



Massachusetts Interscholastic Athletic Association

LEADERSHIP & WELLNESS

**SPRING
2001
EDITION**

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Wellness Summit is Peak of School Year

Pride would swell in Virginia and George Lester when they told people about their son and the bright future that awaited him. Albert Lester had left his high tech job to pursue a teaching career. At 31 years old, he wanted to inspire young people to reach their full potential. He had bicycled across the United States and throughout Europe, and become involved with the American Youth Hostels, triggering his decision to teach.

But that dream never happened. Instead, Albert's family suffered a nightmare that still haunts them nine years later. Albert was cycling, training for an endurance race, when he was struck and killed by a teenage drunk driver. He is buried in the Westwood Cemetery.

Since the tragedy, his mother, Virginia, has carried out Albert's mission of teaching. She has told "Albert's Story" to more than 30,000 high school students in Massachusetts and upstate New York and to 5,000 drunk driving offenders. Her presentation highlighted the MIAA Fifth Annual Statewide Wellness Summit held May 10 at the Radisson Hotel in Milford, garnering heavy silence, then an emotional standing ovation.

More than 150 administrators, Wellness Coordinators and student leaders attended the conference, representing high schools and middle schools from across Massachusetts.

Continued on Page 8



RETIREMENT CHAIR-
Dr. William G. Zimmerman, Jr., left, retiring chairman of the Wellness Advisory Committee, takes a seat in the rocking chair presented by MIAA Executive Director Richard F. Neal as an appreciation gift. Dr. Zimmerman received the rocking chair at the May 10 Wellness Summit.

**Building
the Future
through
Athletics**



PARTNERSHIP AWARDS - MIAA President John Grondin presents awards of appreciation to Tina Murphy of the DEA, left photo, and to Ralph Fuccillo of the Harvard Pilgrim Foundation during the May 10 Wellness Summit.

Popping Pills Like Candy

Next time you chaperone a school dance, take a closer look at the girl wearing a candy necklace or the boy digging into a bag of M & Ms. Keep your eyes peeled for the Certs and Altoids containers flicked open, or a torn package of midget Tootsie Rolls.

Your students might use these innocent products to conceal Ecstasy, a synthetic club drug that destroys brain cells and can lead to death.

Continued on Page 2

Road Trip See Page 3 for story

Darren Doane and Colleen Robillard take a break during an MIAA Leadership Workshop in Swansea, part of the Wellness Department's May "On the Road" program.





DRUG STREET NAMES

Source: National Institute on Drug Abuse

MDMA – Ecstasy, XTC, X, Adam, Clarity, Lover's Speed

GHB – Grievous Bodily Harm, G, Liquid Ecstasy, Georgia Home Boy

Ketamine – Special K, K, Vitamin K, Cat Valiums

Rohypnol – Roofies, Rophies, Roche, Forget-Me Pill

Methamphetamine – Speed, Ice, Chalk, Meth, Crystal, Crank, Fire

LSD – Acid, Boomers, Yellow Sunshines

School Officials Not Ecstatic About Ecstasy Growth

If you see a high school student carrying a baby pacifier, take notice. The student might use Ecstasy, the most popular club drug among young people.

Police officers have learned that a pacifier or Blow Pop can reduce the involuntary teeth clenching so common in Ecstasy users. But most school administrators, teachers and coaches don't know the "ins and outs" of club drugs, dangerous substances often used at dance clubs and rock concerts.

To raise awareness about the alarming club drug trend, the MIAA Wellness Department held three educational workshops in March. More than 50 Wellness Coordinators attended a March 20 meeting led by Tina Murphy, a demand reduction coordinator for the Drug Enforcement Administration.

On March 26, the MIAA co-sponsored "What Police, Prosecutors and School Officials Should Know About Designer Drugs" at the Best Western Royal Plaza Hotel and Trade Center in Marlboro. The New England Narcotic Enforcement Officers' Association, the Drug Enforcement Administration and the New England State Police Information Network presented the program. On March 28, the MIAA, DEA and Hampden County District Attorney William M. Bennett presented "Out in Front Addressing Ecstasy" to more than 135 participants at West Springfield High School.

