

Massachusetts Interscholastic Athletic Association
BUILDING THE FUTURE
 ...one student at a time.



**WINTER
 2008
 EDITION**

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**STUDENT
 SERVICES**

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



Record-Breaking Crowd Attends Summit



More than 1,100 educators and young people attended the 14th Annual Sportsmanship Summit, held Nov. 16, 2007 at Gillette Stadium. The MIAA and MSSADA are responsible for the annual event, and primary

sponsors were the New England Patriots Charitable Foundation and Reebok.



JoJo White receives the MIAA/Ron Burton Community Service Award.

Many individuals were recognized for their qualities of sportsmanship and community service,

including former standout Boston Celtics player JoJo White who received the MIAA/Ron Burton Community Service Award. CBS4 News Sports Anchor Steve Burton presented the award, which was created in honor of his late father and is given

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Essay/Multimedia winners from left, Felicia Cordeiro, Jeff Arena and Megan Roy.

21st Leadership Week Earns High Marks



Thirty-three educators participated in the 21st Annual Leadership Training Institute, and once again attendees of the week-long residential program awarded it glowing reviews.



These are the members of the Leadership Training for the Class of 2008.

Held Jan. 28-Feb. 1, the institute drew administrators, teachers, coaches, guidance counselors and other educators. Attendees learned how they could

use their influence to reduce alcohol, tobacco and other drug use, promote sportsmanship and citizenship, and implement positive programming into their schools and communities.



Leadership Training participants David Dempsey, left, and John Steere work on a project.

The MIAA Student Services Department covered the cost of rooming at a local hotel, meals, materials and pro-

fessional development.

In one highlight, 74 MIAA Student Ambassadors from over 30 schools worked alongside participants at a one-day student leadership workshop.

Kurt Anderson, a special education teacher and coach at Ludlow High School, called the institute an excellent experience.

“This program was by far the best professional development experience I’ve ever had as an educator,” he said. “The facilitators and guest speakers were outstanding. Most importantly, our students will benefit from the relationship development with the training group participants and everyone else we

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Many Awards Presented At Sportsmanship Summit

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annually at the Summit to an individual demonstrating a dedication and commitment to respect for others.

White, a seven-time All Star, had his Number 10 jersey retired by the Celtics in a ceremony at Boston Garden in 1982. He rejoined the Celtics as Director of Special Projects in 2000. White is also a motivational speaker to civic groups, corporations, colleges, commencement exercises and youth organizations, and he makes many appearances throughout the year to recognize both the young and old for various achievements. White is involved with Boston Celtics community programs such as the Stay in School and Read to Achieve programs, which provide recognition and incentives for youth to heavily consider furthering their education.

"I want to say to you, as clearly as I can, that we are all models for somebody," White told the audience. "Regardless of what you say or what you do, someone is watching you. . . be conscious of your words because someone is affected by them."

Dennis Baker, MSSADA president, made a special presentation to Framingham State College Women's Soccer Coach Tucker Reynolds. All the soccer team had needed to win the regular-season title and advance to the postseason tournament was a win over Bridgewater State College. Framingham State appeared to take a 1-0 lead in the 59th minute of the Oct. 29 game, but several players knew the goal had entered the side netting rather than the back of the goal. When play resumed, Reynolds told his squad to allow Bridgewater State to score and tie the game.

"I told my girls in five years, no one will care what the scoreboard said that day, but the people who saw that game would be changed by what they saw," said Reynolds.

In another highlight, the winners of the 7th Annual Student Sportsmanship Essay/Multimedia Contest shared their work. More than 300 entries were submitted from approximately 85 schools. First place was awarded \$500, second place, \$300 and third place, \$200. All finalist and honorable mention entries were published in a compilation entitled "Sportsmanship: A Game Plan for Life, Volume VII."



Megan Roy of Shrewsbury High School earned first place for her powerful multimedia presentation, which can be viewed through Windows Media Player at the following link: <http://media3.ezstream.com/archive/70617>. Her video showed real-life clips of opponents shaking hands and helping each other up interspersed with poignant comments on the nature of sportsmanship.

Jeff Arena of Reading Memorial High School received second place for his essay titled "Sportsmanship: Appreciating The Competition."

"Many athletes view their competitors as obstacles preventing them from attaining that coveted championship trophy, but sportsmanship is about appreciating your opponent for who and what they really are," he wrote. "Truly understanding sportsmanship is understanding that although winning is the desired result, the real value of athletics lies within the process of working to succeed. The tougher the opposition, the more they motivate me to try to become a better wrestler, and the more I respect them for it."

