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SPRING
2002
EDITION

Student Services

- Wellness
- Sportsmanship
- Coaches' Education
- Student Leadership



WINNING TEAM – Corinne Pridham, center, recipient of the MIAA "Wellness Coordinator of the Year Award," enjoys the Wellness Summit with her colleague, Mary Corry, of Dighton-Rehoboth Regional High School, and former Dighton-Rehoboth principal Marshall Sawyer, assistant director of the MIAA. See article on Page 8.

6th Annual Wellness Summit Focuses on Healthy Choices

More than 200 educators attended the 6th Annual Statewide Wellness Summit held May 9 at the Radisson Hotel in Milford. The annual conference is designed to help MIAA middle and high schools provide a comprehensive approach to wellness. Among the highlights, Corinne Pridham of Dighton-Rehoboth Regional High School received the "Wellness Coordinator of the Year Award."

Bill Phillips, founder and director of New Beginnings, and Norfolk County District Attorney William R. Keating were honored with Wellness Partnership Awards for their outstanding support of the MIAA Wellness Program. This is the second year the MIAA has presented partnership awards. Last year, Tina Murphy of the DEA and Ralph Fuccillo of Harvard Pilgrim Healthcare were recognized.

"If there's any message we tried to bring to you by the presentation of these awards and this platform, it's that there are people who happen to be in law enforcement, in your own school and in partner



WELLNESS PARTNERS – Bill Phillips, founder and director of New Beginnings, left photo, and Norfolk County District Attorney William R. Keating accept Wellness Partner Awards recognizing their outstanding contributions to the MIAA Wellness Program.

Continued on Page 8

Wellness Workshop Tackles Bulimia

Julie Fisher remembers throwing up brownies and applesauce outside her college dorm. Her life revolved around her obsessive-compulsive eating habits: rationing out a certain amount of crackers, washing fruit just so, shoveling down dinner before it got dark.

She was an A student, a successful athlete, and came from a loving home. Yet something was wrong. Julie would binge and purge, anxious to prevent weight gain and to relieve the stress in her life. She struggled with the ultimate paradox that plagues bulimics.

"I couldn't stand to have food in me, and I couldn't stand to have food out of me," she said. "This is about finding balance."

Today Julie tells young people how she overcame her sickness. Her goals are to help students develop a healthier body image and to inspire others to enter treatment. Julie spoke at the March 19 MIAA Wellness Coordinators Workshop, which drew more than 50 attendees from across the state. Other topics on the agenda were OxyContin, inhalants, and Internet safety.

Researchers estimate that as many as one in five of all U.S. women in high school and college display at least temporary bulimic symptoms. A bulimic's overall health depends on how often she binges and purges. She may vomit once a month or many times a day. Physical repercussions include swelling of the stomach or pancreas, inflammation of the esophagus, enlarged salivary glands, and tooth decay and gum disease from vomiting stomach acids. Frequent vomiting depletes the water and potassium in bodily tissues, causing abnormal heart rhythms,

Continued on Page 2



March Coordinators Workshop

Continued from Page 1

muscle spasms, and even paralysis. In severe cases, the physical problems can lead to death.

Julie Fisher suggested establishing a "girls' group" at school and bringing up eating disorders as a topic. That way, parents won't act defensive about putting their child in a support group, and girls won't feel embarrassed to come. Although it is less common, bulimia can also affect boys. She advised Wellness Coordinators to avoid making compliments about physical appearance, and to find a different positive reinforcement.

"You never know what you're tapping into," she said. "Maybe they had the flu and didn't eat for three days, then their favorite teacher tells them they look good."

OxyContin

In another workshop, Frank Lombardo of the Drug Enforcement Administration discussed the rising problem of OxyContin, a prescription pain medication used to treat arthritis, lower back conditions, injuries and cancer. The drug is available in tablet form in four doses. OxyContin, also called killers, OC, OXY and oxycotton, sells on the illegal drug market for up to \$100 a pill.

