety Council.

Service/Honors in HPERD and other Recognitions:

National: Secretary, The Society of Prospective Medicine (1997-2000); Constitution/Bylaws Committee, American School Health Association (1995-2000); Chair, Occupational Health & Safety Committee, National Safety Council (1998-present), Reviewer, International Electronic Journal of Health Education. State: President, Kentucky Coalition for School Health (1998-99); President, Kentucky Association for School Health (1996-97); Vice President, General Division, KAHPERD (1998-1999); Vice President, Health Division, KAHPERD (1995-96); Chair, Research Division, KAHPERD (1998); Member, Kentucky Coordinated School Health Task Force (1995-present); Member KAHPERD Journal Editorial Board.

Honors/Awards:

1999 Award of Excellence, Most Dedicated and Inspiring (voted by students), Department of Public Health, Western Kentucky University; 1997 Health Educator of the Year Award, Kentucky Association for School Health; 1996 Merit Award, KAHPERD; 1995 Outstanding Service in the Field of Education Recognition, Kappa Delta Pi, Morehead State University; 1991 Outstanding Graduate Student, Department of Public Health Education, Eastern Kentucky University; 1990 Outstanding Senior in High School, Department of Health Education, Eastern Kentucky University

Publications: (In the following Journals)

International Electronic Journal of Health Education, KAHPERD Journal, Journal of Extension, TAHPERD Journal, Disaster Recovery Journal, American Journal of Health Promotion.

**THURSDAY
MAY 4, 1999**

**FRIDAY
NOVEMBER 5, 1999**

Location: **Westrooms 204**
1 to 4 p.m. **KANPND Elections**
Professional members - be sure to vote!

Malcolm J. Cole and Laura Marie Coleman, Inc.
Malcolm J. Cole

members of the 1999-2000 KAPPA Delta chapter attend
 the ceremony
 Delta Square Room

FOURTH ANNUAL COORDINATED SCHOOL HEALTH INSTITUTE



Chip Miller, Institute speaker, discusses health related issues with participants at the 4th Annual Institute held at EKU.



Melody Hamilton, KAHPERD At-Large Board Member East, meets with team members at the 4th Annual Coordinated School Health Institute sponsored by KAHPERD



4th Annual Coordinated School Health Institute included water aerobics taught by EKU PE professor Dan Lichty.

The 4th Annual Coordinated School Health Institute was held at Eastern Kentucky University June 20-24, 1999. Funding for the Institute is provided through a cooperative agreement with the Kentucky Department of Education and the Centers for Disease Control and Prevention. The Coordinated School Health Institute is also sponsored by the Kentucky Department for Public Health (KDPH), Kentucky Coordinated School Health Task Force, Eastern Kentucky University (Department of Health Education), Western Kentucky University (Department of Public Health), Kentucky Association for School Health (KASH), Kentucky School Boards Association (KSBA), Kentucky Public Health Association

(KPHA), and the Kentucky Parent Teachers Association (PTA).

Over 60 participants, representing 18 school district teams, participated in 34 workshops and plenary sessions. The team members included classroom teachers, administrators, health department personnel, school nurses, school psychologists, and family resource youth services centers coordinators. The teams develop a health plan based on information gathered at the Institute. The teams compete to receive mini-grants to help implement the health plan in their school or district. A member from the Coordinated School Health Task Force is assigned to a team to help them follow their health plan throughout the year. A report of

these mini-grants is required at the end of the school year to the chair of the Coordinated School Health Task Force.

The conference provides participants opportunities to:

- Learn about Coordinated School Health Programs
- Participate in hands-on activities to take back into the classroom
- Develop action plans that will improve the health of staff and students in their districts
- Meet and network with others interested in health
- Obtain up-to-date health information, resources, and materials.
- Experience successful health education teaching strategies and program ideas

- Practice health-enhancing activities (e.g. aerobic dance, water aerobics, walking)
- Eat nutritionally balanced meals that reflect the U.S. Dietary Guidelines for Americans

- Participate in experiences that will enhance positive feelings about themselves, their teams, and their profession
- Work with others from their district to become a team that will share responsibility for the district's health program.

To find out more information about the Coordinated School Health Institute, and what you have to be involved in next year's Coordinated School Health Institute, contact Melody Hamilton at 502-564-3791 or mhamilton@kde.state.ky.us.

Majors Club Visibility Award

Criteria for State Winner:

1. Newspaper Publications — local and state articles.
2. Community involvement.
3. Promotion of HPERD through various events; i.e., ACES, Physical Education Week, Girls and Women's Sports Week, National Sportsmanship Week, etc.
4. TV and Radio promotion — Public Service announcements
5. School Promotional Activities.
6. Miscellaneous.

One Majors Club will be selected to represent Kentucky in the SDAAPERD Visibility Award competition. The winner of the SDAAPERD Visibility Award will receive a monetary award from SDAAPERD.

All materials collected should be assembled in a 3-ring binder for judging.

For more information, contact:

Thad Crews
Western Kentucky University
Dept. of Physical Education
Bowling Green, KY 42101
thad.crews@wku.edu

KAHPERD MEMBERSHIP

Be part of a winning team!

☐ **YES! I want to be a member of KAHPERD**

Name _____

Home Address _____

City _____ State _____ Zip _____

School/Organization _____

Phone (home) _____ (business) _____

____ New ____ Renewal Email _____

____ Professional\$25.00

____ JRFH/HFH (Must have sponsored 98-99 event).....NC

____ Student\$10.00

____ Retired\$10.00

Total amount enclosed: \$ _____

Mail to:

Lonnie Davis • Eastern Kentucky University, Weaver 202 • Richmond, KY 40475
E-mail: PHEDAVIS@ACS.EKU.EDU

JUMP ROPE FOR HEART and HOOPS FOR HEART

JUMP ROPE FOR HEART

by Joy Heines

1999 is another record year!
Total Gross: \$887,535.00 / Total Net: \$639,025.20

Thanks to all the schools across Kentucky that participated in JRFH this past year and I encourage you to do so again this year.

TOP 5 SCHOOLS IN KENTUCKY

Kelly Woods	Foster Heights Elementary School	\$15,830.00
Keith Stokes	William H. Natcher Elementary School	\$15,365.51
Carrie Lawless	Greathouse-Shryock Elementary School	\$12,916.00
Geri Reinle	Emma B. Ward Elementary School	\$12,825.26
Joy Heines	Middletown Elementary School	\$11,769.76

JUMP ROPE FOR HEART TASK FORCE MEMBERS

If you have any concerns or questions, do not hesitate to call any one of these people. If you are interested in the task force, contact Joy Heines.

