



MIAA

Massachusetts Interscholastic Athletic Association

# BUILDING THE FUTURE

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SPRING  
2003  
EDITION

## Wellness Summit Teaching Leaders

When Wayne Soares saw students placing little red flowers on their dead classmate's coffin, he wanted to rip the petals and throw them into the trash. Every one of those young people had attended the party that led to the drunken driving accident.

flowers.

Waynes Soares, a nationally syndicated radio sports announcer and motivational speaker, welcomed participants to the Seventh Annual Statewide Wellness

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**AWARD WINNER** – Theresa Hotaling of the Westfield Middle Schools and her assistant principal Ray Broderick accept Hotaling's Wellness Coordinator of the Year Award. See Page 7 for story.

Every one of them had a chance to take away their friend's car keys and call for a ride. No one stepped up to play a leadership role. Not only had the driver made a mistake; so had every teenager at that party. All they could do to ease their guilt was to mourn their friend with special

## Hoops for Special Olympics

The MIAA will sign up all Massachusetts high schools for an exciting new program this fall. On October 25, 2003, schools nationwide will team up to "Make the Point" for Special Olympics.

High School Associations and Special Olympics have created a national fundraising event that could benefit thousands of individuals involved in Special Olympics. Students across the

The National Federation of State

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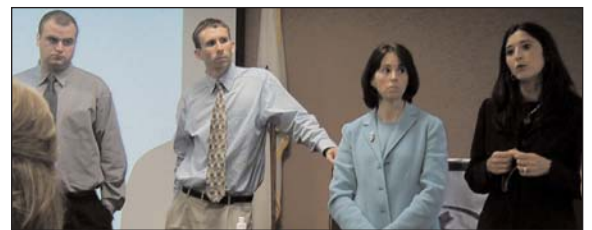
## School-Based Health Centers Important

*Wellness Coordinators Meeting  
Highlights Many Crucial Issues*

"You can't educate a child who isn't healthy and you can't keep a child healthy who isn't educated."

Jean Vazza of Blackstone Valley Regional Vocational Technical High School used this quote from former U.S. Surgeon General Jocelyn Elders to stress the importance of school-based health centers. She spoke at the March 18 Wellness Coordinators Workshop held at the MIAA office.

Others speakers included Christine Burke of the Department of Education; James Poirier, clerk magistrate of Norfolk Juvenile Court; Michael Roberts, Casey Day and Martha Pellegrino of Valley Tech; Doreen Martel of the Franklin Lions Club; and Capt. Joel Finnell and Sgt. Isabel Sweet of the Massachusetts National Guard.



**HEALTH CENTERS** – From left, Casey Day, Michael Roberts, Martha Pellegrino and Jean Vazza explain about components of the School-Based Health Center at Blackstone Valley Regional Vocational Technical High School in Upton.

Jean Vazza, program director/clinical case manager for the Valley Tech Health Center, said there are more than 1,300 centers nationwide and 71 in Massachusetts. Many young people don't receive medical services to prevent health problems or treat injuries and sickness. These students are likely to be absent from school, have trouble focusing on class work and face increased risks of dropping out, sub-

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### Student Services

- Wellness
- Sportsmanship
- Coaches' Education
- Student Leadership



# Wellness Workshop Provides Vital Information

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stance abuse, physical abuse, STDs and pregnancy.

School-based health centers are licensed and supported by the Massachusetts Department of Public Health and operated by hospitals or community health centers. Nurse practitioners, nurses, doctors, physician's assistants, health educators and social workers staff the center. Valley Tech offers diagnosis and treatment of minor and acute medical conditions, first aid, physical exams for sports, school and employment, immunizations, information about STDs, consultation with the primary care provider for chronic illnesses, referrals to outside health services and mental health counseling.

Schools interested in starting a health center should establish a subcommittee, select a facilitator, find a sponsor or lead agency such as a hospital, secure local commitment, confirm legislative support, identify grants and other resources, and design the layout.

As part of the school-based health center, Valley Tech has implemented a successful nutrition and fitness program called NFL. More than 375 health students underwent fitness tests and learned how to interpret the results. Interested students followed individual wellness plans and received nutrition counseling. Eighty-three percent of participants needed to improve their overall nutrition and 48 percent needed to decrease junk food consumption. The NFL program sponsors a healthy holiday breakfast, family newsletters, a logo T-shirt contest, family fitness night, bicycle fitness challenge and walk-a-thon.



