



MIAA

Massachusetts Interscholastic Athletic Association

# BUILDING THE FUTURE

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SPRING  
2004  
EDITION



## Student Services

- Wellness
- Sportsmanship
- Coaches' Education
- Student Leadership
- Community Service



*EASY ACCESS – Bill Phillips showcases the drug paraphernalia he has picked up at schools across Massachusetts.*

## Declaring War On Drug Use

Substance abuse counselor Bill Phillips has collected a table-full of drug paraphernalia, all of it taken from Massachusetts high schools and middle schools. Some of it is obvious, like a bong found in a fifth grade bathroom. Other items are more subtle: a bottle of cough medicine, Dust-Off brand cleaning duster, Wite-Out, a Skittles bag used to hide Ecstasy, and an Altoids container of pills.

“Kids sell marijuana in school for \$5 in small cellophane wrappers,” he said. “A young kid in seventh grade went into a store and bought a half dozen bottles of vanilla extract. They’re 32 percent alcohol. The clerk said, you must be doing a lot of cooking. It’s very easy, within five minutes, for kids to get anything they want in the school.”

Mr. Phillips, director and founder  
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## Dr. Gerety ‘Wellness Coordinator Of The Year’

Dr. Mary Claire Gerety, Director of Social Health for the Norwell Public Schools, was honored as the 2004 MIAA “Wellness Coordinator of the Year.” Dr. Paula Delaney, Director of Instructional Services for Norwell High School, introduced Dr. Gerety during an award presenta-

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*Photo Courtesy Of MacLean-Stevens Studio*

**SPECIAL HONOR - William Wassel, chairman of the Wellness Advisory Committee, presents Dr. Mary Claire Gerety her award.**

## Sign Up Now For Student Leadership Conference

Registrations are still being accepted for the Massachusetts Student Leadership Conference to be held **June 17-20** at Gordon College in Wenham. The MIAA will sponsor this four-day leadership conference for tenth and eleventh graders who participate in interscholastic athletics and fine arts programs in their schools.

If you are interested in registering a group, contact the MIAA as soon as possible.

The conference will include large and small group instruction, a community service project, outstanding keynote speakers and social/recreational activities. The leadership component of the con-

ference will focus on respect, positive values, teamwork, sportsmanship and self-discipline. Registration fee for a team of four students (2 male, 2 female) is \$1200. Additional students may be added for \$300 per student. This registration fee includes room (double occupancy), meals,

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# Wellness Coordinators Tackle Tough Issues

For students who are gay, lesbian, bisexual or transgender, (GLBT) schools can be a difficult place to learn and mature. Often invisible in schools, these students hear hurtful anti-gay language 25.5 times a day. As a result, they are over four times more likely to have attempted suicide than their straight peers, three times as likely to miss school because of feeling unsafe and three times more likely to have been injured or threatened with a weapon at school.

Pam Garramone, director of the Greater Boston PFLAG's Safe Schools and Communities Project, spoke at the March 22 Wellness Coordinators Workshop. Other speakers included John Reis of the Katie Brown Educational Program and Eli Wolff of the Disability in Sport program within the Center for the Study of Sport in Society at Northeastern University. Moira McCarthy Stanford of the Juvenile Diabetes Research Foundation International and Kathleen Herr-Zaya of the Massachusetts Department of Public Health also made presentations. (*See stories on page 3 & 4*) Ms. Garramone recommended that schools implement a policy to challenge homophobic remarks.

"Think about a 14-year-old or 15-year-old who has to hide their identity, who they are, and how they feel," she said. "They feel isolated and alone as there are so few places to meet other gay and lesbian youth. Even if you don't look like you're gay, you hear the language and internalize it — things like, 'That's so gay,' dyke, fag and queer. Since you don't know if someone is gay unless they tell you, by speaking in this way you could be offending or hurting someone without intending to do so."

The Safe Schools and Communities Project provides trained speakers who are parents, family members and friends of GLBT youth, as well as GLBT adults and youth. They bring a family perspective and expertise to their personal stories, leading discussions that culminate in a call-to-action to stop the hate talk and harassment.

Speakers have presented to Gay/Straight Alliances, classrooms in middle and high schools, school-wide assemblies and faculty training sessions. They have also participated in PTA/PTO events, diversity days, violence prevention days, health fairs and panel discussions.

"In schools that do the work and have training or a Gay/Straight Alliance, those GLBT youth are as fine as any other teenager," said Ms. Garramone. "All the statistics are the same as every other kid."