Joy Heines	502-955-5555	Wendy Boeglen	502-737-6443
Kai Hardison	502-266-6143	Sue Banister	502-782-1131
Bev Gass	502-426-6810	Cecilia Lokits	502-485-8254
Mitch Corbin	502-737-7227	Tammy Witcher	502-651-3926
Kim Howell	502-737-7227		

Jump Rope For Heart Demo Teams

Contact one of the demo teams for a performance to help build excitement for your Jump event! Stop by and see them perform at the convention.

Greater Louisville Region

Laurie Workman, St. Raphael Elementary School	502-899-5746
Joy Heines, Hite Elementary School	502-955-5555
Al Jaggars, Dunn Elementary	502-429-0529

Northeast Region

Missy Fullerton, Cattlettsburg Elementary School	502-843-1865
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Southcentral Region

Keith Stokes, William Natcher Elementary School	502-843-1865
---	--------------

Southeast Region

Kathy Case, Stanford Elementary School	606-236-7175
Kathy Tbdd, Mayfield Elementary School	606-986-3618

JRFH Prize Structure

Student Prize Structure for 1999-2000

\$1	Crazy Heart Straw (still need to confirm)
\$10	Jump Rope
\$25	Underwater Safe
\$45	T-shirt (millennium lime color)
\$75	Kick Ball
\$125	Fun Gripper Flyer
\$250	AM/FM Stereo Headphones and Sports Watch
\$500	Bop-It Action Game
\$1000	Personal CD Player

Don't forget to preregister!

**You could win a \$250 reimbursement
for SDAAPERD or AAHPERD**

Jumpin' Jaguars attend SDAAPERD Convention



Five members of the "Jumpin' Jaguars" from Natcher Elementary School in Bowling Green attended the SDAAPERD Convention in Greensboro N.C.

Upon arrival the students joined 43 other jumpers representing five SD states. The group performed at the SD Convention and in area N.C. schools for a total of 13 performances. They benefitted from the trip, learning new jump skills and making new friends.

HOOPS FOR HEART

by Bev Gass

Get your kids on the court! Hoops for Heart is a great fun exercise program and helps raise money to fight heart disease and stroke.

Kentucky netted \$37,030.50 this year from Hoops for Heart.

The top 3 elementary schools in Kentucky were:

South Height Elementary School	\$7,555.55
Simpson Elementary	\$6,768.08
North Todd Elementary	\$5,276.51

The top 5 middle and high schools were:

Caldwell County Middle	\$2,947.67
Murray Middle	\$2,627.41
St. Albert the Great (Louisville)	\$1,905.00
St. Charles Middle	\$1,603.00
Greenwood High	\$1,478.32

I am looking for volunteers to serve on the Hoops for Heart Task Force. We will meet once or twice a year to discuss our ideas and concerns to be forwarded on to the Ohio Valley Affiliate. Please contact me:

Beverly Gass
 2405 Stonehurst Drive
 Louisville, KY 40242
 Email: willem10@bellsouth.net

Looking forward to seeing you at the Hoops for Heart session at the fall convention in Lexington, KY at the Radisson Hotel on November 4-6, 1999.

HOOPS FOR HEART

Student Prize Structure for 1999-2000

\$15	Sports Water Bottle
\$45	T-shirt (gray)
\$80	Basketball and T-shirt
\$125	World's Smallest AM/FM Clock Radio and T-shirt
\$250	AM/FM Stereo Headphones, Sports Watch and T-shirt
\$500	Champion Reversible Mesh Athletic Tank Top and T-shirt

Sport Groups Collaborate to Improve Coaching

Over 70 different organizations, representing single sport, multi-sport, distributors of coaching education, and science/medical education, recently agreed that coaching education is the key to safe, effective sports coaching. The National Association for Sport & Physical Education (NASPE) hosted a National Coaching Congress in Englewood, CO, to set the stage for providing more and better qualified

coaches for youth, school and community sport.

"Many of our athletes are coached by well-meaning but unprepared or inadequately educated individuals," said NASPE President Jody A. Brylinsky, Ph.D., who is an associate professor of sport studies at Western Michigan University. "We require licenses for barbers, cab drivers and realtors but none for sport coaches whose clients are at

much greater risk than those of any of these other professionals. With this consensus we will be able to put a system in place for reviewing and evaluating the programs that educate and certify coaches."

Guidelines for Coaching Education Programs were developed to support the *National Standards for Athletic Coaches* (1995) as the cornerstone of coaching education. In addition to content, the guidelines outline administrative support, personnel and operational policies. A new organization, the National Council for Accreditation of Coaching Education (NCACE), will facilitate the ongoing program review and accreditation process by mid-2000 for all organizations who voluntarily register to become accredited coaching education programs.

The program is based on the *National Standards for Athletic Coaches* which address the following eight aspects of coaching skill and knowledge:

1) Injuries: Prevention, Care and Management 2) Risk Management 3) Growth, Development and Learning 4) Training, Conditioning and Nutrition 5) Social/Psychological Aspects of Coaching 6) Skills, Tactics and Strategies 7) Teaching and Administrative Aspects 8) Professional Preparation and Development and 15 other elements of coaching education.

Tom Osborne, Ph.D., current professor and former head football coach at the University of Nebraska, and Christine Grant, Ph.D., Director of Athletics at the University of Iowa (in absentia), presented key addresses at the Congress on the qualities of outstanding coaches and the importance of coaching education.

NASPE Executive Director Judith C. Young, Ph.D., added, "A quality, well-planned and imple-

mented sport program, led by a trained coach, will enhance an athlete's skillful performance, physical fitness and health, support self-confidence and improve social skills, and establish the attitude to support positive, fair competition."

Among the organizations represented at the National Coaching Congress were youth sport organizations, national sport governing bodies (NGBs), colleges/universities and coaching associations, as well as single-sport and multi-sport organizations. The program included opportunities for participants to provide critical review of the structure of the new organization and the definitions of appropriate coaching education programs.

Contact NASPE for more information relating to coaching or coaching education, 1-800-213-7193, ext. 417. The *National Standards for Athletic Coaches* may be ordered by calling 1-800-321-0789. The price is \$22. Stock number is 304-10084.

Information about the National Association for Sport and Physical Education (NASPE) can be found on the Internet at www.aahperd.org/naspe/naspe.html, the web site of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). NASPE is the largest of AAHPERD's six national associations. A nonprofit membership organization of over 25,000 professionals in the fitness and physical activity fields, NASPE is the only national association dedicated to strengthening basic knowledge about sport and physical education among professionals and the general public. Putting that knowledge into action in schools and communities across the nation is critical to improved academic performance, social reform and the health of individuals.