The term "club drugs" refers to a wide variety of substances, including Ecstasy, GHB, Ketamine, Rohypnol, Methamphetamine and LSD. Users mistakenly believe the drugs are safe, contributing to the rising growth.

However, drug quality may vary significantly and substitute drugs are often sold when suppliers can't meet the demand, leading to a greater risk of overdose.

Since some club drugs are colorless, tasteless and odorless, they can be discreetly added to a beverage. Drugs such as GHB have been linked to date rapes. Young people also use it to complement Ecstasy.

Originally sold in health food stores and marketed to bodybuilders, GHB was banned by the FDA due to its dangerous side effects. According to Tina Murphy, users may add food coloring to the drug and conceal it in mouthwash bottles. They might also pour the clear liquid into a water bottle. She warns that if it fizzes when shaken, the "water" may not be as innocent as it appears. GHB can cause dizziness, nausea, visual disturbances, unconsciousness, seizures, severe respiratory depression and coma.

"A few capfuls can make you feel like you drank a 12-pack of beer in 30 minutes," she said.

Club Drugs On The Rise

Continued from Page 1

The pills look harmless: baby aspirin stamped with Bart Simpson, Tweety Bird, Scooby Doo or the Mitsubishi logo in a rainbow of white, tan, pink, green, or purple. Around holidays, the tablets may take the shape of Valentine's hearts, shamrocks and Christmas trees.

But don't be fooled. Tina Murphy, a demand reduction coordinator for the Drug Enforcement Administration, told MIAA Wellness Coordinators that Ecstasy can cause severe dehydration and heat stroke. Reports of Ecstasy-related deaths showed core body temperatures ranging from 107 to 109 degrees Fahrenheit. For a fee, many rave clubs provide "chill rooms," areas that have air conditioning, portable showers, hoses, or drugs to lower body temperature. Clubs will also jack up the price for bottled water. However, temperature isn't the only danger associated with Ecstasy, known by the chemical term MDMA. The drug destroys dopamine and serotonin cells in the brain, has been linked to liver damage, and has side effects including confusion, depression, sleep problems, severe anxiety, paranoia, muscle tension, nausea, blurred vision, rapid eye movement, faintness, chills, sweating, increased heart rate and elevated blood pressure.

Tina Murphy gave a couple of clues to identify Ecstasy users. Many young people crash hard after a long weekend partying, but they may have a delayed reaction, nicknamed "Tuesday Morning Suicide." If students seem fatigued early in the week, and have flu-like symptoms, this could be a sign of Ecstasy use. Another hint is acne on the arms and back. But to Ecstasy fans, the lowered inhibitions make it worth the price. Known as the "Love Drug" or "Hug Drug," Ecstasy produces feelings of empathy for others, eliminates anxiety and triggers extreme relaxation. This is not a drug commonly used in private.

"It's the Love Drug," said Tina Murphy. "You want to be around people. This is attracting kids who would never think of using an illegal substance in their lives. They're told that if they go to a party, people will hug them and be their best friend."

Young people may take great strides to camouflage the pills, which sell at rates for \$20 to \$30 per unit. One strategy is microwaving a Tootsie Roll, then pressing a pill into the soft texture, hidden for later use.

The DEA estimates that over two million tablets are smuggled into the country each week. Due to the number of colleges, airports and train stations, many pills are distributed along the East Coast. "Ecstasy is probably the number one health crisis among young people," said Tina Murphy.

Never Too Young To Be a Leader



DANCE FEVER – Students from Avon Middle School entertain their peers with a dance routine at the “You Lead” conference.

“How many of you can say you’ll never be a nuclear physicist?” Norfolk District Attorney William R. Keating asked middle school students at the March 9 “You Lead” conference.

Most children raised their hands.