**PREVENTING STDs –**  
During the March Wellness Coordinators meeting, Christine Burke of the Department of Education makes a presentation on sexually transmitted diseases and youth.

## Sexually Transmitted Diseases

Christine Burke discussed young people and STDs, infections spread from person to person by sexual contact. Most occur without any signs or symptoms. In Massachusetts, minors can be checked and treated at an STD clinic for free and without their parents' consent.

She said that teenagers ages 15-19 and young people 20-24 have the highest rate of sexually transmitted diseases in the state. Common bacterial infections are chlamydia, gonorrhea and syphilis. These can be cured through antibiotics, but can cause serious illness and even death if left untreated. In 2002, 10,435 cases of chlamydia were reported in Massachusetts. Viral incurable diseases are herpes, genital warts/human papilloma virus and HIV/AIDS. Any STD increases the risk of acquiring HIV by 2-5 times. Treatment for an STD can clear up the sores that make it easier for HIV to enter the blood, reduce the number of the cells that HIV prefers to infect, and decrease the amount of HIV in the body. Teenagers may have HIV for years without symptoms and may not be tested until they are older.

For more information and the locations of clinics, contact the Department of Public Health, Division of STD Prevention at 617-983-6940.

## Juvenile Justice

James Poirier explained trends in juvenile justice and the types of cases that concern young people. In care and protection cases, a judge has the ability to terminate parental rights due to physical or emotional abuse. Child in Need of Services (CHINS) cases impact children who don't obey the reasonable and lawful commands of parents. This could include truants, runaways and persistently misbehaving children. The court will refer the family to appropriate service agencies to remedy the cause of the behavior. The third type of case, delinquency, extends through the seventeenth birthday. After that date, the teenager is

considered an adult.

He described grey areas, such as a 17-year-old who has left home and the parents don't approve of the child's living situation. Although in Massachusetts the age of majority is 18, there is no way to enforce parental rules after the seventeenth birthday.

Some parents ask whether they can lock their child out of the house after a certain hour to make a point, however this runs the risk of legal consequences including allegations of child neglect.

In another presentation, a panel discussed Partners in Prevention, an MIAA initiative aimed at working together to provide student services. More than fifty organizations were invited to join the group. James Wuelfing of the Massachusetts Council on Compulsive Gambling, Amy Fradette of MADD, Doreen Iovanna of the Department of Education and Corinne Pridham of Dighton-Rehoboth High School provided an update.



**JUVENILE JUSTICE –**  
James Poirier, clerk magistrate of Norfolk Juvenile Court, gives Wellness Coordinators an overview of trends in juvenile justice.

**Wellness Coordinator:** Michael Kane  
**Wellness Contact:** Peter Smith  
**Editor/Writer:** Stacy Juba

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**GUARDING YOUNG PEOPLE** – Sgt. Isabel Sweet of the Massachusetts Army National Guard explains the Drug Demand Reduction Program at the MIAA Wellness Coordinators workshop.

## Helicopter Flies High Against Drugs

Imagine a military helicopter landing on your school grounds, and the wide-eyed students eager to greet the men and women in uniform.

It's not often that young people listen with riveted attention and respect. The Massachusetts Army National Guard uses this opportunity to deliver a strong anti-drug message — and the program is free to your school.

Capt. Joel Finnell and Sgt. Isabel Sweet described the Massachusetts Drug Demand Reduction Program at the March 18 Wellness Coordinators workshop. The DDR provides free support to schools, agencies and organizations involved with substance abuse prevention and education.

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.

Other programs are the Parent Connection, six one-hour sessions focusing on communication between children ages five to nine and their parents; the Peer Drug Prevention Skills Course, an obstacle course at Camp Edwards that promotes using teamwork and creativity to solve challenging scenarios; and sponsorship of Red Ribbon Week each October to show intolerance for drugs.

Capt. Finnell said the helicopter event makes a nice conclusion to a DARE graduation or other program, and groups can stand before the aircraft for a picture. For information on any of the DDR programs, contact SSG Lyn Briggs at 1-888-301-3103, extension 6834, or e-mail [cdma@ma.ngb.army.mil](mailto:cdma@ma.ngb.army.mil).

## Lions Roar Against Drugs

Leadership and substance abuse programs may be available in your own backyard.