As pain medication, OxyContin tablets are taken every twelve hours, rendering it longer lasting and stronger than other oxycodone products on the market. Oxycodone is the narcotic ingredient found in Percoset and Percodan. OxyContin abusers remove the sustained-release coating to get a rush of euphoria similar to heroin. They chew the tablets, crush them for snorting, or boil the powder for injection. The most serious risk is respiratory depression.

Some drug users are taking methamphetamine and OxyContin simultaneously to achieve an enhanced euphoric effect, or to mitigate the side effects linked with methamphetamine use. This practice is termed speedballing.

Abusers have obtained OxyContin by

stealing prescription pads at doctor's office and forging prescriptions, stealing the drug from health care facilities or pharmacies, and "doctor shopping" - visiting different doctors, sometimes in several states, and complaining of the same symptoms to obtain multiple prescriptions.

Internet Safety

Daniel Feeney, Director of Juvenile Services for the Norfolk County District Attorney's Office, led a presentation on Internet safety. He described a typical scenario: a young girl who meets someone in a chat room. She assumes he is her age and that they share the same interests. He wants to meet in an isolated area as he is shy. He asks her not to tell her parents where she is going.

According to a survey of 11,000 teenage girls, 12 percent had agreed to meet someone they had "talked to" on-line; 45 percent had revealed personal information on-line; and 23 percent had sent pictures to an on-line friend. Many young girls have been posting diaries and "wish lists" on-line with links to stores that carry their ideal gifts.

In addition to sexual exploitation, children may be exposed to inappropriate material, encounter belligerent messages in chat rooms, or make a mistake with legal or financial consequences, such as giving out a parent's credit card number or violating another person's rights. Teenagers could have direct contact with drug dealers in chat rooms. They can also use the Internet to find recipes and buy ingredients to make homemade "designer drugs."

The DA's office recommends that no child enter a chat room without parental consent. Children should be taught that people on-line might not be whom they claim, and that they should never give out name, age, address, or school in a public message. There is no need to respond to messages that are threatening, hateful, or cause an uncomfortable feeling. Serious consequences exist for those convicted of Internet crimes.

"Don't feel like you have to deal with it on your own," said Daniel Feeney. "Don't hesitate to call the police. Use them as a resource."

New England Health Coordinators Workshop in August

The American Cancer Society will hold its New England School Health Coordinator Leadership Institute from August 13-16, 2002 in Westminster.

The Leadership Institute is founded on the belief that good leadership, provided by well-prepared school health professionals, can make a significant difference in the quality and support of coordinated school health programs. The American Cancer Society will underwrite the expenses of the program.

Fifty participants will learn how they can strengthen the communications and organizational skills needed to develop and maintain effective school health programs. These skills include team building, advocacy, conflict resolution, meeting facilitation, strategic planning, program development and staff training. Participants will develop an action plan for applying what was learned from the Institute to their local school district. School health coordinators will be expected to establish school health councils and/or to strengthen the school health programs in their district. After the first year, they will be expected to assist with the training of other school health coordinators in their state.

For an application packet or information, contact Kathy O'Connor of the American Cancer Society at 30 Speen St., P.O. Box 9376, Framingham 01701, or call her at 508-270-4600.

Speakers Wanted!

The MIAA Wellness Department seeks speakers on the topic of alcohol, tobacco or other drugs, and facilitators to conduct workshops for student leaders and coaches.

If interested in learning more, contact the MIAA Wellness Department at 508-541-7997.

Eighth, Ninth Graders Most At Risk for Inhalant Abuse

Correction fluid, nail polish, paint thinner, butane... What do these products have in common? All of these common household products can be inhaled by youth, as they are inexpensive, easily accessible, and take effect quickly. Inhalants can be any of 1,000 common household, school or industrial products. Inhalants are not a drug, but are chemicals abused as a drug. Inhalant abuse is the purposeful inhalation of intoxicating gases and vapors with the intention of altering one's mood.