The district attorney continued his interrogation. How about becoming a neurosurgeon? Priest? Nun? Students shook their heads. “You’re already making life decisions,” said William Keating. “If you make them now, the odds are pretty strong that they will follow you the rest of your life.”

Nineteen advisors and 122 middle schoolers gathered at the conference to promote a substance-free lifestyle in their schools. The MIAA and Norfolk District Attorney co-sponsored the “You Lead” workshop through a wellness partnership aimed at helping young people to make healthier choices. MIAA consultants John Suby and Karen Jacobus facilitated the session, one of several “You Lead” workshops held this school year. The program reinforces young people’s decision to stay away from alcohol and other drugs.

William Keating advised students to feel confident in their non-use decision and to encourage the same positive behavior in others. He described how he had entered the political arena at 23 years old, and fought criticism over his age.

“Don’t do to yourself what older people are trying to do to you,” he said. “You can be a leader.”

The DA told the audience that of the 20,000 cases prosecuted by his office each year, at least 70 percent have a connection to alcohol or drugs. In Massachusetts, the law considers age 17 as adult, which means stiffer penalties.

“You get to be 17 pretty fast and the world changes,” William Keating said. “When you’re younger, if you can learn from your mistakes and turn things around, that’s important.”

Students asked questions about the DA’s position on zero tolerance. William Keating answered that his office evaluates each case individually. “Part of the learning process is to get into trouble from time to time,” he said. “If someone makes a mistake, don’t give up on them. Sometimes that will mean giving them a second chance.”

However in the District Attorney’s office, a second chance could mean probation. William Keating told the group that if they attend an unsupervised party with underage drinking, they could be arrested regardless of whether they touched alcohol or drugs.

“Become informed about what you’re doing so you know the consequences,” he said.

Wellness Department Goes “On the Road”

May brought a weeklong road trip for the MIAA Wellness Department. Eight leadership programs were held throughout the state on May 1-4, giving students and coaches an opportunity to undergo training without driving a long distance. Workshops were held in Swansea, Worcester, Springfield, Pittsfield, Dennis, Mansfield, Lexington and Natick.

The program also provided a unique benefit for graduates of the MIAA Leadership Training Institute, an intensive five-day seminar held annually for up to 30 educators. The most recent institute took place in January. Graduates with an interest in conducting workshops helped to coordinate and present the May “on the road” sessions.

Kevin Ringhofer and Martha Harding, facilitators of the annual Leadership Training Institute, flew in from Minnesota to mentor the graduates and assist them with the endeavor. Active with the Minnesota Institute of Public Health, Marty and Kevin have also worked with the National Federation of State High School Associations to develop national satellite teleconferences.

More than 400 middle and high school students and 40 coaches attended the MIAA sessions. Facilitators were **Mitch Finnegan** of Lexington High School, **Colleen Robillard** of Joseph Case Jr. High School, **Darren Doane** of Easton Jr. High, **Lynn Penna** of Mt. Greylock Regional High School, **Karen Maguire** of the Natick Public Schools, **Stu Fyfe** of Nauset Regional High School, **Mitch Lyons** of Get Psyched Sports, and **Jim O’Donaghue** of the Worcester Public Schools.



LISTENING TO IDEAS – Lynn Penna of Mt. Greylock Regional High School, a graduate of the MIAA Leadership Training Institute, jots down notes during a program at Wahconah Regional High School.



WELLNESS ALLIANCE – Michael C. Mather, executive director of the Governor’s Alliance Against Drugs and a member of the MIAA Wellness Advisory Committee, addresses students in Swansea.