Felicia Corderio of Granby High School received third place for her essay "What Does Sportsmanship Mean To Me?" "What exactly is sportsmanship?" she asks in her essay. "Is it telling your competitor, running ahead of you, that they took the wrong turn, causing you to be beaten by two seconds? Is it rousing the crowd to cheer for the last runner? Is it stopping to help a fallen opponent up? Is it congratulating the boy's team even though they just lost by forfeit, because they don't have the minimum number of runners? Is it pointing out everyone's strengths and achievements rather than their failures? Could it possibly be wishing the other team good luck and congratulating them after they leave you in the dust? If the answer you chose was "D - All of the above," you'd get a gold star."

District Awards

The following schools were honored for reflecting the ideals of sportsmanship, ethics and integrity.

- District A - Danvers High**
- District B - Somerville High**
- District C - Medfield High**
- District D - Old Colony Reg. Vocational/Technical High**
- District E - Northbridge Reg. High**
- District F - Putnam Vocational/Technical High**
- District G - Pittsfield High**
- District H - Trinity Catholic High**

Wide Range Of Workshops Highlight 14th Summit

Sportsmanship

Attendees at the 14th Annual Sportsmanship Summit heard inspiring words and gathered valuable information for their school districts, with topics spanning a broad range including being a role model, the NCAA Native American mascot controversy, cyber-taunting and steroids.

Motivational speaker, educator and author Harvey Alston roused the audience with his keynote address “Be the Best” and a session for student-athletes called “When Life Hands You the Ball.”

“To accomplish greatness, we have to be willing to give our all each and every time,” he said. “Most of us don’t. What are you going to stand up for? Are you going to sit there and let things go by? If you don’t think something is right at your school, say it. Give your best each and every time, and if you do, then you’ll be a winner.”

Phil Fogelman, education director of the Anti-Defamation League’s New England chapter, facilitated a panel on “E-Sportsmanship: Strategies and Awareness Regarding Cyber-Taunting.” The panel discussed how forms of cyber-taunting include harassment, flaming (on-line fights), threats, disparaging messages, trickery and impersonation. Cyber-taunting happens in many ways, such as through chat rooms, instant messaging, cell phones, e-mail, social networking sites, blogs, and web sites. Panelists were: Fred Jewett – Hingham High School Teacher/Coach, Sharon Chapman – Stoneham High School Teacher/Coach, Lindley Bell ‘08 – MIAA Student Advisory Committee/Mt. Greylock Reg. High School, and Greg Baker ‘08



Above, a group of students are ‘Happy’ to follow the instructions of Harvey Alston, right. Alston made a lively keynote address at the Sportsmanship Summit.



– MIAA Student Advisory Committee/Minnechaug Reg. High School.

During “What’s in Name? The Native American Mascot,” panelists and audience members discussed the NCAA ruling which bans the use of Native American images and nicknames by sports teams during postseason tournaments and shared candid opinions on whether Massachusetts schools should examine the appropriateness of their own mascots. Panelists were: Tom Lamb – Natick High School Athletic Director, Dr. Keith Manville – Saugus Public Schools’ Superintendent, Peter Roby – Northeastern University Director of Athletics, and Meghan Mahoney – Sport in Society Assistant Manager of Operations.

Sarah Shaw, Monson High School Athletic Director, facilitated a workshop “Steroids: You Cheat, You Lose.” Presenter was Frank Marrero, president of The Efrain Anthony Marrero Foundation. Marrero related how he lost his oldest son to steroid abuse in 2004. Today, the family honors Efrain’s memory by educating teens, parents, coaches and the medical community about the dangers of steroid abuse. More information on steroids can be found at <http://www.efrainmarrero.org>.

Ron Laird, president of the National Federation of State High School Associations and commissioner of the Wyoming High School Activities Association, made a keynote address. “We have studies that show that being involved in extracurricular activities is the # 1 indicator for success later in life,” he said. “The reason is because of the lessons we learn – teamwork, discipline, self-management, leadership. We need strong leaders who are going to set good examples for others.”

Andre Tippett, New England Patriots Director of Player Development and former standout player for the team, spoke about community service. “Find a cause, something you feel from the heart that you want to get involved with,” he said. “I guarantee, after you’ve done it once or twice, it makes you feel on top of the world because of the smile you put on someone’s face.”