Howard Wolfe of the Massachusetts Inhalants Abuse Task Force spoke at the March 19 Wellness Coordinators workshop. Inhalants are often the first mood-altering substance abused by young children. Studies by the Massachusetts Department of Public Health show that inhalants are the third most abused drug after tobacco and alcohol among sixth and seventh graders. Reports have indicated experimentation may occur as early as third grade. Inhalant abuse peaks in eighth (19.8%) and ninth-grade (20.2%).

Youth may assume that these household products are harmless; however, even a single misuse of inhalants can lead to death. Death may occur from "Sudden Sniffing Death Syndrome," suffocation, choking on vomit or a fatal injury from an accident while intoxicated. Other potentially irreversible effects from inhalant use include hearing loss, brain damage, bone marrow damage and limb spasms.

Howard Wolfe stressed that when discussing inhalants with youth, it is important to avoid mentioning specific products, how they are used, or that they can cause intoxication as this can provide ideas. Instead, he recommends emphasizing that inhalants are poisons, pollutants and toxins, and not drugs, and that they are dangerous when used in unintended ways. Other prevention strategies include teaching inhalant refusal skills, supporting positive youth development and leadership, and educating parents and other community members.

For more information on preventing inhalant abuse contact the Massachusetts Department of Public Health's Inhalant Abuse Task Force at CASPAR Youth Services, 617-623-2080; information@CASPARyouth.org; or visit www.state.ma.us/dph/inhalant. For treatment services contact 1-800-327-5050.

Recognizing Inhalant Abuse

- Hidden spray paint or solvent containers and chemical soaked rags or clothing
- Paint or other stains on face, hands, or mouth
- Chemical odors on breath or clothing
- Drunk or disoriented appearance
- Slurred speech
- Nausea or loss of appetite
- Inattentiveness, lack of cooperation, irritability and depression
- Unusual harsh breath odor
- Blisters or soreness around the nose, mouth or on the lips



Heat Emergencies Can Be Prevented

When Minnesota Vikings player Corey Stringer died of heat stroke last summer, it shook up the sports world. Some coaches say that football players need to practice in tough conditions, or how will

they handle a tough game? But the dangers of hot weather shouldn't be taken lightly. As the Stringer tragedy proves, the results can be devastating.

Even a top athlete in excellent shape can succumb to heat illness if he or she ignores the warning signs. Muscle cramps, caused by loss of salt from heavy sweating, can lead to heat exhaustion. This can progress to heatstroke, which can trigger shock, brain damage and death.

Early symptoms of heat illness include: dizziness, fatigue, muscle cramps, nausea, profuse sweating, thirst, weakness and light-headedness. Later symptoms are: cool moist skin, dilated pupils, headache, pale skin, irrational behavior, nausea, vomiting and unconsciousness. Warning signs of heat stroke are: dry, hot and red skin, fever, dark urine, extreme confusion, rapid shallow breathing, rapid weak pulse, seizures, small pupils and unconsciousness.

To prevent heat illnesses in your school, coaches should avoid holding practices in excessive heat. Athletes should wear loose lightweight clothing in hot weather, rest frequently, drink adequate fluids, and exercise gradually as they increase salt and water intake. Children, the elderly, obese individuals, and those on drugs that impair heat regulation, should take special precautions.

HEAT EMERGENCY

DO'S!

- Lie the victim in cool place with feet elevated 12".
- Apply cool cloths or water to the skin and use fan to lower temperature. Place cold compresses on neck, and armpits.
- Give the victim beverages to sip, i.e. Gatorade, or make a salted drink. Provide a half-cup every 15 minutes. Cool water will work if salt beverages are unavailable.
- Massage the area of muscle cramps gently but firmly.
- Administer first aid if the victim shows signs of shock.

DON'TS!

- Don't give aspirin or salt tablets.
- Don't give liquids with alcohol or caffeine.
- Don't give the victim anything by mouth, even salted drinks, if the person is vomiting or unconscious.