Respecting Each Other's Differences

It's a world of difference out there, even at the high school level. Take the following real-life incidents, which have all occurred in MIAA schools:

- **A teenage girl consoling her friend in a bathroom stall, then grappling with rumors of a sexual encounter.**
- **Athletes who refuse to heed a coach from another country.**
- **Players from different sports fighting off school property.**
- **Parents losing control at games.**

These problems brought educators to the Fourth Annual Respect Workshop sponsored by the MIAA, the Norfolk County District Attorney's Office and the Anti-Defamation League. More than 60 athletic directors, principals, teachers, coaches and police officers attended the statewide event, held February 16 at MIAA headquarters. Through case studies, participants explored specific strategies to improve the quality of the school and athletic climate.

"A World of Difference Institute" in Boston, an educational component of the Anti-Defamation League, provided the facilitators. "A World of Difference" began in 1985 as a response to racial, ethnic and religious tensions across the state. Today, its anti-bias education programs operate in 26 U.S. cities and 11 countries abroad. In New England, training programs have

reached more than 60,000 educators and 900,000 youth.

The organization offers suggestions to encourage diversity among students. Ideas include examining visual displays on school walls and holding formal discussions about who is not represented. Students can research pro-diversity web pages, then link the resources to the school web page. Other suggestions are sponsoring a "Dance for Diversity" dance-a-thon, creating an anti-prejudice slogan that could be printed as a bumper sticker and sold to raise funds, and initiating classroom discussion of terms such as anti-Semitism, racism, sexism and homophobia.

English teachers can meet with librarians to highlight literature that represents all cultures. Art classes can make a diversity quilt with each patch representing a student's individual heritage. Schools could also establish a diversity peer training program, reaching out to members of sports teams and clubs for participation.

"If you are truly going to be responsible for creating diversity in your workplace, this should be part of ongoing training and development," said Doug Cureton, one of the workshop facilitators. "This is not a static issue."

For more information on diversity, contact the Anti-Defamation League at 617-457-8800.

What Would You Do ?

Greenland High has a large Latino population; Forest High does not. After a soccer game between the two schools, players from both teams line up to shake hands. Greenland High players watch as Forest High players spit on their own hands before shaking.

Source: Anti-Defamation League

Wellness Calendar

2001 - 2002

October 25

Wellness Coordinators Meeting

Jan. 28 - Feb 1

Leadership Training Week

March 19

Wellness Coordinators Meeting

May 9

Wellness Summit

Leadership and Wellness is published by the Massachusetts Interscholastic Athletic Association for its supporters throughout the state.

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Attn: Stacy Juba Writer/Editor

Check out the new links and watch for our "Year in Review" Photo Page...



Glossary

Source: Anti-Defamation League

Ableism	Prejudice/discrimination against people with disabilities.
Ageism	Prejudice/discrimination against people because of age.
Anti-Semitism	Prejudice/discrimination against Jews.
Bias	Preference either for or against an individual or group that interferes with impartial judgment.
Bigotry	Unreasonable attachment to negative stereotypes and prejudices.
Classism	Prejudice/discrimination against people because of real or perceived economic status.
Discrimination	Denial of justice and fair treatment by both individuals and institutions.
Heterosexism	Prejudice/discrimination against people who are, or who are perceived to be, lesbian, gay or bisexual.
Stereotype	Oversimplified generalization about a person or group without regard for individual differences.

Best Practice Highlight



SHEPHERD PRIDE – The Shepherd Hill Regional High School Non-Users Club gathers to show their pride.

Shepherd Hill High School Has Pride in Non-Users Club

High school students don't need to feel embarrassed about avoiding alcohol and other drugs. The Shepherd Hill Regional High School Non-Users Pride Club has been working with the MIAA Wellness Department to spread the message that it helps to form a supportive network.

Members of the group assisted with the March 9 "You Lead" conference for middle school students. The following students contributed to the day: **Kristen Barrette, Bridget Cummings, Sara Cichocki, Angela Kubiak, Tim Macuga, Kevin Moore, Jana Sanborn** and **Kelly Walsh**.

Club members **Kim Richford, Arlene Richford** and **Christian Hanson** talked about the group at the March 20 Wellness Coordinators meeting.