Doreen Martel represented the Franklin Lions Club at the March 18 Wellness Coordinators Workshop.

Since 1984, Lions clubs have sponsored Quest programs for schools. A team of experts from Quest International, a non-profit youth advocacy/curriculum developer from Ohio, created the curriculum. Topics include responsibility, communication, goal-setting, healthy decisions and alcohol/drug prevention. The Lions also offer programs for conflict management.

Lions members can introduce Quest programs into their communities by sponsoring the training of local teachers. A two-or-three day teacher training workshop explains Lions-Quest theory and practice. Educators in more than 36 countries have been trained to teach the Lions-Quest life skills program. Lions-Quest also developed a workbook for educators, “Exploring the Issues: Teens – Alcohol and Other Drugs.”

Youth can form Leo Clubs, groups that have the motto “Leadership, Experience, Opportunity.” The Lions can also provide information on diabetes and assistance with purchasing eyeglasses. To implement programs in your area, contact your local Lions Club for information.

## Prepare for Allergic Reactions

More than three percent of school-aged children are at risk for life-threatening allergic reactions to common foods, insect stings, latex and medications. These children participate in interscholastic sports and cheerleading at the same rate as their peers. Coaches must learn how to manage allergic emergencies to prevent an unnecessary death.

Children with a known risk for a life-threatening allergy should be identified with a form that has their photo, lists allergy triggers and possible symptoms, as well as describes emergency steps to be taken. Each child should have a readily accessible epinephrine auto-injector, and the coach in charge should know how to administer the EpiPen immediately. It must be given within minutes, and the child might not feel well enough to administer it. The coach should have a portable communication device to call for an ambulance as some reactions will have a second phase even after the situation appears under control.

Because reactions can be swift and serious, it is important to avoid accidental exposures. The most common foods that cause serious reactions are peanuts, tree nuts, fish, and shellfish, though any food can cause the reaction in an individual. Measures should be taken to avoid insect stings or latex if a child is seriously allergic. Ideally, every school will have a nurse to train staff. Research has shown that about 20% of these children have a reaction at school, and for some, it will be their first known reaction.

The Asthma & Allergy Foundation of America/New England Chapter (AAFA/NE) has been working with the Massachusetts Departments of Education and Public Health to develop best practice guidelines. For further information, contact the foundation toll-free at 1-877-2-ASTHMA.

# A Pyramid of Hate

## *Name-Calling Inflicts Invisible Wounds*

Every day, children slump down the school corridor and hope to go unnoticed. They trudge past the bullies taunting “She’s so retarded” and scorning their clothes, hair, grades, last name, or whatever else makes them a target.

For these students, school isn’t a place of learning. It is a battleground where they are the helpless victims, worried that fighting back will worsen the situation. They sit through lunch, red-faced, waiting for the bell to ring. Scars can last a lifetime, the invisible wounds to self esteem festering in the subconscious.

According to the Anti-Defamation League, in a study among youth, 20% avoided school hallways and 43% avoided restrooms. Half of students surveyed knew someone who had switched schools to feel safer, and 63 percent said they would learn more if they felt safer in school.

More than 120 educators attended the “Confronting Bullying, Name-Calling and Other Disrespectful Behavior” workshops held March 3 and April 14 at the MIAA office. The Anti-Defamation League’s “A World of Institute” and Norfolk County District Attorney William R. Keating’s office co-sponsored the event.

Facilitators for March 3 were Barbara Holland, president and founder of the consulting firm BGH Enterprises, and Fred Jewett, a teacher and coach at Hingham High School. In the first segment, participants developed ground rules using the letters R.E.S.P.E.C.T. Among the words brainstormed were risk-taking, empathy, perspective and trust. Fred Jewett, who spoke at both workshops, recommended that teachers and coaches implement this activity with their students.

“Respect is something you can establish and you can create a philosophy around,” he said. “It will improve your school and community if everyone buys into it... if you don’t set up a philosophy or something that



**EXAMINING BIAS** – Participants listen intently to strategies for dealing with bias, name-calling and bullying.

lays ground rules, you’re throwing everything to chance.”