Experts Warn About... Risks of Dietary Supplements

High school athletes can visit any health food store and choose from an array of dietary supplements. On one hand, coaches feel relieved their young charges are opting for legal substances as opposed to illegal drugs. On the other hand, how safe are dietary supplements hyped to improve athletic performance?

The answer: in some cases, supplements have known risks and should be avoided. Unfortunately, the safety of every product is not clear-cut. Unlike prescription drugs, the FDA does not regulate dietary supplements. Products may vary widely in their purity and in the amount of active ingredients. Some may not even contain the claimed active ingredient. Manufacturers often make health claims for their products that are not backed by clinical studies.

Students should consult their doctor for reliable information and be honest about what they are taking. For example, androstenedione is a steroid hormone that occurs naturally in the body. Many athletes believe that when taken as a dietary supplement, AN has anabolic or muscle-building qualities. Sold in health food stores under names such as Androgen, AndroPlex and Androstene, the supplement can have dangerous side effects including behavioral, sexual and reproductive problems, liver and muscle disorders, and increased risk of heart disease.

Athletes who take the supplement along with other steroids have a high risk of harmful drug interactions. Despite claims about the effectiveness, no clinical trials have shown that AN improves athletic performance or increases muscle strength. Although it is not banned in baseball, AN is banned by the International Olympic Committee, the NFL and the NCAA.

Students should beware of supplements containing gamma-butyrolactone (GBL), a highly potent chemical found in industrial and household solvents. Brand names of GBL products include RenewTrient, Blue Nitro, Blue Nitro Vitality, Firewater, Revivarant, GH Revitalizer, Gamma G, and Remforce. GBL may also appear in a listing of product ingredients under other chemical names. Side effects of GBL have included vomiting, aggression, tremors, slowed heartbeat, impaired judgment, seizures, breathing difficulties and coma.

Little is known about long-term effects for another popular supplement, creatine. Commonly reported side effects include muscle cramping, gastrointestinal disturbances and renal dysfunction, but effects on the heart, brain, reproductive organs and other organs has yet to be determined.

The National Federation of State High School Associations Sports Medicine Advisory Committee issued a position statement on the use of drugs, medicine and food supplements in interscholastic sports. The MIAA had adopted the policy, which reads as follows: "School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school or school district.

"Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects. In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."

Learning to Respect Each Other's Differences

Participants got a glimpse into self-identity, prejudice and bias at the Fifth Annual Respect Workshop this winter. More than 30 educators and police officers attended the Feb. 11 conference, sponsored by MIAA, the Anti-Defamation League's "A World of Difference Institute," and the District Attorney's offices of Norfolk and Hampden Counties.

Attendees learned the importance of building empathy and studied the impact that prejudice has on society. Most individuals came with the goal of decreasing bias-related incidents in their schools and communities.

Facilitators were Andrew Tarsy, Eastern States Civil Rights Counsel for the Anti-Defamation League, and Barbara G. Holland, president and founder of the consulting firm BGH Enterprises. They explained that prejudice is a learned behavior rooted in ignorance and a fear of differences. To earn professional development points, attendees could develop an action plan based on a real situation in their school.

"A World of Difference Institute" offers many suggestions to combat prejudice and discrimination at the high school and middle school level. They include: establishing a diversity club; initiating classroom discussion on the subject; organizing an essay, poster or T-shirt contest with the prejudice theme; and forming a committee to write rules of respect which will be posted in each classroom. Other ideas are designing a diversity quilt in art classes, including ethnic cuisine on the lunch menu, announcing important civil rights dates over the PA system, and turning a school assembly into a "game show" called Cultural Pursuit.

"You're not born with prejudice," said Andrew Tarsy. "It's learned in an unconscious way, and needs to be unlearned in a conscious way."

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SPORTSMANSHIP

By Michelle Miller, Reading Memorial High School

Three long, grueling months of training and preparation have brought us to this game upon which all the stakes are placed. After a season of eighteen games and countless practices, this team knows that their commitment and hard work has taken them the distance.