**IMPORTANT TOPICS** - Wellness Coordinators listen during the March workshop.

She said that teachers can try many techniques in their classrooms to create a gay-friendly atmosphere. They include using the words "gay," "lesbian" and "bisexual," wearing a button, putting up a poster, writing letters to the editor of the school or local paper, and providing support to gay students. Using the term "sexual orientation" is much better than "sexual preference" as the latter implies that people choose to be gay. School librarians could order lesbian, gay and bisexual books for the shelves. Ms. Garramone said that teachers can also use the names of famous gay people in class when applicable. To request a PFLAG (Parents, Families and Friends of Lesbians and Gays) speaker, call 866-427-3524, e-mail [pflagsafeschools@aol.com](mailto:pflagsafeschools@aol.com), or visit <http://www.gbplflag.org>.

## Katie Brown Program

KBEP Education Program Coordinator John Reis explained how the Katie Brown Educational Program was founded in 2001 in response to the brutal murder of 20-year-old Katherine "Katie" Brown." Katie was killed by the young man she had dated since high school. The staff offers young people the skills and information they need to prevent relationship violence. Facilitators also host workshops for parents as well as training seminars for professionals and community organizations.

Since the 2001-2002 school year, the staff has been presenting a five-day curriculum in classrooms throughout Southeastern New England. In one class session per day, students learn about topics such as the rights in a relationship and standing up for yourself. The program has separate curricula for fifth, sixth, seventh and eighth grades, as well as for the high school level.

"For example, in the fifth grade, we're trying to set a foundation of self esteem, personal power and feeling good about yourself," said Mr. Reis. "In the sixth grade, we talk about status, roles

and bullying. The older grades focus more on dating violence and media stereotypes. We're trying to get across the idea that males and females in a relationship want similar things. We all want to be loved, respected, nurtured and trusted."

In the future, the program may offer "train the trainer" workshops so teachers can present the curriculum in their own schools. For information on the program, visit <http://www.kbep.org> or call 508-678-4466.

## Disability In Sport

Eli Wolff, Project Director of Disability in Sport at the Center for the Study of Sport in Society, described how the program engages in research, education and advocacy to recognize people with disabilities as legitimate athletes and integral members of the sports culture.

The program works with national and international sports organizations to consult on the inclusion and integration of programs and policies. For example, ESPN now has an ESPY Award for Best Disabled Athlete and the NCAA has established a disability advisory group.

Eli Wolff is a member of the United States Paralympic Soccer Team, and has competed in the 1995 and 1999 Pan American Games for the Disabled, the 1996 Atlanta Paralympic Games, and the 2001 World Cup for the Disabled.

"Disability is one of the most overlooked issues in sports," he said. "We assume that to be an athlete, you need to have a complete body. If you don't have one of your arms or legs, then you're out of sports. The issues are who's responsible and who needs to be educated."

He said that embracing disability in sports is a life skill that can be taught. Young people should be encouraged to support a teammate with a disability, and should recognize that different does not mean "worse than."

He said that physical education teachers can integrate disabled and non-disabled athletes in a sitting volleyball game.

Another game is blind-folded tandem running, in which one runner is sighted and the other is blindfolded. High schools in a region can work together to organize opportunities for disabled athletes, such as wheelchair basketball or a Special Olympics event.

"It's about education and developing partnerships," said Mr. Wolff. "It has to be a systems approach to attacking the problem."

# Walking To Cure Juvenile Diabetes

Educators can teach young people about healthy lifestyles while taking strides to combat an agonizing disease. Diabetes afflicts 150 million people worldwide and is the leading cause of kidney failure, adult blindness, nerve damage, stroke, heart attack and non-traumatic amputation. Every year, more than 13,000 children are diagnosed with juvenile (Type 1) diabetes.

Students who know about the disease will be better prepared to recognize the symptoms and assist an affected friend or family member. They will also learn that many of the physical activity and dietary rules that help people with diabetes can be applied to their own lives.

The Juvenile Diabetes Research Foundation International invites Massachusetts schools to get involved by organizing local Walks to Cure Diabetes, or choosing from other fundraising ideas. The foundation offers a flexible curriculum with classroom activities that explore the biology of the disease, the role of research and the lifelong benefits of healthy eating and exercise for all children.