For Your Information...

Nation's Largest Family Health & Fitness Event

More than 50,000 adults and children are expected to take action toward staying healthier by participating in the third annual Family Health & Fitness Days USA (FHFD) set for the last weekend of September — Saturday, September 25 and Sunday, September 26, 1999.

Families will participate at hundreds of locations throughout the country. Events will take place at community locations in all states including hospitals, health clubs, YMCAs, state & county health departments, park districts, and shopping malls.

Organized as a public/private partnership by the Health Information Resource Center (HIRC), Family Health & Fitness Days USA was conceived, in part, as a response to the U.S. Surgeon General's Report on Physical Activity and Health (1996). This landmark report made it clear that health benefits can be obtained from moderate physical activity on a regular basis. In addition, the Surgeon General's Report stated that the majority of Americans, and especially children from 12 to 21, are not exercising nearly enough.

"We are now entering our third year as the nation's largest family health and fitness event," says Maria Tuthill, FHFD program coordinator. "Our goals for Family Health & Fitness Days are to emphasize the importance and fun of regular physical activity and to encourage families of all ages to take advantage of the many health and fitness programs offered in their communities."

For more information about the 1999 Family Health & Fitness Days, please contact Maria Tuthill, program coordinator at 1-800-828-8225, weekdays 8:00 – 6:00 Central Time. The FHFD 24-hour fax: 1-847-816-8662. E-mail: hlthinfo@aol.com. Or visit the Family Health & Fitness Days web site: www.fitnessdays.com.

MOTIVATIONAL CALENDARS

"Wellness," "Wellness Too!" and "Wellness: It's the Thought That Counts" are calendars with a quote per day. The cost is \$5.00 each plus shipping and handling. An example for July 4th is: "Friendship is forgetting what one gives, and remembering what one receives"...Alexander Dumas." They can be ordered from Oregon Health Promotion Foundation, PO Box 20598, Keizer, Oregon 97307-0598 or call 503-390-8151.

Another book of quotes is *THOUGHTFUL*, which is available by writing to Thoughtful, P.O. Box 1131, Marshalltown, IA 50158. An example quote is "A winner is a person who asks questions and listens to the answer; a loser never listens."

— from John Michwa, PE-Talk Moderator



Ann Karrick

RETIREE'S CORNER – Ann Karrick

As a past president and KAHPERD member for 42 years I reflect and WOW — what memories.

Why is KAHPERD important? Sure — learn

new skills and get new ideas, see what other professionals are doing, a chance to attend professional meetings — yes, all of these are important and necessary while you are teaching.

When you retire, KAHPERD will still be a big part of your life because of the friends that you made while

active.

At this point in my life, I have the best of three worlds.

World #1: Mt Sterling is home and I am there from August – December. For the past 4 years, I have supervised student teachers at Morehead. While I am visiting the students, I find myself peeping in the gym or visiting the playground and I really get excited when a health education lesson is taught.

World #2: When I retired in 1992, Nan (my twin sister and past KAHPERD president) and I bought a mobile home in a park at Naples, Florida. We stay there from December through May. George and Liz Sadler (KAHPERD past president) winter in the same park. I do some substitute teaching — yes,

even in physical education.

World #3: I spend the summer in Wisconsin with my nephew, Jimmy and Wendi Ward and their 3 active children. Sarah (age 12) and Anna (age 10) are dancers. Sarah is in a softball league and attends volleyball camp. Anna attends a fun summer school, and Matthew (age 5) is in T-ball. I spend part of the day playing taxi driver and the rest of the day playing "horse," passing or kicking some kind of ball, or watching dances. The Ward kids are involved in sport activities year round and according to Grandma Nan and Aunt Ann they are pretty good.

The two big events that we attended recently were the Olympics and the Women's Final Four

Basketball tournament. These made us realize that "we have come a long way, baby!"

Please support President Don Calitri by attending the conference this year. Don has supported all of us in the past. I will be there!!!

I didn't realize that retirement could be so active and so much fun. Part of the fun is keeping in touch with KAHPERD friends by e-mail.

My e-mail addresses are:
AuntAK@aol.com (Wisconsin)
auntannk@se-tel.com (Mt. Sterling)

AuntAnn@AOL.com (Florida).

Ann Karrick
573 Cardinal Drive
Mt. Sterling, KY 40353

WRITERS WANTED for the Robert W. Crawford Student Literary Award Program

What is it?

Annual award recognizing writing excellence

Who is eligible?

All Undergraduate and Graduate students enrolled in Parks, Recreation, and Leisure Studies Courses

What are the awards?

\$500 Undergraduate Award
\$500 Graduate Award
One-year Membership in AALR
One-year Membership in NRPA

How to enter:

Contact AALR for an Entry Packet
American Association for Leisure and Recreation
1900 Association Drive
Reston, VA 20191
(703) 476-3742 or 1-800-213-7193 (ext. 472)

Deadline:

December 1, 1999

Sponsored by:

American Association for Leisure and Recreation
National Recreation Foundation
National Recreation and parks Association.

SB SmithKline Beecham Pharmaceuticals

SmithKline Beecham supports KAHPERD.

To support your efforts against vaccine-preventable diseases in Kentucky, please contact:

Michael Gartin, Senior Vaccine Account Manager
663 Gingermill Lane
Lexington, KY 40509
Office: (606) 543-9602
FAX: (606) 543-8263
Voicemail: 1-800-726-7750, ext. 17385
E-Mail: michael.gartin@sb.com

1999-2000 AALR Photo Contest Leisure/Recreation Photos

Who

- Division 1 – Open to all amateur photographers who are AAHPERD members.
- Division 2 – Open class (any amateur photographer)

Entry

An entry comprises one 8x10 color or black and white print (unmounted). Each entry must include your name and address on the back of your photograph. (If you are entering as an AAHPERD member, your membership number should be included.)

Photos will only be returned if a postage paid self-addressed envelope is provided.

Unlimited number of entries accepted.

Entry Fee

\$5.00 per entry for AAHPERD members. \$10.00 per entry for open class. U.S. dollars. Check or money order payable to AALR.

Entry Deadline Entry must be postmarked by Monday, January 10, 2000

Awards

All photos received (both divisions) will be considered for publication.

Best of Show entries will be used as AALR's "Posters of the Year" (Receive national recognition!)