Numerous bruises, sprains, torn ligaments and pulled muscles have not stopped the driving force they have become. It's finally tournament time, the opportunity to prove that this team does not deserve to be at the bottom of the league like it had been in so many previous years. The captain, backbone and leader of the team, has seen all the disappointment and felt all the pain of defeat. However, not this year, this year is different because she has climbed to the top and brought her team with her. They have fed off of her hunger and desire to attain perfection, and followed her every act to demonstrate sportsmanship and character.

The warm-up is quiet, quick and intense. Their time is finally here, the losers go home, and those who are victorious warrant another game. They have a chance to complete the season with a Cinderella fairy tale ending. After taking their positions, the first touch is made and they are on their way. The captain is doing all she can to play to the best of her ability, but she is continuously shut down. Her mark is crafty, quick and skilled. However, there is no way that she would concede now, no way, she has worked too hard. Her most competitive juices pumped her adrenaline, but her sportsmanship attitude channeled it wisely.

There's only one minute left in the game, down by one. There is barely any air left in her deflated lungs, and her legs feel like jelly. The official looks at his watch, and then at her as she receives the ball; she is all alone, just she and the keeper. Two more steps seem like an eternity. All eyes on the senior captain, and all have hope and confidence that she will lead her team away from defeat. The adrenaline is pumping and the sweat is pouring, ankle locked, the shot is released, soaring toward the top corner of the net.

The crowd is silent, until... CLANG! Tipped off the cross bar and directed out of bounds. Fallen to her knees. The official takes a final look at his watch and the terminating three whistles echo through the hearts of all present. Slowly, the captain raises her head and drags herself to her feet.

She congratulates her mark on a game well fought and shakes the hands of the opponents. Her teammates, disappointed and fatigued, follow her lead. Fighting back anger and sorrow, they decide it is more important to demonstrate good sportsmanship. Teammates, officials and spectators respect the composure, and more importantly, the character in the heart of the captain. This is the character that overpowers adrenaline and understands how to accept the bad with the good. She knows how to compete with heart. A perfectionist who knows nothing other than giving one hundred percent effort at all times.

There is no looking back on this game with any regrets. She had done all she could, and deep down inside that is the satisfaction that counts. The respect that was gained during competition is a greater reward than the glory of winning, for honor as a respected person is the greatest glory that one can feel. Winning moments soon fade away, but respect and admiration last a lifetime.

Michelle Miller was honored during the November 2001 Sportsmanship Summit.

Sportsmanship Is the "ONLY WAY TO WIN"

The following individuals and teams received Only Way to Win awards for outstanding sportsmanship during the 2001-2002 school year. Through this program, coaches, athletic directors, game officials or school administrators can notify the MIAA about acts of good sportsmanship. Recipients were:

October: Dennis Toomey, Martha's Vineyard Regional High School; Eric Lonstein, Derek Engelking, Coach Greg Allen, Westborough High School; Girls' Varsity and JV Field Hockey Teams, Westwood High School; Jason Leonard and Varsity Football Team, Stoughton High School; Varsity Football Team, North Attleborough High School; Coach Steve McDonough, Bellingham High School; Varsity Boys' Soccer Team and Coaches, Peabody High School.

November: Coach Bill L'Heureux, Agawam High School; Girls' Soccer Team and Coach, Carver Middle School; Girls' Football Cheerleading Squad and Coach, Dover-Sherborn High School; Robert Newcomb, North Quincy High School; Coach Marc Marcussen, Foxborough High School; Adam Whitfield, Brookline High School; Brandon Salem, Granby High School.

January: Coaches Matthew Kidder and Marie Laundry and Girls' Basketball Team, Mount St. Joseph Academy; Coaches John Spignesi and David Lane and Girls' Basketball Team, Saint Clare Central High School; Boys' Ice Hockey Team, Arlington Catholic High School.

February: Boys' Ice Hockey Team, Arlington Catholic High School; Varsity Swim Team and Coach Paul Fitzgerald, Cambridge Rindge and Latin High School; Lindsey Ervin and Kristen Fuss, Minnechaug Regional High School; Jared Jones, Randolph High School; Girl's Ice Hockey Teams, Mount St. Joseph Academy and St. Mary's Jr.-Sr. High School; Kevin O'Connell, Quincy High School; Shana Allen, Mount St. Joseph Academy.