Moira McCarthy Stanford, board president of the New England Chapter, Bay State Branch, discussed the foundation at the March 22 Wellness Coordinators Workshop. Many schools hold a walk on their own grounds, with students collecting traditional pledges and donations. Other fundraising suggestions include having students and teachers pay \$1, or another designated amount, to wear their favorite cap/hat/pair of jeans for a day. Students could also sell paper sneakers and post the colorful displays in the corridor, classroom or cafeteria.

Among the curriculum ideas are tracing the path of food and locating the pancreas, analyzing food labels, developing a recipe book and brainstorming fun ways to exercise. Students can meet pen pals through JDRF's "Find A Friend Bulletin Board." The Fundraising Tools and the Classroom Curriculum can be downloaded at <http://www.jdrf.org>.



**CURING DIABETES** - Moira McCarthy Stanford tells Wellness Coordinators how they can raise awareness about diabetes in their schools.

## Helping Kids To Feel Normal

Ms. Stanford related how her daughter, Lauren, was diagnosed with juvenile diabetes after slipping into a coma at age six. The family didn't know the warning signs, which include extreme thirst, frequent urination, drowsiness, sugar in the urine, sudden vision changes, increased appetite, weight loss, and a fruity, sweet or wine-like odor on the breath.

Lauren, now 12, has been on an insulin pump since third grade. Once her blood sugar levels improved, her grades soared from Bs and Cs to straight As. Her teachers were surprised to see how diabetes had affected her concentration. Until recently, Lauren was assigned a full-time classroom aide trained on the pump, a decision that allowed the family to breathe much easier. Now that she is older, she calls her mother on a cell phone to report blood sugar levels.

Ms. Stanford said that teachers, coaches and administrators can make a big impact in the life of a child with diabetes. It helps to educate the other kids so they will understand why their classmate needs a snack or has to test his blood sugar. Teachers can also encourage diabetic children to exercise. Physical activity makes insulin work better, slowing the progress of long-term complications. However, many coaches are uneasy about diabetes, fearful of an emergency.

"My daughter needs a coach who can see that she might not be the best player on the team, but will let her practice with the team and give her a couple minutes of play," said Ms. Stanford. "When my daughter came out of her coma, I was terrified. But if you can take the time to educate yourself, it's not as frightening as you think."

She recommends that coaches sit down with the parents or school health coordinator, and find out the student's day-to-day routine. Most children with diabetes have developed a maturity beyond their years. They realize the seriousness of their disease and know the warning signs of potential danger.

"It is important for our children to feel normal, but to understand that they're not normal," she said.

If a school has a child newly diagnosed, the JDRF can help the school and the family. To contact the JDRF locally, call 781-431-0700.

## Warning Signs Of Low Blood Sugar Emergency

- Headache
- Sweating
- Pale moist skin
- Cold and clammy skin
- Extreme/Sudden Hunger
- Weakness/Dizziness
- Shakiness
- Fatigue/Drowsiness
- Rapid pulse rate
- Blurred/Double Vision
- Shallow breathing
- Confusion
- Loss of coordination

## Treatment

Have the person take 2-4 glucose tablets, or eat or drink a fast-acting carbohydrate such as sugar (at least two packets), honey, fruit juice, or a non-diet soft drink. The person should not take insulin. In the event of unconsciousness or a seizure, don't give anything by mouth and call 911 immediately.

**Source:** Juvenile Diabetes Research Foundation International

# When Bullying Escalates To Violence

Some Tibetan tribes stick out their tongues as a friendly greeting. In other cultures, hello might mean spitting on shoes.

High schools and middle schools have their own subcultures, and just because the students speak English doesn't mean they're talking the same language. Assumptions can be made, leading to stereotypes, bias and guilt by association.

"Different doesn't have to mean less than; it can mean equal to," said Philip Fogelman, director of the Anti-Defamation League's A World of Difference Institute.

## Anti-Drug Brochures Offered

The following free materials are available in bulk quantities to organizations and providers in Massachusetts. "Be the First to Talk with Your Pre-Teen About Alcohol, Tobacco and Other Drugs: A Family Guide" is geared toward parents and other adults. Topics include communication, setting family guidelines, recognizing signs and symptoms of substance abuse, facts about specific drugs and where to find help.

"Choose to Keep Your Freedom," targeted at youth ages 10-18, presents legal consequences of decisions about alcohol and other drugs, vandalism and violence. This brochure is also available in Spanish. Multiple copies can be ordered from the Massachusetts Health Promotion Clearinghouse at <http://www.maclearinghouse.com>, or by faxing an order form to 617-536-8012.