Participants watched the video “Names Can Really Hurt Us,” a reminder of how this type of behavior looks, sounds and feels. Bullying includes name-calling, rumors, exclusion, manipulation, intimidation and e-mail harassment. If left unchallenged, it can escalate into physical violence. Fred Jewett challenged teachers to visit the cafeteria, sit at a table of students and witness the cold stares. “See how they react to you and how welcome they are,” he said. “That’s how a new kid feels. That’s how a kid who is getting bullied feels all the time.”

To make a significant impact, teachers, administrators, parents and students must join forces. Participants shared ideas that work in their own schools, such as a month-

ly Peace Day gathering, advisor/advisee programs, mentoring, advisory councils and community coalitions.



**TEACHING RESPECT** – Fred Jewett, a teacher and coach at Hingham High School, spoke at the MIAA conference “Confronting Bullying, Name-Calling and Other Disrespectful Behavior.”

The facilitators said that teachers can take action in many ways. It may help to speak with the students individually to make sure they feel

heard and to understand their needs. If mediation is appropriate, the students should step back from each other, cool off and take turns explaining their perspective. Some incidents could become teachable moments and provide an opportunity for classroom discussion about bias. Even joking comments to friends could cause hurt feelings. One educator related how a popular student surprised his peers, admitting that it bothered him when his friends made fun of his red hair.

“Kids think of it as teasing each other and being funny,” said Fred Jewett. “Before you know it, you’ll have this whole sea of insults floating around in your school. This leads to the next step. Language is powerful.”

## Getting High from Cold Medications

Next time you see students carrying Robitussin, make sure they have cold symptoms. A new trend has struck Massachusetts high schools: abuse of over-the-counter and prescription cold medications.

In February, the Boston Globe reported 20 cases in Brookline and Newton. According to local poison control centers, there were 1,048 instances of this type of abuse in Massachusetts and Rhode Island last year, compared to 870 the previous year.

Most overdoses involve Robitussin and Coricidin HBP, which can give users a foggy sensation similar to PCP. Individuals who take eight pills of Coricidin or drink four ounces of Robitussin may be disoriented and hallucinate. Experts attribute the popularity of these medications to DXM, a substance related to PCP that is also found in many other medications. Users claim it provides relaxation and euphoria.

Warning signs of abuse include clumsiness and sluggishness. Some schools have asked pharmacies and stores to watch for young people buying large quantities. Others have launched awareness campaigns to warn students of the danger.

According to the American Association of Poison Control Centers, there were more than 14,000 calls last year reporting abuse of cold medications.

# Special Olympics Event Slated for Oct. 25

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country will solicit pledges from family and friends based on the number of free throws they will attempt in a 60-second period. On event day, students will gather in the school gym, turn in the money they raised and shoot their promised free throws. Materials will be made available to participating schools, including how-to instructions, K-12 curriculum, banners, posters, pledge forms and participation certificates.

To streamline the process, MIAA will register all member high schools with the National Federation, automatically placing them on the mailing list for materials. Middle schools in our e-mail database will also be included. **However, if you don't wish to participate, notify MIAA by June 15 to remove your school from the list.**

In addition to Special Olympics benefiting from this program, schools will keep 10 percent of the revenue raised by the students. The NFHS will receive a small percentage of the total revenue to support educational athletics. The event will culminate the 24th Annual NFHS National High School Activities Week held Oct. 19-25.

The National Federation holds high hopes for the potential of the program. If 100 students per school raise \$25 each, with 5,000 schools participating, a total of \$12.5 million would be raised for Special Olympics. The NFHS challenges schools to foster friendly competition among their students and other high schools. Each school district is encouraged to establish incentive programs for the team that raises the most money (i.e. the football team vs. the girls' soccer team, or the seniors vs. the freshmen); the student/team who makes the most free throws; the student/team who secures the largest number of donors; and the school that raises the most money in the district.

Each participant will receive a certificate of achievement. Rewards will be distributed to students who raise certain levels of revenue. Special Olympics and the NFHS will also award prizes for the student and the school that raise the most money nationwide. Special Olympics is an organization dedicated to empowering individuals with

mental retardation to become physically fit, productive and respected members of society through sports training and competition. The organization offers children and adults with mental retardation year-round training and competition in 26 Olympic-type summer and winter sports.

In August, Special Olympics will forward schools a "Make the Point" for Special Olympics implementation kit. Visit [www.specialolympics.org/getintoit](http://www.specialolympics.org/getintoit) and download the Special Olympics Get Into It standards-based K-12 curriculum, which teaches students about respecting and embracing differences and similarities in people with and without mental retardation, and how to overcome barriers to achieve their goals.