On April 6, Shepherd Hill hosted a MIAA "You Lead" conference for substance-free youth. College students **Daryl Popiak** and **Sarah Stepien**, former members of the Non-Users Club, told young people about their experiences. In February, members **Samantha Kane** and **Bobby Hackenson** were panelists at a middle level "You Lead" conference sponsored by the Middlesex District Attorney's Project Alliance.

Led by advisor Bill Sullivan, the club formed two years ago after students attended a "You Lead" conference. Approximately 30 members meet monthly and serve on subcommittees, including technology, public relations and peer influence. Students are planning a web page, pamphlet, golf tournament and promotional radio spots. Many businesses have stepped forward to support the club.

Participants have gone bowling, swimming, ice skating, to the movies, and attended holiday parties as a group. Identification cards entitle them to discount prices in town.

"The club gives us a place where students can come together and not have to worry about being pressured into using," said Christian Hanson.

CONFERRING ON

Concussions

Most people equate concussion with knockout. However, a conscious athlete could still have a serious injury.

Coaches need to know how they can recognize a major head blow and respond in an emergency. To make this job easier, the MIAA has been distributing a free booklet titled "Concussion: A Coach's Guide for Sideline Evaluation." Guides are available by calling the MIAA.

Developed in cooperation with the Massachusetts Medical Society, the booklet outlines different grades of concussions. Any change in mental status or function qualifies as a concussion. The classic "having your bell rung" or "ding" is often ignored, which can be a serious oversight.

No head injury should be taken lightly. A subsequent blow while the athlete is symptomatic, even a gentle slap weeks later, can lead to the deadly Second Impact Syndrome. Within minutes, the sudden swelling of the brain can trigger unconsciousness or cardiac arrest. Half of people who sustain SIS die, and the rest have a high risk of brain damage.

The pamphlet advises benching a player for at least twenty minutes after a head blow. A pullout card describes helpful tests for confusion/orientation, memory and neurologic symptoms. Common questions include asking the athlete's name, who's winning, and when was the last major holiday. Repeating numbers backwards can test the player's concentration.

Neurologic tests can be as simple as having the athlete walk heel-toe in a straight line, both forward and backward. The player fails if he/she can't walk straight.

Pupils should always be of equal size. If they are not, an ambulance should be called.

Parents and fans might pressure a coach to keep a star athlete in the game. In a desire to play, the athlete may try to minimize injuries. But a coach should never go against gut instinct. A young person's safety could depend on it.

Anyone who would like copies of the concussion brochure and pullout card should call the MIAA at 508-541-7997.

CONCUSSION WARNING SIGNS

- Dizziness
- Vomiting
- Blurred or double vision
- Strange taste in the mouth
- Angry, crying, anxiety
- Nausea
- Headache
- Ringing in the ears
- Poor coordination
- Sitting and staring



MASSACHUSETTS DISTRICT ATTORNEYS

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Advisory Committee Has Successful Year

The MIAA Wellness Department would like to thank the Wellness Advisory Committee for its dedicated service throughout the school year. Members meet periodically to review MIAA wellness programs and make suggestions that help the organization to fulfill its goals. Individuals come from diverse backgrounds, including education, public health, government, medicine, law enforcement and the judicial system.

Members are: Jessica Bethoney, Mark Boldt, Sen. Stephen Brewer, Aubrey Conrad, Michael Contompasis, John Coughlin, Roberta Doering, Dr. John Duff, Rachele Engler, Phil Fogelman, Ralph Fuccillo, Barry Haley, Jeff Harness, David Harrison, Gerald Hickey, Thomas Lamb, Michael Mather, Tina Murphy, Colleen O'Brien, James Poirier, Corinne Pridham, Dr. Barbara Rockett, Michael Rubin, Omari Walker, William Wassel and Emma Williams.

Dr. William G. Zimmerman, Jr., the chairman of the committee, announced at the April 25 meeting that he will retire this spring as executive search consultant of NESDEC and step down from the board. He has worked with the Wellness Department since its inception. Dr. Zimmerman, former superintendent of the Wayland Public Schools, stressed the importance of the Advisory Committee and told members that their time at MIAA headquarters is well spent.