*JUST SAYING HELLO – During the ADL workshop, attendees practiced greetings from foreign cultures.*

The MIAA and the ADL co-sponsored the workshop, "Becoming An Ally: Interrupting Name-Calling and Bullying," March 2 at the MIAA office. Facilitators were Philip Fogelman and Sharon Chapman, a teacher, coach and the peer leader coordinator at Stoneham High School. According to a 2001 joint U.S. Department of Education and U.S. Department of Justice report on school violence, 9 percent of high school students were threatened or injured with a weapon on school property in the previous year, 6 percent carried a weapon on school property in the previous month and 6 percent of students between the ages of 12-18 were victims of crimes. There is increasing evidence of the relationship between bullying, harassment and violence.

"Columbine didn't start with a shooting," said Mr. Fogelman. "All incidents begin with name-calling and bullying."

Attendees learned ways to weave anti-bias education into the curriculum and to take advantage of teachable moments. Those participants who completed a four-hour follow-up action plan after the workshop were entitled to 10 Professional Development Points. The facilitators stressed that to improve relations within a school, students must be motivated to change. They need to understand why respect is important and to observe the teacher behaving as a role model.

"All eyes will turn to you," said Ms. Chapman. "You're talking the talk, are you walking the walk. You really have to think about what your practices are in your classroom and whether you handle kids fairly...If you show kids respect, they'll give it back to you, but very often you'll have to be the first one to put your hand out there."

## Register For June Conference

**Continued from Page 1**

materials and instruction. The MIAA recommends that an advisor accompany each group and plan to assist students with their goals during the school year. Cost is \$300 per advisor.

Mark Scharenbroich and Steve Bargatze will be the keynote speakers. Mark Scharenbroich, who will discuss how simple acts have a big impact on our lives, has presented over 3,500 programs all over the world. He is a well-known writer, performer and director of several award-winning films and video training programs. His video "Is This Your First?" is used in more than 1,000 hospital prenatal education classes. He also earned an Emmy Award for his ABC television special, "Doing Great."

Acclaimed comedian and magician Steve Bargatze, who is also Director of Student Services for the Tennessee Secondary Schools Athletic Association, speaks to more than 45,000 students each school year. While making his entertaining appearances, he shows young people how drugs, alcohol and tobacco can affect their lives. Sharing his life story and the obstacles he has overcome, he emphasizes respect for parents, teachers and athletes themselves as the keys to prevailing over challenges and temptations.

# Boning Up On Calcium: How Much Do Girls Need?

To many young girls, osteoporosis conjures up images of stooped over great-grandmothers. The disease won't strike for years, if ever, so why worry about it now? Wrong.

Young adulthood is the most critical time for bone development. The body forms most of its bone mass before puberty, building 75 to 85 percent of the skeleton during adolescence.

Women reach their peak bone mass by around age 25 to 30. With age, breakdown outpaces the build-up. Calcium is withdrawn for blood clotting, muscle contractions and the beating of the heart. Genes have the greatest effect on bone mass, but a healthy lifestyle can reduce the risk of future fractures.

From ages 11 to 24, young people need 1,200 milligrams of calcium per day. A survey by the U.S. Department of Agriculture

## Partners Are Making A Difference

Partners in Prevention spread its message Feb. 28 at the MIAA All State Wrestling Tournament at Salem High School. The Coalition for a Healthy and Active America teamed up with the Department of Education to take down poor nutrition.

Doreen Iovanna from the Department of Education and Susan Carpenter of CHAA provided pamphlets on how to maintain good nutrition while training for wrestling competitions. With a constant emphasis on meeting lighter weight classes, wrestling athletes often forsake proper nourishment and healthy eating in their quest for victory. With simple dietary changes, it is possible to meet nutritional guidelines while following a strict exercise regimen. For example, instead of fasting altogether, athletes can try a low-fat chicken dinner and salad. This will provide strength and energy necessary for increased activity in competition.

In other Partners news, MIAA Deputy Director Bill Gaine and Student Services Director Mike Kane attended a conference sponsored by Partnership for a Drug-Free America. The State/City Alliance Program & Volunteer Network Leadership Conference & Skills Training was held April 21 and 22 at the Grand Hyatt in New York. National research conducted by the Partnership for a Drug-Free America shows that when the Partnership's media messages run heavily, anti-drug attitudes are strengthened and drug use goes down. Workshop topics included: how to add public relations to the communication mix, Show and Tell from fellow Alliances, and an overview of the Partnership's strategic plan for the future.