March: Tom Cuddihy, Scituate High School; A.D. Mark Southworth and Boys' Basketball Team, Bourne High School; Girls' Basketball Team, High School of Science and Technology; Erin Colligan, Plymouth South High School.

April: Clayton Gullatt, Gardner High School; Tom Rodrigues, New Bedford High School; Coach Greg Gilbert, Falmouth High School; Coach Allison Gilman and Girls' Lacrosse Team, Wayland High School; Jason Antin, Acton-Boxboro High School.

(These were all the names available at press time. Look for additional spring nominees in the fall 2002 newsletter.)

Recipients receive a certificate and letter praising their accomplishments. If you would like a copy of the Only Way to Win form, contact the MIAA at 508-541-7997 or sjuba@miaa.net.

Tobacco Quiz



Can your students pass this quiz, developed by the National Center for Chronic Disease Prevention and Health Promotion?

The quiz is available at:

http://www.cdc.gov/tobacco/tips_4_youth/quiz.htm

Turn to page 7 for the answers.

1. Smoking is harmful only if you smoke for a long time – 20 to 30 years or more. True False
2. If you smoke a pack a day for one year, it will cost you about: \$50 \$1000 \$1,500 \$3,000
3. Nicotine in tobacco is highly addictive. True False
4. Spit tobacco is a safe and non-addictive alternative to cigarettes. True False
5. Which of the following chemicals are found in cigarette smoke?
 - Ammonia (used to clean toilets)
 - Cyanide (used to kill rats)
 - Formaldehyde (used to preserve dead frogs)
 - All of the above
6. More than 80% of smokers start before they turn: 18 years old 21 years 25 years
7. How many young people become new smokers each day? 1,000 2,000 3,000
8. Tobacco kills more people each year than which of the following causes of death?
 - Illegal drugs
 - Car crashes
 - AIDS
 - All of the above
9. Within two days of quitting smoking, your sense of taste and smell greatly improve. True False

Upcoming Coaches' Education Clinics

- June 16, Lynnfield HS, 8 a.m.-4 p.m.
- June 18 and 20, Andover HS, 4:30-8:30 p.m.

Registration forms available at www.miaa.net. Please fax registrations to 508-541-9888, or mail to MIAA, 33 Forge Parkway, Franklin MA 02038. Fee is \$105. Checks or POs should be mailed before the clinic.

4th Annual Golf Fundraiser Scheduled For June 27

The Fourth Annual MIAA Wellness Golf Tournament will be held Thursday, June 27 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. Raffle donors will be announced when prizes are claimed at the banquet. For more information on registering a foursome or sponsoring a tee, green, or raffle prize, call Stacy at 508-541-7997.

Fourth Annual WELLNESS GOLF TOURNEY

June 27, 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 20.*

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 Web Site!
www.miaawellness.net

Tobacco Quiz Answers

Continued from Page 6

1. **FALSE.** Physical damage from smoking sets in almost immediately – even within a year after you start. Teen smokers cough and wheeze more, produce more phlegm, have damaged lungs and weaker hearts.
2. **\$1000.** If you put \$1000 every year in a bank account earning five percent interest, you'd have \$34,719.25 after 20 years.
3. **TRUE.** Only five percent of teen smokers think they will definitely be smoking in five years, but close to 75 percent end up still smoking 7-9 years later.
4. **FALSE.** Using spit tobacco can cause cracked lips, bleeding gums, and sores of the mouth that never heal. It can stain your teeth yellowish-brown and give you bad breath. Spit tobacco can cause mouth cancer and other kinds of cancer. It also may play a role in heart disease and stroke.
5. **ALL OF THE ABOVE.** Scientists estimate that there are more than 4,000 known chemical compounds in cigarette smoke. More than 40 of these are known to cause cancer in people or animals.
6. **18 YEARS OLD.** More than 80% of adult smokers started before they turned 18, and by that time more than half of them were already smoking daily.
7. **3,000.** Each day 6,000 young people will take their first puff on a cigarette and 3,000 will become regular smokers. That's more than a million new smokers each year.
8. **ALL OF THE ABOVE.** Each year smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined. More than 400,000 people die from smoking each year.
9. **TRUE.** Within two days of quitting smoking, your sense of taste and smell can be greatly improved. The levels of carbon monoxide and nicotine in your body go down quickly. Your heart and lungs will begin to repair the damage done by smoking.