"Just meeting a few times a year for a few hours gives the staff some reinforcement that they're going in the right direction and it gives them ideas," he said. "Having an advisory committee is a tremendous source of support."

Students Set For Indianapolis Trip

The MIAA will help send four groups of students and advisors to a leadership conference sponsored by the National Federation of State High School Associations. The event will be held July 13 to 15 at the downtown Marriott Hotel in Indianapolis, home of the National Federation and the NCAA.

Attending will be advisors **Jessica Bethoney**, Monson Jr. Sr. High School; **Jim O'Donaghue**, Worcester Public Schools; **Mitch Finnegan**, Lexington High School; and **Douglas Lowe**, St. Mary's High School in Lynn.

The conference is open to high school students entering eleventh and twelfth grades. Adult advisors, teachers and coaches will oversee student delegates from their state. Topics include respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyle and self-evaluation. Counselors will interact with students all weekend as friends and mentors. Participants will have both small and large group workshops. As part of a community service project, students will clean local parks and neighborhoods as well as load and unload trucks of food.

In 2001-2002, the student leaders from Massachusetts will form a MIAA Student Wellness Advisory Committee. Look for full details of the trip in the fall newsletter.

Not Just Prosecution

Norfolk District Attorney William R. Keating would rather see his staff in a classroom than a courtroom.

Most people associate DAs with the high-profile murder cases splashed across the front pages of newspapers. But local district attorney offices also take a preventive approach to crime, offering presentations on underage alcohol and drug use, bullying, civil rights, teen dating violence, Internet safety and other topics. Although services can vary from office to office, your local district attorney could be a tremendous resource for your next faculty training or classroom workshop.

In Norfolk County, school programs have included mock sentencing hearings on underage drinking, parent information nights on designer drugs, and teachers' workshops on bullying and civil rights. Depending upon the time-frame and the need of the school, the DA's office could provide a speaker for a panel, or organize an entire program for students, parents, teachers or administrators. Print, video and online information and materials, as well as curricula, are available. Services are accessible to schools in Norfolk County at no charge.

Norfolk District Attorney William Keating established the Education and Intervention Services Unit to serve as a liaison between the district attorney and county residents, agencies, businesses, organizations, schools, government agencies and social service agencies. Earlier this year, the MIAA and William Keating launched a wellness partnership as a way to link schools and law enforcement. Since then, the Norfolk DA's office has co-sponsored the annual MIAA/Anti-Defamation League Respect Workshop as well as a "You Lead" conference for substance-free youth.

But the Norfolk DA has many other partnerships that could benefit teachers and school administrators. Internally, the Education and Intervention Services Department, working with the juvenile programs and other specialized units within the DA's office, has a wealth of experts to draw upon. Assistant DAs, victim witness advocates and state police officers have all volunteered to speak on requested topics. The DA's office has also developed joint presentations with probation staff, victim groups, domestic violence shelters, hospitals, state agencies and local police. "If we don't have all of the perspectives available within our office, we determine who are the best people to help us round out the program," said Dawn Couture, executive director of the Education and Intervention Services Unit.

So next time you want to offer a safety program for your students, investigate your local DA's office.



NEW BEGINNINGS – Middle School students Jose Torres, Kevena Jones and Abby Whittier hang out at the New Beginnings middle school conference.

New Beginnings Hosts Middle School Conference

New Beginnings held its first middle school conference March 29 at the Joseph P. Keefe Technical School in Framingham. Twenty-nine educators and 12 students attended, sharing their hopes for a drug and alcohol-free school life.

Dr. William G. Zimmerman, senior associate planner for the New England School Development Council and the retiring chairman of the MIAA Wellness Advisory Committee, outlined the need for wellness programs. Ginny Walsh, health and physical educator teacher for Watertown Middle School, led classroom demonstrations. MIAA consultant Bill Phillips, director and founder of New Beginnings, hosted a student panel.