All Partners in Prevention members are listed on the MIAA website <http://www.miaa.net>.

## Coaches' Education Clinic

June 12, 8:30 a.m.- 3:30 p.m., West Springfield High School.

Fee for the course is \$105. Fax registration to: 508-541-9888, or mail to: MIAA, 33 Forge Parkway, Franklin, MA 02038. Checks or POs should be mailed before the clinic. Before registering, check <http://www.miaa.net>, for the latest schedule updates.

found that girls 12 to 19 got only 777 milligrams. Compared with other children, teenage girls drink the least amount of milk, have the highest tendency to skip breakfast and eat more often at fast food places.

Vitamin D, which can be obtained from fortified foods and short exposure to sunlight, moves calcium from the intestine to the bloodstream and into bone. Also essential are Vitamins A and C, magnesium, zinc and protein. While non-fat milk is an excellent choice, there are other options including waffles, pancakes, cereal, collards, turnip greens, broccoli, calcium-fortified orange juice, yogurt, cheese and tofu. Pizza, macaroni and cheese, lasagna and grilled cheese sandwiches also provide calcium.

Food labels offer a "Percent Daily Value" set by the FDA for calcium. Teenage girls should reach 120 percent each day. Exercise also builds stronger denser bones. Walking, jogging, dancing, in-line skating, bicycling, swimming, basketball, karate and weight training all have positive impact on bones. Alcohol abuse, smoking and eating disorders will weaken bone. Although osteoporosis may seem like a far-off worry for a 16-year-old, positive changes today can make for better bones tomorrow.

### Percent Daily Value Of Calcium In Foods

Calcium-processed tofu, 3oz.	60%
Non-fat calcium-fortified milk, 1 cup	40%
Yogurt, 1 cup	35%
Milk, whole, 2%, 1 %, skim, 1 cup	30%
Calcium-fortified orange juice, 1 cup	30%
Cheese pizza, 12-inch	25%
Macaroni and cheese, 1 cup	25%
Waffles, two 4-inch square	20%
Collards, 1 cup	20%
Cheese, 1 ounce	20%
Calcium-fortified cereal, 1 cup	15%
Turnip greens, 2/3 cup	15%
Broccoli, 1 stalk	6%
Orange	4%
Strawberries, 8 berries	2%

Source: "Calcium! Do You Get It?" pilot education program funded by FDA Office of Women's Health

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# Nutrition For Children

The U.S. Department of Health and Human Services found the percentage of children who are overweight continues to increase. Among children and teens ages 6 to 19, almost 9 million in America are overweight, a figure that has tripled since 1980. Nearly 10 percent of American high school students are considered obese. With intense focus on obesity in the media, parents of children of all ages should know the adverse effects of this epidemic can include diabetes, heart disease, sleep apnea and cancer. Childhood obesity is not merely a cosmetic issue, but a disease, and one that needs special attention and real solutions.

As parents, educators, and other community members realize a responsible solution is necessary, local leaders are joining the Coalition for a Healthy and Active America (CHAA), a national grass-

roots organization devoted to bringing together communities to meet the challenge of childhood obesity. CHAA members agree that solutions should be centered on increased physical activity and expanded nutrition education.

Nutrition education is more than just dieting; we should encourage our youth to establish long-term, balanced dietary habits, and not engage in a quick-fix diet. Teenagers often see fad dieting as a quick and easy solution to their body image concerns. Research has shown that most people who diet tend to regain the weight, and children are dieting at a younger age than before.

Proper nutrition education should begin in the home and be nurtured in schools and throughout the community. One way that parents and schools can ensure healthful nutrition is by paying attention to what kids are eating and teaching them about balance and making good choices. We also must promote a balanced approach to health that includes physical activity. We can work together to help children and teens overcome the risks of childhood obesity by promoting a healthy lifestyle.

CHAA coalitions have formed in more than a dozen states. For information on how you can get involved, visit <http://www.chaausa.org>.

**Update Subscription**  
To receive this newsletter electronically, forward your name, title and e-mail address to [miaa@miaa.net](mailto:miaa@miaa.net) and specify "Building the Future."

## Drug Resources

Need information on drugs? Try these web sites:

- <http://www.Freevibe.com>;
- <http://www.health.org>;
- <http://www.theantidrug.com>.