Five Photo Finalists in each division will be displayed and winners announced at AAHPERD's National Convention and Exposition in Orlando, Florida

Plaques Awarded to Five Finalists in each Division: Best of Show (AALR Posters of the Year!), 1st Place, 2nd Place, 3rd Place, Honorable Mention

Send Entry to Christine R. Tipps, AALR Photo Contest, 103 Albee Hall, 800 Algoma Blvd., University of Wisconsin Oshkosh, Oshkosh, Wisconsin 54901

Rules

1. AALR reserves the right to use photos received free of charge for publicity/fundraising purposes.
2. While every care will be taken with entries, AALR cannot be held responsible for their loss or damage, however caused.
3. In all matters relating to the competition, the judges' decision is final and no correspondence will be entered into.
4. All entries will be judged by a panel of photo experts and AALR representatives who will select five finalists in each division. The five finalists in each division will be judged by the AALR Executive Committee.
5. The negatives of the entries judged "Best of Show" will need to be provided at the completion of the contest.

FITNESS RESOURCE CENTER

Three fitness education leaders join forces to encourage healthy habits by young people

The evidence is indisputable. Lifelong participation in physical activity has a significant, positive impact on the health and well-being of individuals. People who live physically active lives avoid many major diseases and live healthier, less stressful, and more productive lives than those who are sedentary.

Statistics show that inactivity combined with poor diet is second only to tobacco use in causing preventable deaths in the United States. Yet only half of American children exercise vigorously, and one-quarter of them don't exercise at all. According to the Centers for Disease Control and Prevention (CDC), 63% of adolescents have two or more of the five major risk factors for chronic disease. Dr. C

Everett Koop, former United States Surgeon General, has called for fitness to be a national priority, stating, "An intensified effort to motivate Americans, at every age, to be more physically active is essential to reducing premature death in this country."

To reverse the trend of inactivity, the CDC developed guidelines to assist schools and community programs to help children and young adults become and stay physically active. To bring these guidelines to life, the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD); the Cooper Institute for Aerobics Research (CIAR); and Human Kinetics — international publisher in the field of physical activity —

have formed a partnership to promote physical activity by young people: the American Fitness Alliance (AFA) Youth Fitness Resource Center.

The mission of the AFA is based on research that indicates young people will be more likely to adopt physically active lifestyles if they participate in programs that integrate health-related physical fitness education into the curriculum rather than focusing only on performance-based skill development. AFA's goal is to provide the resources and training that teachers and other youth fitness leaders need to enable them to improve the services they provide.

AAHPERD's Physical Best program administrator, Robin L.

Brookfield, MS, states, "Physical educators aren't just gym teachers anymore. Increasingly, they need to be outstanding professionals capable of teaching much more than just sport-specific skills. They need to teach the lifelong skills of physical activity to all children, and they need an organization to help them do so."

For more information about the American Fitness Alliance (AFA) Youth Fitness Resource Center, contact:

Human Kinetics
P.O. Box 5076
Champaign, IL 61825-5076
217-351-5076
Fax: 217-351-2674
www.humankinetics.com

DREAM BIG

If there were ever a time to dare, to make a difference, to embark on something worth doing, it is now. Not for any grand cause, necessarily — but for something that tugs at your heart, something that's your aspiration, something that's your dream.

Be true to yourself to make your days count.

Have fun.
Dig deep.
Stretch.

Dream big.

Know, though, that things worth doing seldom come easy. There will be good days. And there will be bad days. There will be times when you want to turn around, pack it up, and call it quits. Those times tell you that you are pushing yourself, that you are not afraid to learn by trying.

Persist

Because with an idea, determination, and the right tools, you can do great things. Let your instincts, your intellect, and your heart guide you.

Trust

Believe in the incredible power of the human mind. Of doing something that makes a difference. Of working hard. Of laughing and hoping. Of lazy afternoons. Of lasting friends. Of all the things that will cross your path this coming year.

The start of something new Brings the hope of something great. Anything is possible. There is only one YOU! And you will pass this day only once. Do it right.

Author unknown.

Copied from PE-Talk -Sent to John Hichwa from George Graham www.sportime.com/pe talk

BOOK REVIEWS by Sue Banister

*Step Training Plus —
The Way To Fitness (second edition)*

by Lauren M. Mangili and
Karen S. Mazzeo
Morton Publishing
(www.morton-pub.com)

Audience: A good reference edition for a physical educator's library, a good textbook for high school aerobics teachers and college level instructors, and an easy-to-follow text for students.

As an aerobics instructor as well as a physical educator, I was excited to see such a book. This second edition updates the latest fitness research and assists teachers like us to understand the basic principles and techniques used in step training. The "plus" tells us how to structure a total physical fitness and mental training workout that will motivate you or your students to make healthy choices for a lifetime.

This book is designed for the novice requiring the basics and for the instructor-to-be to understand the methods behind the basics. It's



brief, easy-to-follow and sequential. The three hole punched book format allows for greater ease and flexibility of use by students as well as the instructor who may choose to provide additional handout pages of researched information and techniques to be taught.

The book is 130 pages long and the price is \$15.95 ISBN # 0-89582-458-2. Other publications may be viewed at www.morton-pub.com.

**Be sure to attend
DOMESTIC VIOLENCE PREVENTION
Preconvention topic led by
Travis Fritsch
Thursday, November 4 at 5:00 p.m.
Lincoln Room, Radisson Plaza Hotel**

PUSH YOUR LIMITS: KAHPERD SUMMER WORKSHOP

Bev Gass



Push Your Limits was the theme of this year's summer workshop for Physical Education teachers. Louisville hosted the annual workshop for the second year at Eastern High School on June 28 and June 29. One hundred and thirty participants took part in activities that included swing dance, reading and writing, and internet sites. The activities in the afternoon involved problem solving games, quick fitness activities, table tennis, cup stacking, cooperative games and ways to help kids with adaptive manipulatives.

We want to thank all presenters for sharing their time and information:

Sue Banister, Warren Co. Schools
Linda Compton, Jefferson Co. Schools

Dana Elliot, Jefferson Co. Schools
Cheryl Harlow, Warren Co. Schools
Nan Hazel, US Games

Kim Hennessey, Jefferson Co. Schools

Pat Hepp, Jefferson Co. Schools
Al Jagers, Jefferson Co. Schools
Randy Mills, Jefferson Co. Schools
Burch Oglesby, WKU
Dianne Polley, Jefferson Co. Schools
Carrie Rogers, Jefferson Co. Schools
John Tharp, Jefferson Co. Schools

EZ Fitness Activities

presented by Sue Banister at the Summer Workshop

Crab Foot Fight: Both partners start in a crab position. The object is to get them unbalanced & get them to touch their bottom to the floor first. Rule - three body parts have to be touching the floor at all times.