## Last Chance for Student Leadership Conference

The MIAA is still accepting participants for the Third Annual Student Leadership Conference sponsored by the National Federation of State High School Associations. The event will be held July 11-14 at the Indianapolis Marriott.

The "Making A Difference" conference is geared toward students who participate in interscholastic athletics and fine arts programs. The MIAA will contribute \$1,000 for teams of four students, covering registration.

More than 400 students are expected to attend the conference, which will feature large and small group instruction, a city-wide community service project and recreational activities. Topics will include

**Special Olympics  
Massachusetts  
Reach**

- 90,000 children and adults with mental disabilities
- 8,435 athletes participating in Special Olympics
- 10,000 volunteers each year
- 125 annual competitions
- 10,000 athletes by 2005
- 800 certified coaches
- 26 sports

respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyles and self evaluation.

Advisors will accompany the student groups and will take an active part in the conference. College counselors will interact with students all weekend as friends and mentors.

Massachusetts student delegates will serve on the MIAA Student Advisory Committee. For an application, contact the MIAA at 508-541-7997, or e-mail [psmith@miaa.net](mailto:psmith@miaa.net).



**TIME OF YOUR LIFE** – Rebecca Smith describes her trip last year to Indianapolis at the Wellness Summit.

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## Citizenship Awards Honor Over 330 Student-Athletes

More than 330 high school students were honored for their accomplishments in academics, athletics and community service at the Seventh Annual Massachusetts Student-Athlete Citizenship Awards ceremonies sponsored by Northeastern University's Center for the Study of Sport in Society, MIAA and the National Consortium for Academics and Sports.

Thirty-three Western MA schools participated in the April 10 event held at the Naismith Memorial Basketball Hall of Fame in Springfield. Keynote speakers included MIAA Deputy Director Bill Gaine. Northeastern University hosted an April 29 awards ceremony for an additional 52 schools from across the state.

The theme of this year's event was "Leadership Through Sportsmanship." Selected groups of student-athletes participated as panelists on the topics "Do the Right Thing," and "Sportsmanship On and Off the Field," as well as offered firsthand accounts of their examples of community activism in the "Leading By Example" segment.

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. The awards were held in conjunction with National Student-Athlete Day.

Visit [www.sportinsociety.org](http://www.sportinsociety.org) for more information.

## Partners in Prevention Has Admirable Goals

Rest assured that in these turbulent times, a new group in Massachusetts has a heart-warming vision: **that all agencies, organizations, professionals and volunteers who work with youth in the state cooperate and collaborate with one another to promote the health and well-being of all children and young adults.**

Mike Kane, MIAA Student Services, and Jim Wuelfing, Massachusetts Council on Compulsive Gambling, discussed the Partners in Prevention effort at the Seventh Annual Wellness Summit.

More than 50 organizations have been invited to join the MIAA initiative since its inception last year. The all-volunteer group has adopted the following mission statement: **Partners in Prevention seeks to serve as a clearinghouse and a conduit to offer opportunities for improved information dissemination and service delivery. We are committed to providing**

**mechanisms and structures that support improved services to youth. We strive to celebrate youth who make positive lifestyle choices.**

MIAA offers meeting space, logistical support and leadership. One idea on the forefront is collaborating on statewide conferences. Many events have suffered dwindling numbers as schools place greater emphasis on keeping teachers and students in the classroom. Rather than forcing schools to choose from different conferences, organizations could co-sponsor larger events and offer wider programs. The group also hopes to publish an on-line service delivery manual, which could be updated as information grows outdated.

Mike Kane reported that an alliance is in the works with Partnership for a Drug-Free America, which does not have a Massachusetts presence. When an alliance

### Only Way to Win

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

**Coach Jim Grant, Nipmuc Regional High School; Drew Ridley, Pioneer Valley Christian School; Ryan Fatman, Sutton High School; Coach Bob Daley, Plymouth South High School; Kevin Nee, Hopedale High School; Joe Pinkston, Nashoba Valley Technical High School; Varsity Boys' Basketball Team, Whitinsville Christian School; Varsity Girls' Basketball Team, Whitinsville Christian School; Girls' Basketball Team, Charlestown High School; Boys' Ice Hockey Team, Waltham High School; Mark Geller, Marlboro High School; Coach Scott Soderberg, Maynard High School; and Domenic DiMarzo, Savio Prep.**

### Coaches' Education Clinic

June 7, West Springfield HS, 8:30 a.m. - 4 p.m.