# BEST PRACTICE: NOYS Are Leaders

Rory Keegan & Denise DeMello, peer leaders from Dighton-Rehoboth Regional High School, completed a two-day training at the National Organizations for Youth Safety (NOYS) meeting and training session, March 12th & 13th, funded by the National Highway Transportation Safety Administration in Washington, D.C. They represented the National Peer Helpers Association at this meeting.

Sixteen students met to tackle the issues of

youth safety and healthy lifestyles. Participants learned about Project U-Turn, an emergency response program to implement in the community; spring break safety; and peer education. The meeting included youth representatives of Farm Safety Just 4 Kids, Family, Career, and Community Leaders of America, National Children's Center for Rural and Agricultural Health and Safety Network, and Emergency Medical Services for Children.

## Only Way To Win

The following individuals and teams received Only Way to Win awards for outstanding sportsmanship. Recipients were:

**Dan Sterling, Holbrook High School Baseball; Jason LeBlanc, Greater New Bedford Regional Voc/Tech High School Baseball; Varsity Baseball Team, North Reading High School; Coach Alan Cetti, Pittsfield High School, Girls' Soccer; Coach Ed Weiland, Randolph High School, Boys' Soccer; Yuri DeBrito, Everett High School, Boys' Soccer; Coach Jim Daley, Whitman-Hanson Reg. High School, Girls' Basketball; Diogo DeAravlo, Everett High School, Boys' Swimming; Mike Duggan, Arlington High School Football; Brendan LaPierre, Chicopee High School, Boys' Swimming.**

## Melanoma Video Available

Educators who have been trained in the SkinCheck™ program, a skin cancer awareness curriculum offered by the Melanoma Education Foundation, are invited to take advantage of a new way to reinforce the important message at home.

Stephen Fine, president of the foundation, was featured on the Access Bellingham/Mendon, Inc. cable show "People, Places and Things." The entire "SunSpots" educational video, which has been viewed in more than 150 schools across Massachusetts, was incorporated as part of the show.

The foundation hopes to increase awareness among parents by asking other cable stations to re-cablecast the tape. However, many stations require that programming requests originate from a resident. Educators who wish to have this episode shown in their area should ask their local access station to contact the foundation at 978-535-3080 or [steve\\_fine@comcast.net](mailto:steve_fine@comcast.net). Information about the free SkinCheck™ program available to schools is at <http://www.skincheck.org>.

# Citizenship Days Honor Over 300 Student-Athletes

The MIAA and Northeastern University's Center for the Study of Sport in Society presented the Massachusetts Student-Athlete Citizenship Awards in conjunction with National Student-Athlete Day. Awards were handed out April 6 at Northeastern University's Blackman Auditorium and April 15 at the Naismith Memorial Basketball Hall of Fame in Springfield. More than 300 athletes from 77 schools received awards.



**GOOD CITIZENS** – From left, television host Ed Berliner, former New England Patriot Andre Tippett, MIAA Deputy Director Bill Gaine and Sport in Society Director Peter Roby.

High schools were invited to choose two males and two females who demonstrated leadership through community service, athletic excellence and a minimum 3.0 grade point average. This year's theme was The Three C's of Excellence: Civility, Character and Community. Groups of high school student-athletes participated as panelists on the following topics: creating a new culture of respect, building character through sports, and making a difference in the community. Ed Berliner, host of The Comcast Network's CN8 Sports Pulse, hosted both awards ceremonies. Featured speakers



**SPEAKER** - Former NFL player Eddie Jenkins.

were Andre Tippett, former New England Patriot linebacker, and Eddie Jenkins, former Miami Dolphin and New England Patriot/chairman of the Massachusetts Alcoholic Beverage Control Commission. The MAPS Football Sportsmanship Award was presented to the Framingham High School football team.

## Norwell Health Educator Selected 'Wellness Coordinator Of Year'

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tion at the 8th Annual Wellness Summit held May 7 at the MIAA office.

Dr. Gerety, Ed.D, works collaboratively with the guidance counseling staff, the attorney general's office, Norwell Community's "No Place for Hate" Committee, parents, mental health service providers, the Department of Transitional Assistance and Norwell's police and fire departments to create a community that is responsive to children's needs and committed to their health and welfare. Among her responsibilities, she manages the State Drug-Free Schools Grant, developing annual programs to assure that parents and students are aware of the dangers of substance abuse, recognize the signs and know where to seek assistance.