Students Conference- Bound To 'Make a Difference'



STUDENT ADVISORS - Student Advisory Committee members from Lexington and Monson High Schools serve on a panel at the MIAA Wellness Summit.

Once again the MIAA will send students to the annual Leadership Conference sponsored by the National Federation of State High School Associations. The event will be held July 11 to 14, 2002 at the downtown Marriott Hotel in Indianapolis.

Students will attend from Notre Dame Academy in Hingham, Hull High School, Sharon High School and Lexington High School. After the trip, they will serve on the MIAA Student Advisory Committee.

Beth Lidington of Hull High School wants to attend the conference so she can make a difference in her community. "Teenagers have so much time on their hands and so much to say," she wrote in her application. "I want to make use of both as best as I can... My going to a conference would greatly help my motivation for making things happen. I could gain knowledge and experience from such an interesting trip and I find the idea extremely intriguing."

Last year's group, representing Worcester Public Schools, Lexington High School, Monson High School, and St. Mary's High School in Lynn, has remained active throughout the school year. They have attended meetings of the Wellness Advisory Committee and MIAA Board of Directors and participated on panels at the MIAA Annual Meeting and Wellness Summit. The Massachusetts students will also highlight a session in July at the National Federation Annual Conference in Boston.

Carrying the theme "Making A Difference," the Indianapolis conference will focus on respect and sportsmanship, teamwork and healthy lifestyles, and perspectives and positive values. The Indianapolis Parks and Recreation Department will host a community service project for students and facilitators.

"I truly believe that people getting together and talking is important and influential," wrote Emily Toto of Notre Dame Academy in her application. "It would be an honor and a privilege to be able to travel outside of my region and meet diverse people. The experience seems life changing and educational."

Mouthguards Reduce Dental Injuries

Kirk Buschenfeldt, director of health and physical education for the Natick Public Schools, has witnessed the benefits of mouthguards firsthand. As assistant girls' varsity softball coach, he has held his breath as line drives rocket toward his players' faces or ground balls hit a bad bounce. Without protection, athletes could suffer facial bone fractures, broken and knocked out teeth, jaw joint injuries, concussion, blinding eye injuries, permanent brain injury, and in rare cases, trauma that can result in death.

Natick coaches have mandated that girls' softball players wear a mouthguard to reduce their risk of injury. The girls' softball program received a home run this season from Dr. Kane Tesini and Dr. Nancy Soporowski, a pair of Natick orthodontists. The practice donated fitted mouthguards for the entire team, approximately 27 students. Next year, the opportunity will be renewed and extended to the freshman girls' team. The practice spent approximately \$100 per athlete as students first had a mold of their teeth taken, then returned for a fitting.

The American Dental Association estimates that mouthguards prevent approximately 20,000 injuries each year. An athlete is 60 times more likely to sustain damage to the teeth when not wearing a protective mouthguard. According to the National Institute of Dental Research, 34% of high school basketball players suffer orofacial injuries. Soccer players are three times more likely to suffer dental injuries than football players are. Baseball players sustain facial injuries from mis-swung bats, fly balls and sliding collisions.

"Mouthguards prevent major damage and hopefully will prevent any damage," said Kirk Buschenfeldt.



NEW BEGINNINGS – MIAA Consultant Bill Phillips, founder and director of New Beginnings, gets a response from students at the May Wellness Summit.