Aerobic Numbers: Make a set of cards approximately four inch squares with numbers on them. Have four cards for each number such as four number ones. Divide the group into small groups of 3 to 4 and assign them a number that matches the cards you are using for the game. Place the number cards face down about 60 to 80 feet away from the small group. On the signal, one person from the group may come to the numbers, turn ONE up and look at it. If it matches the number of his/her group, they take it back to their line. If it does not match, they turn it face down and return to their line, and the next person takes a turn. This continues until the group finds all four of the number cards that match their number. Having a point where the returning player crosses that allows the next person to start helps to speed up the activity and cuts down on just sitting and waiting. Keep your groups small. A good integrated math activity.

Sources: Don Puckett, Winston-Salem, NC and PE Central



"HEALTHY HEART" VISITS STUDENTS IN BOWLING GREEN



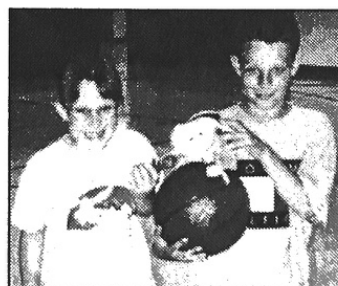
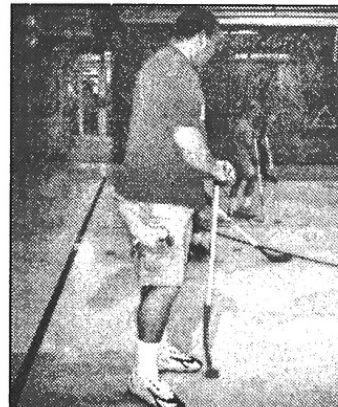
"Healthy Heart" at the Corvette Museum dinosaur exhibit in Bowling Green.

Cheryl Harlow, physical education teacher at Bristow Elementary, participated in an internet project during the 1998-99 school year. The project was the brainchild of Allen Russell, an elementary physical educator in Colorado. Allen solicited a group of teachers that were members of the listserve PE-Talk who were willing to participate in a group sharing via the internet.

After the group was "gathered," Allen agreed to start three different stuffed creatures on their way to visit the schools of the participants. "Healthy Heart" was the visitor to Bristow. He had visited school in thirteen states before arriving for a two week visit at Bristow. He came complete with a box of informative mementos, pictures, student writings and information from each school he had previously visited.

While at Bristow, "Healthy" learned to roller skate, play hockey, visited the National Corvette Museum, spent the night with students, walked the track, attended baseball practice and church. While "Healthy" was visiting in Kentucky, all of his souvenirs were on display at Bristow, providing students an opportunity to learn about other schools and physical education programs in the U.S., and life in other areas of the country.

After leaving Bristow, "Healthy" was off to visit students in Pennsylvania before his return trip to Colorado. This was a great way for students to integrate Social Studies and Physical Education while having a fun time entertaining their guest.



Caught you!

A Visit With Healthy Heart

by Ross Hammonds
4th grader at

Bristow Elementary School

Mrs. Harlow, the P.E. teacher at Bristow Elementary School, allowed me to take home Healthy Heart for a night. He is a heart that travels around everywhere. I took him home with me and we ate dinner then went to baseball practice. The practice was at Griffin Park in Bowling Green, KY on a field by the lake. My Dad took a photo of us together there. Healthy Heart is a reminder to students to exercise and keep your heart healthy. I exercise a lot by playing organized sports like baseball, football, and basketball. We also play lots of games at school like 4-square, ultimate foot ball, jump rope, and many kinds of fitness games.

EDUCATOR PUSHES FOR BETTER FAYETTE HEALTH CURRICULUM

Creating higher academic standards comes first for Fayette County school officials, but teaching students about good health needs to be a priority, too.

That was the message at a summit that examined the health curriculum used this year for the first time at Cardinal Valley Elementary School. The pilot program was funded by the Good Samaritan Foundation Inc.

"What good are academics if

you'll die of AIDS before you're 21 or if you'll suffer from a heart attack at age 40," said Mike Kennedy, health and fitness coordinator for Fayette County Schools.

Kennedy wants the ABCs of Comprehensive Health Education curriculum currently being taught at Cardinal Valley to be used systemwide in all grades.

Arch Mainous, president of the Good Samaritan Foundation, hopes that Cardinal Valley will serve as a

model for other schools.

Part of the presentation addressed the question of when teachers will have time to teach health in addition to their other responsibilities. A recommendation was made to weave health education into other core classes.

The foundation is giving \$2,500 and the Fayette County school district is matching the funding — for a total of \$5,000 — to help schools develop a plan to achieve this sub-

ject integration. Interested schools must complete a survey and submit a plan on how they would use the money. Their action plans and financial requests are due on Sept. 17, 1999.

by Marquita Smith
Herald-Leader Staff Writer
Lexington-Herald Leader
May 19, 1999

For more information, contact
MKennedy@fayette.k12.ky.us

ARE YOU READY FOR THIS?!

Third Annual Student Super Stars

by Lucian Tylor

Are you ready? I know it has been a hot summer, but it couldn't be any hotter than the Second Annual Student Super Stars Competition. Shhhhh, there are rumors that the University of Kentucky will have over 200 students at this year's convention in Lexington. This year's superstars competition will be bigger and better, wilder and wackier, and

just AWESOME, BABY! Students, make plans to attend this year's KAHPERD Convention in Lexington. I challenge all students in Kentucky colleges and universities to have at least one team. Who will knock Western Kentucky University students from the "Hill"? Or will it be a "3-Peat" for the "Toppers"? WOW! I'm getting fired up just thinking about it. We will see you in November!

ATTENTION

BASKETBALL AND SWIMMING COACHES FOR BOYS AND GIRLS!



Lane



Cahill



Ebel

Don't miss the preconvention Basketball Clinic led by Coach Lane and the Swimming Clinic led by Coaches Cahill & Ebel.

Thursday, November 4

5:00 – 7:30 p.m.

See program for details!

Dancing with the Mouse

FORMAT FOR THE FUTURE

October 7–10, 1999

Winthrop University
Rock Hill, S.C.

Sponsored by
THE NATIONAL DANCE ASSOCIATION
of the
American Alliance for Health,
Physical Education, Recreation and Dance
1900 Association Drive
Reston, VA 20191-1599

DANCING WITH THE MOUSE: Format for the Future, an international conference, is dedicated to the practitioners who want to enhance their skills in combining dance technology and dance education.

We encourage anyone who teaches even small portions of dance to register. This conference has been planned to include hands on work with software specifically related to dance and dance teaching using two 24 station Mac and IBM computer labs. While the focus is to "connect us technologically," other exciting studio sessions and panels will provide balance to each day.