Working with the guidance staff, she coordinates special assemblies and classroom programs in the elementary schools, middle schools and high schools. Topics include conflict resolution, being at home alone, Internet safety, water safety, healthy eating, dating violence, bullying, peer mediation, HIV and AIDS, and maintaining a positive attitude. When specific social and emotional concerns develop, Dr. Gerety consults with guidance staff in the

## 2002-03 SPORTSMANSHIP HONOR ROLL

Congratulations to the following high schools for completing the 2002-2003 school year without a coach or student-athlete disqualification from an athletic contest.

Academy of Notre Dame (Tyngsboro); Academy of Strategic Learning Charter School; Accelerated Learning Laboratory School; Acton-Boxborough Regional; Algonquin Regional; Arlington Catholic; Athol; Avon; Barnstable; Berkshire Country Day School; Bishop Connolly; Bishop Feehan; Blackstone Valley Reg. Voc/Tech.; Blue Hills Regional Technical; Boston English; Boston; Bourne; Bristol County Agricultural; Bristol-Plymouth Reg. Tech.; Bromfield School; Brookline; Cape Cod Academy; Carver; Charlestown; Chelsea; Chicopee Comprehensive; Concord-Carlisle; Coyle & Cassidy; Dean Technical; Dighton-Rehoboth Regional; Doherty Memorial; Douglas; Dracut; East Boston; Essex Agricultural; Fellowship Christian Academy; Fenway; Fontbonne Academy; Gloucester; Grafton Memorial; Granby.

Hampshire Regional; Hanover; Harwich; Holbrook; Holliston; Holyoke Catholic; Hudson Catholic; Hyde Park; Keefe Technical; Leicester; Lenox Memorial; Madison Park Tech/Voc.; Malden; Marlborough; Martha's Vineyard Regional; Mashpee; McKinley Voc/Tech.; Media and Technology Charter; Millbury Memorial; Mohawk Trail Regional; Monsignor Ryan Memorial; Montachusett Regional Voc/Tech.; Mt. Alvernia; Mt. Saint Joseph Academy; Mystic Valley Regional Charter School; Nantucket; Nashoba Valley Technical; Nauset Regional; New Leadership Charter School; New Testament Christian School; Newburyport; Newton North; Nipmuc Regional; North Attleboro; North Reading; Northampton; Northbridge; Norwell; Notre Dame Academy (Hingham); Notre Dame Academy (Worcester); O'Bryant; Old Colony Regional Voc/Tech.; Oliver Ames; Our Lady of Nazareth Academy; Parker Charter Essential School; Peabody Veteran's Memorial; Pentucket Regional; Pioneer Valley Christian School; Plymouth North; Presentation of Mary Academy; Prouty; Putnam Voc/Tech.

Quaboag Regional; Reading Memorial; Rockland; Sacred Heart; St. Clement; St. John's; St. John's Preparatory School; St. Mary's (Westfield); St. Mary's (Worcester); Scituate; Shrewsbury; Silver Lake Regional; Smith Academy; Snowden International School; South Boston; South Lancaster Academy; South Shore Christian Academy; Southwick-Tolland Regional; Springfield Central; Sturgis Charter School; Sutton; Tewksbury Memorial; Tri-County Regional Voc/Tech; Triton Regional; University Park Campus; Upper Cape Cod Regional Voc/Tech School; Wahconah Regional; Waltham; Ware; Wayland; Wellesley; West Bridgewater; West Roxbury; West Springfield; Westborough; Westfield Voc/Tech; Weston; Westport; Whitman-Hanson Regional; Worcester North.

development of small, short-term groups on social skills, divorce, death, or "Our Voices, Ourselves," a girls group exploring healthy young female development. Norwell High School runs a Gay Straight Alliance Club supported by Dr. Gerety, and she provides opportunities for high school students to volunteer at Massachusetts Hospital School. Dr. Gerety also consults with parents around specific mental health issues that they may be facing with their children. She has relationships with mental health service providers that facilitate the difficult steps that parents might have to take.

"The programs, courses, collaborations and resources come from thirty years of a caring commitment to the children of Norwell," wrote Ellen Willard, Director of Student Services for the Norwell Public Schools, in her nomination letter. "The social and mental health of these children is ever and always at the center of Dr. Gerety's yearly plans. As new challenges or obstacles to healthy emotional development are presented to our students, Dr. Gerety spearheads a group to address the problem and find ways to overcome it, or at the very least, provide students with the strategies that they will need in order to remain safe in our community or in new environments that they may explore."