“Teachers should not only say ‘don’t do drugs,’ but should show us the consequences of doing them,” said student Jimmy Piccinilli. “Knowing the consequences made me not want to do it.”

Walsh Middle School health teacher Bob Davis believes that middle school is a good time to tackle substance abuse problems.

“They’re certainly exposed to plenty of information on the other side of the coin, so any opportunity to see this positive message is good,” he said.

If you would like Bill Phillips to visit your middle school next fall, call Chris at 508-416-2115. High school visits should be scheduled through the MIAA at 508-541-7997.

Household Products Can Be A Deadly Danger

Imagine sniffing paint thinner from an open container, or “huffing” nail polish remover fumes from a soaked rag. Disgusting, right? Yet inhalants are often among the first drugs abused by young children. According to the National Institute on Drug Abuse, six percent of children in the U.S. have tried inhalants by fourth grade. In 1999, NIDA’s “Monitoring the Future” survey showed that 19.7 percent of eighth graders, 17 percent of tenth graders, and 15.4 percent of twelfth graders said they had abused inhalants at least once.

Products like aerosol hair spray, bleach, airplane glue, correction fluid and rubber cement have become an inexpensive, accessible alternative to illegal drugs. Among eighth graders, inhalants, also called “kids’ drugs,” have grown almost as prevalent as marijuana.

Young people tend to believe that the chemicals are harmless, but using inhalants even once can lead to death. “Sudden Sniffing Death” can occur during or right after sniffing, when inhaled chemicals create irregular heartbeat and lead to heart failure. Inhalants can also cause death by suffocation or choking.

The chemicals have other dangers as well. Short term effects include giddiness, grogginess, intoxication, headaches and hallucinations. Long-term symptoms range from muscle weakness, abdominal pain, nausea, nosebleeds, hepatitis and violent behavior, to damage of the brain, nerve cells, heart, lungs and kidneys.

Signs of inhalant use include unusual breath odor, slurred speech, drunken appearance, red eyes or nose, appetite loss, and paint/stain marks on the face, fingers or clothing.

For a copy of the Center for Substance Abuse Prevention Inhalant Resource Guide, contact the MIAA Wellness Department at 508-541-7997. Fact sheets and articles are available at www.mediacampaign.org.

Golf Tourney Still Needs Players

If you enjoy golf, then the MIAA Wellness Program needs your skills. The Third Annual MIAA Wellness Golf Tournament will be held Monday, June 25 at 10 a.m. at Heritage Country Club in Charlton. The MIAA welcomes foursomes of principals, athletic directors, Wellness Coordinators, coaches, game officials, friends of education, and anyone else interested in playing. Cost is \$95/player or \$360/team of four.

The tournament will be held rain or shine, with trophies awarded to first, second and third place finishes, closest to the pin, and longest drive. Dinner will be served at the country club.

The MIAA also seeks tee/green sponsors and raffle donations. Sponsors will have their school or company name displayed on the tee or green of their choice. Raffle donors will be announced when prizes are claimed at the banquet.

Last year, more than 70 golfers participated in the event, helping the Wellness Department to raise approximately \$5,000.

For more information, call Stacy at 508-541-7997.

Third Annual

WELLNESS GOLF TOURNEY

June 25, 10 a.m., Shotgun Start

Heritage Country Club, Charlton, MA (Rt. 20)

18 Holes/Golf Cart / Dinner/Prizes

\$95/Player • \$360/Team of Four

Registrations must be accompanied by the fee.

Coed teams are encouraged as well as players not in the education field. Please register before June 16.

Player One _____

Contact Telephone _____

Player Two _____

Player Three _____

Player Four _____

Please make checks payable to the MIAA and return to Stacy Juba, MIAA, 33 Forge Parkway, Franklin, MA 02038.