The fee for the course is \$105. Please 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. Visit [www.miaa.net](http://www.miaa.net) for information.

# Hotaling “Wellness Coordinator of the Year”

Theresa Hotaling, prevention counselor for the Westfield Public Schools, was selected as recipient of the Second Annual MIAA “Wellness Coordinator of the Year Award.” She was honored May 9 at the Statewide

Wellness Summit held at the Radisson Hotel in Milford.

Theresa was chosen from a pool of outstanding candidates. School administra-

tors could nominate individuals by submitting letters of recommendation to the Wellness Department.

“What is truly remarkable about Mrs. Hotaling is that she is responsible for the development, implementation and maintenance of the wellness program for both Westfield Middle School North and South,” wrote Assistant Principal Raymond K. Broderick. “These schools have a combined grade 6-8 population of approximately 1,500 students.”

Theresa is a licensed social worker, certified adjustment counselor and is recognized by the American Lung Association as a certified facilitator. Through her position as prevention counselor, she provides individual and group counseling to potential and current users. She maintains smoking cessation groups at both schools as well as group activities for children of alcoholics, and has established a Students Against Destructive Decisions group at North Middle School.

Among her other accomplishments, she organized and published a Teen Yellow Pages and annually sponsors American Smoke-Out Day activities. Theresa belongs to many groups and councils, including the Teen Dating Task Force, Safe and Drug-Free Grant Advisory Council and School District Drop-Out Task Force.

“In my administrative career, Mrs. Hotaling stands out as a true professional who epitomizes the essence of the team advocate,” reads the nomination letter. “She works tirelessly in support of our students and their families. A testament to her effectiveness is her relationship with our entire professional staff who rely on and respect her for expertise in her field.”

## A Little Someone

**Editor’s Note:** The following essay won the “What’s Your Message?” statewide alcohol awareness essay contest sponsored by the Massachusetts Medical Society and the MIAA.

**By Lila West**  
Hopkins Academy, Hadley

*There has always been a little someone  
Ever since I was but three  
A little someone standing there  
Looking up to me.*

*We laughed and sang and played  
And life was so carefree  
The grown-up world was not our concern  
But we all grow up, eventually.*

*Then it was my time to grow up  
And I was glad that I went first.  
I thought this way I could protect you  
From the very worst.*

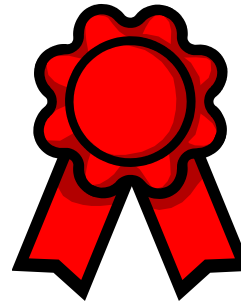
*I got older then  
And went out on Friday nights  
I had to learn for myself  
What was wrong and what was right.*

*I am so sorry, Little Sister  
That some adult things aren’t so good.  
Bad things happen every night  
In every neighborhood.*

*And I have noticed on these nights  
That some of these things wouldn’t have  
happened at all  
If it hadn’t been for one dangerous thing  
A thing that we call alcohol.*

*It starts with just one drink  
Then becomes more than two  
And things get more and more out of hand  
‘Till you don’t know what to do.*

*This poison affects the way you think  
It makes you do stupid things  
Things that you’ll probably regret  
When you wake up the next morning.*



**ESSAY WINNER - Lila West of Hopkins Academy won first place for the “What’s Your Message?” alcohol awareness essay contest.**

*Some people drink to “have some fun”  
Because it’s “the thing to do”  
But remember every time you take a drink  
You’re endangering more than just you.*

*In school they tell us  
How many each day die  
It is a scary number  
Little Sister, it’s so high.*

*When we laughed and sang and played  
I so very wrongly thought  
That I could protect you from life’s hardships  
Simply by using the love in my heart.*

*But I know I can’t, Little Sister  
And so I sit here writing this  
Writing this to tell you  
Life is more than childhood bliss.*

*Now it’s your turn, Little Sister  
And no matter how I try  
I can’t stop you from growing up  
We now stand eye to eye.*

*You no longer need to look up to me  
But just in case you do  
I will always be standing there  
Always there for you.*

*Little Sister please say “no”  
And know that I will, too  
Because I always, always want  
A Little Someone to stand next to.*

MIAA Web Site



[www.miaa.net](http://www.miaa.net)

# Summit Encourages Students to be Leaders

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Summit held May 9 at the Radisson Hotel in Milford. More than 200 educators and students attended the event, co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts Secondary School Administrators' Association.