MONSTROUS REPERCUSSIONS – Christina Everett and Michael Miller of the theatrical troupe The Improbable Players perform a skit on how addiction affects us at every stage of our lives.

Spring Summit Emphasizes Wellness

Continued from Page 1

associations that are committed and want to help you make healthy lifechoices," said MIAA Deputy Director William N. Gaine, Jr.

State Rep. Kevin W. Fitzgerald, Commission on Alcohol and Drug Abuse and Assistant Majority Whip, welcomed participants with a keynote address.

"I'm here this morning because I think you make a difference," he said.

"You plant the seed. You give good examples. You make all the difference in the world in the lives of children on a daily basis."

Presenters included Richard D. Ginsburg, Ph.D., and Stephen Durante, Ed.D, co-directors of the Massachusetts General Hospital Sport Psychology Program, who discussed rape, suicide and hazing. They outlined important indicators of whether a child has healthy psychological development, such as confidence, good judgment about where to seek advice, friendships, interests and emotional expressiveness. Special Agent Tina Murphy of the Drug Enforcement Administration spoke on Ecstasy, Club Drugs and Oxycontin, and the MIAA Student Advisory Committee led a panel on "What it Takes to be a Student Leader."

The Improbable Players presented "Stages - A Theatrical Presentation on Addiction." Two actors performed a series of vignettes about life under the influence. Bill Phillips led a students-only session entitled "Making Responsible Decisions About Drugs and Alcohol." He told students the gritty truth about how drugs can devastate their lives. Even four grams of marijuana has heavy traces of kerosene, kitchen cleansers, insect repellent and ammonia, he said.

Keynote speaker Dr. Gregory Connolly, director of the Massachusetts Tobacco Control Program, stressed the importance of involving students in policy development. Through aggressive media campaigns and school-based efforts, the Tobacco Program and schools can work together to change behaviors. "Our biggest success has been with our young people," he said.

Exhibitors were the: American Red Cross, Asthma and Allergy Foundation, Health South, MADD - Greater Boston, Massachusetts Council on Compulsive Gambling, Massachusetts Department of Public Health, Massachusetts Eating Disorders Association, Norfolk County District Attorney's Office, and Wayside Community Links.

Dighton-Rehoboth Educator Selected As Wellness Coordinator of the Year

Corinne Pridham, an educator for Dighton-Rehoboth Regional High School, was selected as recipient of the MIAA "Wellness Coordinator of the Year Award." She was honored before her peers at the 6th Annual Statewide Wellness Summit at the Radisson Hotel in Milford. Corinne was chosen for the first annual award from a pool of exemplary candidates, standing out as the educator that best reflects the definition of a Wellness Coordinator. Administrators submitted letters of recommendation to the MIAA Wellness Department.

Corinne serves as the school psychologist, special education coordinator and student assistance program coordinator for Dighton-Rehoboth Regional High School. Among her accomplishments, she started the T.O.A.D.S. (Teen Organization Against Drugs) group, which has presented at state and national conferences. As Wellness Coordinator, she has sponsored health awareness days, parents' nights and developed a course for potential peer leaders. She is also president of the Massachusetts Peer Helpers Association and a member of the coalition that founded Massachusetts Associations Working for Alcohol Responsibility and Education.

She has been active with the MIAA, serving on its Wellness Advisory Committee since 1995. Corinne attended the annual residential Leadership Training Institute in 1991 and presented at past Wellness Summits as well as annual South Coast Conference workshops.

Assistant MIAA Director Marshall Sawyer, who worked with Corinne for more than 25 years as principal of Dighton-Rehoboth Regional High School, presented her award at the Summit.

"When one talks about Corinne, one thing comes to mind - kids," he said. "She wears many hats at Dighton-Rehoboth High School, but all those hats involve kids. . . . She is about caring, dedication and commitment."

**WANTED:
GREAT STORIES!**

Has a student, group or staff member at your school done something that exemplifies wellness promotion or sportsmanship? We want your good news!

Send color photos and press release to:

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