MIAA Speakers Bureau

Bob Bigelow
Smokeless Tobacco

Bill Phillips
Substance Abuse and
Pre-Season Meetings

John Suby
"You Lead"

Richard Drorbaugh
Anger Management

If you'd like to book a speaker
for next fall, contact the MIAA at
508-541-7997.

For more information, visit the web
site at www.miaawellness.net



A MOTHER'S CRUSADE – Virginia Lester tells the story of her beloved son, Albert, who was killed by a drunk driver.

Summit Draws Crowd Continued from page 1

Author and national speaker Harvey Alston gave the keynote address, inspiring attendees with his humorous message "Happy" and the important words, Heart, Attitude, Pride, People and You.

"My heroes today are here for one reason – to help my young people," he told the students, wearing his trademark tuxedo. "Each and every one of these adults here today would gladly make sacrifices over and over again to make a difference in your lives."

Harvey Alston also led a workshop that taught students how to be leaders. Other topics for the day included Ecstasy and Designer Drugs, making the substance-free choice, mentoring and violence prevention, and sports psychology. Among the presenters were Tina Murphy of the Drug Enforcement Administration, MIAA consultants Bill Phillips and John Suby, Marissa Mezzanotte of the Northeastern University Center for Sports, and Mitch Lyons of Get Psyched Sports.

MIAA President John Grondin presented awards to Tina Murphy of the DEA and to the Harvard Pilgrim Foundation for their support of the Wellness Program. MIAA Executive Director Richard F. Neal honored Dr. William G. Zimmerman, Jr., who will retire as chairman of the Wellness Advisory Committee, with a rocking chair that has the association logo engraved in the wood.

Norfolk County District Attorney William R. Keating made the afternoon keynote address. Virginia Lester, with her husband by her side, joined the DA for her heartfelt message about the dangers of drunk driving.

"What a price we've all had to pay," she said before pulling out the broken wheel of Albert's bicycle. "Education lost a teacher, recreation a volunteer, we lost our son and our other son's only brother, and the world lost a friend."



HAPPY AND HEALTHY – Students hold up signs to demonstrate the message of keynote speaker Harvey Alston at the May 10 Wellness Summit.

Violence Prevention Highlights Wellness Summit

Attendees at the Fifth Annual Wellness Summit had their choice of workshops to meet their wellness goals.

Several educators participated in the session led by Marissa Mezzanotte, associate director of the Mentoring in Violence Prevention Program at the Northeastern University Center for Sports.

Marissa discussed the program's mission of raising awareness about domestic violence, rape, sexual assault and sexual harassment. According to statistics, on average four women are murdered daily by their male partners in the United States. Battery is the biggest cause of injury in women aged 15-44.

Marissa told the educators that young people often receive mixed messages about gender violence from the media, parents, coaches and peers.

"We want to get young people to challenge their thinking and talk to each other about these things," she said.

During another session, Mitch Lyons of Get Psyched Sports led the presentation "Making Your Sports Team A Life Skills Training

Ground Based on Sports Psychology." Mitch noted that a student athlete spends as much as 2 hours/day, 5-6 days/week for 10-12 weeks a year for any one sports season. This provides a "tremendous opportunity for learning when you have a group of people together doing what they love to do."

Mitch gave an overview that included activities from the workshop he presents to schools. His goal is to provide coaches and student athletes with skills derived from the applied science of sports psychology. Based on the premise that there is an "I" in "Team," (that is, the stronger the individuals, the stronger the team) the workshop takes participants through activities designed to strengthen self-esteem and thereby build success.

Between workshops at the Summit, attendees could browse at exhibitor booths. The MIAA is grateful to the following organizations for the support and resources they provide: the **American Heart Association, Asthma and Allergy Foundation, Avitar, Basketball Hall of Fame, Central Massachusetts Prevention Center, MAHPERD, Massachusetts Tobacco Control/Blackstone Valley, Massachusetts Council on Compulsive Gambling** and the **Massachusetts Elks Drug Awareness Program**.