K-12 FITNESS ASSESSMENT MADE EASIER

Developed by the world-renowned Cooper Institute for Aerobics Research and Human Kinetics Publishers, the original **FITNESSGRAM** broke new ground in fitness testing for kids K-12. Until the introduction of this unique assessment tool, the most popular way to rate an individual student's fitness level was to compare his or her scores against the scores of other students. This resulting assessment, based on competition rather than information, recognized some children as achieving good fitness levels when they were just scoring high on individual events. This led to an inaccurate analysis — high scores on individual events does not necessarily indicate that the children have achieved overall fitness.

As the first criterion-based fitness test, **FITNESSGRAM** compares an individual student's scores not to other students' scores but to carefully developed health standards. By using these standards, called "Health Fitness Zones," the test

administrator can tell if a child meets the minimum recommendation for being fit on every item. With **FITNESSGRAM**, the emphasis is on physical fitness rather than on performance.

FITNESSGRAM functions as more than a testing tool. In addition to assessing current fitness level, **FITNESSGRAM** recommends options that will help students make it into the "Healthy Fitness Zone."

At the core of the complete CD-ROM kit are the **FITNESSGRAM Test Administration Manual** (Second Edition) and the powerful **FITNESSGRAM 6.0** teacher and student software. The **FITNESSGRAM 6.0** software on 3.5" disks includes only the teacher edition. The **FITNESSGRAM Test Administration Manual** provides teachers with complete instructions for conducting the fitness test plus a detailed user manual for the accompanying software.

The Student **FITNESSGRAM** software, available on the same CD as the teacher version, offers addi-

tional functions which help students take responsibility for their own fitness. Students can record their own test scores, or use the **ACTIVITYGRAM** function to enter in their daily physical activity data and track progress.

In addition to the **FITNESSGRAM 6.0** software and the **FITNESSGRAM Test Administration Manual (Second Edition)**, each complete kit includes the following:

- Skinfold caliper
- 3" and 4-1/2" curl-up strips
- PACER lap counter (audiocassette and CD)
- Sample of a printed **FITNESSGRAM** report

- Healthy Fitness Zone clipboard
- Healthy Fitness Zone wall chart

The latest edition of **FITNESSGRAM**, scheduled for release in July, is available for purchase in a comprehensive kit or as individual components. The kit provides PE teachers with the tools to accurately assess students' fitness levels and implement individualized approaches to improving health-related physical education at all levels.

Contact:
www.americanfitness.com

Come on Board!

The National Association for Sport and Physical Education (NASPE) is pleased to announce that it is the new sponsor of NASPE-L, a free electronic discussion list for NASPE/AAHPERD members and other K-12 physical educators, physical activity professionals, teacher educators and future professionals. Formerly known as the USPE-L listserv, NASPE-L is designed to provide professionals with the latest issues, products, services and trends in the field.

NASPE Executive Director Judith C. Young, Ph.D., said, "As a professional membership organization, we are committed to providing our members with cutting edge resources and opportunities to network with each other. By sponsoring NASPE-L, we are addressing both goals. Please invite your colleagues to join and participate!"

Members and non-members may subscribe to NASPE-L by sending an

e-mail message to:

listserv@listserv.vt.edu.

In the message body type only: **SUBSCRIBE NASPE-L YOUR NAME**. It is helpful to turn off your signature file. Access through the NASPE/AAHPERD website will also be available in the near future.

To help ease the transition, all messages and subscriptions that are posted to USPE-L will be automatically forwarded to NASPE-L. The address to post on NASPE-L is:

NASPE-L@listserv.vt.edu

Please remember to change the address in your e-mail address book. If you have any problems or concerns regarding your subscription, please e-mail Sarah Westfall at: mailto:swestfal@vt.edu

from NASPE News
Spring 1999



For Your Information...

The Future of Fitness Education

Now you can get comprehensive, coordinated resources for implementing health-related physical activity and fitness education programs from a single source!

The American Fitness Alliance (AFA) — a collaborative effort of AAHPERD, the Cooper Institute for Aerobics Research (CIAR), and Human Kinetics — offers education and assessment resources that will help you develop top-quality health-related physical activity and fitness education programs. From books, software, and videos to measurement tools and even training opportunities (though AAHPERD), AFA has everything you need, including the following:

- **Physical Best.** Activity guides for elementary and secondary levels, plus a teacher's guide that presents the complete framework for implementing health-related fitness education effectively. Also available through AAHPERD are two Physical Best work shops that lead to certification as a Physical Best Health-Fitness Specialist or Physical Best Health-Fitness Instructor.
- **FITNESSGRAM.** Software, test administration manual, and related materials for evaluating students' physical fitness developed by CIAR.
- **Brockport Physical Fitness Test and Fitness Challenge.** Book, software, video, and related materials for conducting a national test developed specifically for youths with disabilities.
- **FitSmart.** Book and software for implementing the first national test designed to assess high school students' knowledge of physical fitness.

For more information, call

1-800-747-4457, extensions 2407 or 2408
www.americanfitness.com

Don't forget to preregister!

You could win a \$250 reimbursement
for SDAHPERD or AAHPERD

Did You Know...?

Free Gym Floor Covers

Dunlap Industries has protective gym floor covers available free to schools for the cost of the hem on the outer edge. Protective covers are used to prevent scuffing and damage to gym floors. All shipping costs will be free. For more information, contact Geno Stephens, 1-800-561-7381.

Submissions Requested

Educational Leadership Magazine, published by the Association for Supervision and Curriculum Development, has asked for submissions for their March 2000 issue entitled, "Healthy Bodies, Minds and Buildings." In this issue, they will look at what schools can do to ensure that their students prosper physically, mentally and socially in a safe environment.

⇒ What is the status of school nutrition and physical education programs? Have the roles of school nurses, counselors and social workers changed? How have demograph-

ics and full inclusion affected school health programs? What are ways to approach such controversial topics as sexuality? How can schools encourage lifelong healthful habits and discourage dangerous behaviors? How is the aging stock of school buildings affecting the health of our children?

⇒ The deadline for submissions is October 1, 1999. To obtain the brochure, "Guidelines for Writers of Educational Leadership," call 1-800-933-2723, then press 2.

New Poster

Following up on the great success of last year's Physical Education poster, Sports Illustrated for Kids and NASPE's Public Relations Committee have produced a new poster called "Top 10 Reasons Why Kids Play Sports." The poster is only \$3 each which includes shipping and handling. Send a check to NASPE/Top 10 Reasons, 1900 Association Drive, Reston, VA 20191.