# 8th Annual Wellness Summit Targets Drugs

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of New Beginnings, spoke at the 8th Annual Wellness Summit held May 7 at the MIAA Office. Co-sponsored by the MIAA and the Massachusetts Secondary School Administrators' Association, the event focused on drug awareness for Wellness Coordinators.

New Beginnings provides substance abuse presentations for students, teachers and parents. Information is available at <http://www.nbprograms.com>. According to Mr. Phillips, many parents would rather have their children use pot than smoke cigarettes, not realizing marijuana is a gateway to harder drugs. Dangerous inhalants such as cleaning solutions can be found in household cabinets, and children can easily get access to prescription and over the counter medications. He recommended that schools develop a strong substance abuse awareness program that educates parents and shows kids the consequences of their actions. "This is a war," he said. "There's no quick fix. You can't do it in an hour or a half-day."

## Media Impact

Steve Cline, Deputy Director of Market Management for the Partnership for a Drug-Free America, made the keynote address. The Partnership, a private non-profit coalition of professionals from the communications industry, is known for its national media-based education campaigns. Television ads have targeted Ecstasy, heroin, inhalants and inner city drug use. Based in New York, the Partnership relies on volunteerism from advertising agencies, production and post-production companies, actors, and organizations such as the MIAA that help to get the commercials aired on local television stations.

Since the Partnership was formed in 1985,

regular use of cocaine has been reduced by more than 70 percent; regular use of any illicit drug has been cut by more than 30 percent; and today in America, there are 7.4 million fewer people using drugs.

"We use the media to unsell drug use," said Cline. "We're trying to keep kids from getting started with drugs, but we can't do it alone. Only 31 percent of teenagers learn about the risk of drugs from their parents. We need to increase parental involvement."

## Heroin and Prescriptions



**BEWARE OF HEROIN** – Tina Murphy of the DEA makes her presentation.

Tina Murphy, Demand Reduction Coordinator for the Drug Enforcement Administration, described how expanded availability and a cheap price have made heroin a rising problem in Massachusetts. Source areas are Lowell, Lawrence, Lynn, New Bedford, Fall River, Brockton, Worcester, Springfield and Holyoke. Warnings signs of heroin use include needle marks, red or raw nostrils, poor hygiene, itchy skin, scars, weight loss and dehydration. Heroin can be snorted, smoked or injected. Many young people sprinkle it on their joints or cigarettes.

"It costs about \$4 for a bag, less than for a six-pack of beer," said Ms. Murphy. "Heroin is easier for kids to get than a pack of cigarettes. Please let the kids know how dangerous heroin is. I don't think they realize what they're messing around with. Once they get into this drug, it's all over."

Special Agent Frank Lombardo of the Food and Drug Administration discussed the abuse of prescription drugs. Commonly abused drugs include OxyContin, Vicodin, Ketamine, Xanax, Ritalin, sleep medication and diet pills.

"Parents need to understand that they have to take control of the prescription medicines in their home," said Mr. Lombardo.



**IMPROBABLE PLAYERS** - Chris Everett, left, and Chris Manschreck perform a theatrical skit.

## Theatrical Skit

Chris Everett and Chris Manschreck of The Improbable Players, a touring theater company of professional actors who are also recovering alcoholics and addicts, presented the health education performance "Stages." The skit focused on how addiction affects us at every stage of our lives. The company makes more than 250 performances a year and offers four different shows that stem from the actors' personal experiences. Each show ends with a question and answer session. Information about the group is available at <http://www.improbableplayers.org>.

In other presentations, members of the MIAA Student Advisory Committee discussed the upcoming Massachusetts Student Leadership Conference scheduled for June 17-20 at Gordon College. Sgt. Marie Emery of the Massachusetts Army National Guard's Demand Reduction Unit told Wellness Coordinators about the free programs that can be brought to their school. Programs include "briefings" and displays on Club Drugs, Drugs and the Internet, Gangs and Drugs, and other topics; Games and Initiatives team-building and leadership activity sessions; and the Low Ropes Obstacle Course, a series of physical challenges that enhance self-esteem and teamwork skills. For information, call 888-301-3103 ext. 6834, or visit <http://www.state.ma.us/guard>.

The MIAA Student Services Department thanks the following exhibitors: Coalition for a Healthy and Active America, GetPsychedSports.org, Greater Boston PFLAG, MADD, the Massachusetts Council on Compulsive Gambling, and the Department of Education's School Nutrition, Safety and Climate program.