Through anecdotes, he discussed examples of displaying teamwork and positive influence. He stressed that one should always make time for the things that are important.

"What matters most in life is not always winning for yourself, but helping others to win," he said. "You don't have to have a \$45-million contract to be a role model. Young kids look up to you. They watch you in silence. If you're setting a bad example, that's what they think is going to be right...don't let leadership opportunities pass you by."

Among the other highlights of the day, Theresa Hotaling, prevention counselor for the Westfield Public Schools, was presented the Second Annual "Wellness Coordinator of the Year Award." Northeastern University's Center for the Study of Sport in Society received the MIAA Wellness Partner of the Year Award.

Dr. Mark A. Goldstein, M.D., chair of the Massachusetts Medical Society Committee on Student Health and Sports Medicine, and Catherine O'Connor, vice-chair, presented awards for the jointly sponsored MIAA/MMS "What's Your Message?" alcohol awareness essay contest. Lila West of Hopkins Academy earned first place; Scott McHugh of Hanover High School, second place; and Lauren Yetra of Medfield High School, third place, in a contest that drew more than 500 entries.

Mark Trouville, special agent in charge of the Drug Enforcement Administration New England field division, discussed the rise of synthetic drugs such as Ecstasy, Ketamine and GHB. In 1999, the DEA seized approximately one million Ecstasy



**POSITIVE INFLUENCE**  
– Peter DiGiulio, left, speaks to students about substance abuse. Above, Wayne Soares makes his presentation, "Bringing You to the Next Level."

pill, while in 2001, the agency captured 7 million. An incredible profit margin has encouraged production of the drugs in hidden labs. A pill that costs 50 cents to \$1 to create in Europe will sell in the U.S. for \$20-\$30. Another disturbing trend is that the labs, previously centered in the Netherlands and Belgium, are now spreading to the U.S. The DEA recently closed two labs in New England.

He said the keys to fighting this upswing are education, legislation and enforcement. Many people don't realize the dangers of Ecstasy. Cartoon character designs, team logos and shamrock shapes make the pills appear innocent when they can have deadly consequences.

"The influence that you all have on these kids is unbelievable," he told the audience. "What you say matters, how often you say it, and how informed you are when you say it."

Public speaker Peter DiGiulio of the Revere Public Schools led a student substance abuse workshop. He challenged young people to be tough in refusing drugs and alcohol, and to speak up when coaches, athletic directors or parents don't set a positive example. "Think about what you do, listen to what's going on and communicate," he said. "I beg and challenge you to make yourselves better."

Jean Vazza, Martha Pellegrino, Casey Day and Michael Roberts of Blackstone Valley Regional Vocational Technical High School discussed school-based health centers, invited to speak after a well-received presentation at the March Wellness

Coordinators workshop. Mike Kane, MIAA Student Services, and Jim Wuelfing, Massachusetts Council on Compulsive Gambling, outlined the MIAA initiative Partners in Prevention.

Mitch Finnegan, a faculty member at Lexington High School, moderated a student panel at the conclusion of the program. Student Advisory Committee members Christian McMillan, Annie Park, Priya Amar, Jonathan Driscoll, Rachel Smith and Rebecca Smith shared their experiences attending the National Federation of State High School Associations Student Leadership Conference in Indianapolis. All the students encouraged schools to send representatives to the conference.

"One of the biggest benefits is you can talk to people from different schools, bouncing ideas back and forth," said Jonathan Driscoll of Somerset High School. "For the advisors who go as well as the students, it's a time they'll never forget."

The following groups exhibited at the Wellness Summit: MADD, Get Psyched Sports, MA Council on Compulsive Gambling, Nutrition Programs and Services - MA Department of Education, Community Anti-Drug Coalition of Hampden County, Regional Centers for Healthy Communities, MA Army National Guard, MA Medical Society, Norfolk County District Attorney's Office and SADD.



**PARTNERSHIP AWARD** – Peter Roby, center, Director of Northeastern University's Center for the Study of Sport in Society, accepts a partnership award from MIAA President Jeffrey Long, left, and Wellness Advisory Chair William Wassel.