WEBSITES OF INTEREST

Sports Illustrated for Kids has launched a web site designed specifically for parents of sports active children called **SPORTSPARENTS.COM**. This new site offers information on everything from preventing sports injuries, money saving tips for buying sports equipment, nutrition advice, and teaching children good sportsmanship.

HomeworkCentral.com is an award-winning research site suited to the needs of any user kindergarten through adult. The kid-safe site was conceived with an eye toward creating a "one-stop" study site where editors continuously provide students of all ages with a definitive and comprehensive guide to the wealth of knowledge online.

Visit **schoolnotes.com** to setup online school newsletters, workspace, homework and flashcards. The site can be visited by your students and parents. What a great PR tool for your program. To view a sample of how one physical educator is using this space visit www.schoolnotes.com/15656/gerc.html.

At **angelfire.com** you can have your own free webpage. To see how a physical educator uses this site visit:

www.angelfire.com/md/minervadeland/index.html

At **justballs.com**, click on the Ball Authority bar on the left side of the screen for rules to every known sport and a Sports Encyclopedia section. The encyclopedia section would be a great place to have students visit when doing research.

The **activearts.com** site offers Sports Management Software. One title that might be of interest is the Tournament Builder Software. Use the trial version before purchase.



Dance for Health!

WHAT

Dance for Health! is a nationwide initiative sponsored by the American Association for Health Education (AAHE) and the National Dance Association (NDA).

This community service fundraising will promote exercise to improve health.

FUNDS

Ten percent of the funds collected will be returned to the co-sponsor.

Dance for Health! proceeds will fund health and dance education research.

WHO

Dance for Health! co-sponsors may be university groups, professional societies, social organizations, nonprofit organizations, community and recreation centers, private dance studios, K-12 schools.

HOW

Dance participants will seek donations from the community for the dance activity. There are five potential methods for fundraising in **Dance for Health!**: registration fees, donations, individual and event sponsorships and admission charges. The goal is to get Americans dancing for health!

WHY

Dance was proposed as an excellent physical activity in the Surgeon General's Report on Physical Activity and Health.

EVENT IDEAS

In group and individual events the participants work together to produce a show, performance or dance activity. Examples include: a general assembly or the institution, organization or school, instruction-related activity, an evening benefit performance; a showcase of individual or group talent; an entertainment, recreation or social event to be enjoyed by all; a dance activity celebrating an event.

TO REGISTER

Fill out the form below and mail to AAHE/NDA, address below. You will be sent an event coordinator's guide upon receipt of the registration form.

Dance for Health! Registration Form

Date _____

Coordinator's Name _____

Home Address _____

City/State/Zip _____

Phone _____ Email _____

Professional Address _____

City/State/Zip _____

Phone _____ Email _____

Tentative Date of Event _____

Have you sponsored a **Dance for Health!** before? ☐ Yes ☐ No

Return this form to:

Dance for Health!

AAHE/NDA

1900 Association Drive

Reston, VA 20191

phone: 703-476-3436 • fax: 703-476-9527

email: nda@aahperd.org

PHYSICAL BEST – WHAT'S GOING ON?

Many of you are probably wondering, "What's going on with Physical Best?" And some of you may be wondering, "What IS Physical Best?" Both are excellent questions, and we are so glad you're wondering!!

Physical Best is AAHPERD's health-related fitness education program. It is a program for grades K-12 and is designed to give students the skills, knowledge, and appreciation needed to enjoy a lifetime of physical activity. The program is individualized, allowing each student to work to success at his/her own level. It is also geared to include students of all ability levels, allowing every student to succeed, while still challenging the more athletic students. Students learn not only how to be physically active, but WHY, and how to take personal responsibility for this critical aspect of their lives.

Physical Best uses FITNESSGRAM as its assessment tool. The programs work cooperatively, providing a smooth cycle of assessment, goal-setting, training, and reassessment. Using the program this way, assessment becomes a teaching and learning tool, rather than a meaningless or dreaded "test".

Physical Best has three brand new resources available, *Physical Best Activity Guide - Elementary Level*, *Physical Best Activity Guide - Secondary Level*, and *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide*. All resources were developed by fellow teachers and link to the national standards for physical education, health education, and dance education as developed by NASPE, AAHE, and NDA. Physical Best is also endorsed by the National Association of Governor's Councils on Physical Fitness and Sports.

Additionally, Physical Best is kicking off a brand new certification and in-service program. Under this new system, we will be training certified Physical Best Health-Fitness *Instructors* (our teacher-trainers) and Physical Best Health-Fitness *Specialists*. The Specialist workshops are the ones that will be most in demand, as they teach teachers how to effectively implement the program in their schools. We hope to have Specialist workshops at most state and district conventions. We are also able to contract with individual schools and school districts to certify their physical educators or to provide a 4-hour in-service covering Physical Best and FITNESSGRAM, to get teachers thinking about how to make positive changes in their program. Physical education is in danger - the way to save it is to effectively implement health-related fitness into our programs. Physical

Best is the key!

To learn more about the new Physical Best workshops and in-services, check our website at www.aahperd.org (Under "Programs and Events"), call Physical Best at 1-800-213-7193 x426 or rbrookfield@aahperd.org.

To order the new Physical Best resources, please contact the American Fitness Alliance at 1-800-747-4457 x2407 or 2408.

Physical Best needs enthusiastic individuals to serve as State Coordinators. Responsibilities include promoting Physical Best at the state level, presenting informational sessions, coordinating convention workshops, and serving as a Physical Best resource to teachers within the state. If interested, please contact Physical Best at the number or e-mail listed above.

Fifty ways to say you're terrific!

1. Three cheers!
2. Good for you!
3. Gold medal performance!
4. Celebrate your success!
5. Super job!
6. Thumbs up once again!
7. WOW!
8. Onward and upward!
9. A-1 achievement!
10. Keep up the terrific work!
11. Thanks for the lift!
12. Five-star rating!
13. Reward yourself!
14. You must be proud of yourself!
15. Intelligence strikes again!
16. Splendid success!
17. I appreciate your effort!
18. Your mind is a work of art!
19. You're an exception to the rule!
20. Nice going!
21. Give yourself a standing ovation!
22. First-class all the way!
23. You're amazing!
24. You just keep getting better!
25. Hats off to you!
26. You have a winning attitude!
27. Pat yourself on the back!
28. Marvelous contribution!
29. Unforgettable!
30. You deserve a lot of credit!
31. Quality is your middle name!
32. Can I have your autograph?
33. Positively peak performance!
34. It's obvious that you care!
35. Unbelievably well done!
36. Do it again!
37. You'll inspire others!
38. I admire what you've done!
39. Exceptional!
40. You're destined for greatness!
41. What know-how!
42. Your brilliance never ceases to amaze me!
43. Nothing's impossible for you!
44. You always do your best!
45. You've gone that extra mile!
46. You've exceeded my expectations!
47. Congratulations! Let me give you a hug!
48. Exemplary!
49. You really met the challenge!
50. Your potential is showing!



For Your Information...

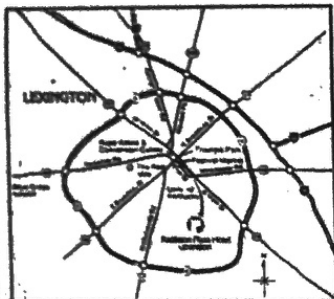
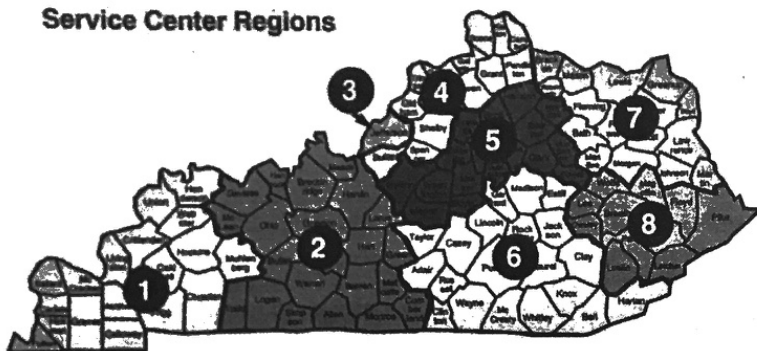
New Advocacy Materials

It has never been easier to be an advocate for quality physical education and sport programs! The second edition of the National Association for Sport & Physical Education's (NASPE) highly popular Sport and Physical Education Advocacy Kit and the sequel to "Making the Case for Quality Physical Education" videotape are now available!

The relationship between physical activity, brain development, and cognitive performance is one of the highlights of NASPE's new Sport and Physical Education Advocacy Kit II. Couple that with a comprehensive listing of health and educational websites, sample proclamations and tips for developing your own advocacy plan. The new SPEAK contains valuable information for every physical educator, coach and athletic director to become an effective advocate for quality sport and physical education programs. Call 1-800-321-0789 to order your copy. The cost is only \$35 for members and \$50 for non-members. Stock number is 304-10160.

Produced by Dr. Christine Tipps and directed by David Savinski of the University of Wisconsin, Oshkosh, the 22-minute video is called "Helping Provide a Better Future for the Youth of Today." Among the experts interviewed are NASPE Executive Director Judy Young, Chuck Corbin of Arizona State University, Steve Blair of the Cooper Institute and Olympian Peter Vidmar. The video, which recently received The Award of Distinction for exceeding industry standards from the 1999 Videographer Awards Competition, is great for educating parents and policymakers about the importance of physical activity in children's lives. Call 1-800-321-0789 to order your copy. The cost is \$15 for members and \$20 for non-members. Stock number is 304-10143.

Service Center Regions



Radisson Plaza Hotel Lexington
369 West Vine Street
Lexington, KY 40507
1-800-333-3333

KAHPERD Annual Convention
November 4-6, 1999

CONVENTION RATE:

\$79 (+ tax) Single or Double

Deadline for special rate is
October 4, 1999

Identify yourself as a KAHPERD Member

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone Number _____

Sharing room with _____

No. of persons _____ Arrival date _____ Departure date _____

Check in time is 3:00 p.m. • Check out time is 12:00 p.m.

Accommodations will not be confirmed without a check for the first night's deposit or use your credit card to guarantee your reservation. You will be charged for the first night if reservations are not cancelled 48 hours prior to arrival.

☐ Amex ☐ Diners Club ☐ Visa ☐ MasterCard ☐ Discover Card ☐ Advanced Deposit

Credit Card # _____ Exp. Date _____

Please check preferred accommodations Rate: \$79 (+ tax) Single or Double

	Single (1 person)	Double (2 persons)	Triple (3 persons)	Quad (4 persons)
1 King Bed	_____	_____	_____	_____
2 Double Beds	_____	_____	_____	_____

☐ Smoking

☐ Non-Smoking

Special Requests: _____

"KAHPERD NEWSLETTER" is an official publication of the Kentucky Association for Health, Physical Education, Recreation and Dance, printed by the **NEWS-DEMOCRAT**, Russellville, Kentucky.

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DATES FOR SUBMITTING MATERIAL FOR PUBLICATION:

Fall Issue: July 1

Spring Issue: January 1

WARNING!

**FAILURE TO PRE-REGISTER WILL
RESULT IN THE LOSS OF YOUR CHANCE
TO WIN A \$250 REIMBURSEMENT
FOR SDAHPERD OR AAHPERD!**

Name (last) _____ (first) _____ (initial) _____

Home Address _____

City _____ State _____ Zip _____

School/organization _____

Phone (home) _____ (work) _____

Fax _____ E-Mail _____

Area of Interest _____

Service Region Center _____
(please check the map at left and put down the number of your Service Region Center):

BADGE INFORMATION:

Name you wish on your badge: _____

School or Organization: _____

City: _____

KAHPERD MEMBERSHIP

(Must be current member to register for the convention)

_____ New _____ Renewal

_____ Professional\$25.00

_____ JRFH/HFH (Must have sponsored 98-99 school event)NC

_____ Student\$10.00

_____ Retired\$10.00

CONVENTION REGISTRATION

(JRFH MEMBERS MUST PAY CONVENTION REGISTRATION FEES)

_____ Professional (prior to Oct. 16, \$45.00; \$55.00 after)

_____ Student (prior to Oct. 16, \$5.00; \$10.00 after)

_____ RetiredNC

_____ Student Awards Luncheon Ticket\$10.00

_____ JRFH/HFH Luncheon (Must have sponsored 98-99 school event)NC

_____ Convention Proceedings, Program Handouts and Summaries\$10.00

TOTAL _____

Check or Money Order —ONLY (No Purchase Orders PLEASE)

ON-SITE REGISTRATION: Professionals – \$55.00 Students – \$10.00

Mail to:

Lonnie Davis

KAHPERD Registration

Eastern Kentucky University

521 Lancaster Avenue, Richmond, KY 40475

MUST BE POSTMARKED ON OR BEFORE OCTOBER 16!

Non-Profit
Organization
U.S. Postage
PAID
Richmond, KY
Permit #2

KAHPERD

Dr. Lonnie Davis, Executive Director
Eastern Kentucky University
Richmond, KY 40475-3134