Above, from left, Lindley Bell, Greg Baker, Sharon Chapman and Fred Jewett participate on a cyber-taunting and e-sportsmanship panel. Pictured left, keynote speaker Ron Laird, who flew in from Wyoming, visits Gillette Stadium.





Student Advisory Members Provide Leadership

Student Leadership

Members of the MIAA Student Advisory Committee were asked this question: "What does developing citizenship through sports and activities mean to you, and how do you put your beliefs into practice in your school and community?"

Below is a summary of their responses.

Michael Rivera, Malden High School: My leadership is shown on the field and in the weight room with my teammates. I also show leadership when I am encouraging elementary school kids to do their best at camp. I believe you should sacrifice for your team and be there for kids in times of need. I give rides to kids from practice that live faraway, or to wherever they need to go. Sometimes, I give them money and food when they ask for it. Others ask for use of my phone to call their guardians for a ride home. It is always gratifying in the end, and I know that they hold me in high esteem and have more respect for me because of the little things that I do.

Jessica Stuart, Weymouth High School: Learning to work together and take criticism is the basis for strong leaders. They do not have to be the best player on the team, but they have to work the hardest. In learning how to take constructive criticism, my character developed into a leader. I have the determination and drive to accomplish my goals. I also try to give back to my community and share my knowledge through coaching. I have coached a travel soccer team for three years. I also referee for younger children in both soccer and basketball. It is important to share your knowledge with others. That is why volunteering is important, so that younger children can benefit from all of your experiences.

Gregory Baker, Minnechaug Regional High School: One way I have put my beliefs into practice is by being a member of the Minnechaug Key Club, an organization dedicated to serving the community, holding food drives, helping the homeless, arranging fun events for senior citizens and/or children, plus numerous donations and volunteer work for those with illness. I myself have been the chairperson of several events. Another example is that I put together a Christmas video for a past high school graduate who is stationed in Iraq, bringing a little bit of his hometown to him, with his past teachers, a pastor from his church and his parents all wishing him a Merry Christmas.

Lindley Bell, Mt. Greylock Regional High School: In a regional school with middle school students involved in many extracurricular activities, there is an essential need for role models and guidance. During my eighth grade season, a girl named Colleen was my senior track captain. I respected and admired her so much because she was a great leader. She took control of the team when it was needed, leading and motivating the other athletes to warm up and stretch in preparation for the workout. She helped me become the leader that I am today. I always remember how hard she worked without ever complaining, and I think that in a leader,



From left, NFHS President Ron Laird, Lindley Bell, Michael Rivera, Jeff Arena, Gregory Baker, Jessica Stuart, Nicole Bratton and NFHS Executive Director Robert Kanaby at a conference in Indianapolis.

that is the most motivating way to lead a team.

Nicole Bratton, Bishop Stang High School: People respect me as a leader because I am faithful to my commitments and I make personal sacrifices for the sake of the group. When I injured my foot during the volleyball season, I was out for a month and a half. In spite of this, I went to every practice and game to show my support and commitment to the team. I have also taken part in a three-day community outreach project that Bishop Stang puts together every year. We focus on serving the needy in our own community in whatever ways possible. I had the unique opportunity to serve outside my immediate community by traveling to Honduras on a mission trip with my youth group. All of these opportunities have helped me to strengthen my leadership abilities and show me the importance of service.

Jeff Arena, Reading Memorial High School: In my high school career, I have done my best to act as a leader. I have continually pursued becoming an active member of my class, as well as student council and was president of my junior class. As an elected official, I take personal responsibility for class events. I also do my best to exemplify good leadership in the position of captain of the wrestling team. This long-awaited fulfillment of a childhood dream came in response to numerous setbacks including, among others, the tearing and re-tearing of my ACL and a freak case of toxic shock syndrome. My positive reaction to such negative circumstances helps to reinforce my own conviction, devotion and dependability as a leader in my sport and community.

Director of Student Services: Michael Kane
Student Services Contact: Peter Smith
Editor/Writer: Stacy Juba

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MIAA

33 Forge Parkway, Franklin, MA 02038
Fax: 508-541-9888
miaa@miaa.net



Students enjoy a February YOU LEAD conference at Regis College.

YOU LEAD Conferences Are A Positive Experience

The February 4 YOU LEAD Conference, hosted by the Middlesex Partnerships for Youth, a program of the District Attorney's office, was a huge success. More than 75 students and advisors from Ayer, North Reading, Minuteman Regional Vocational Tech., Northeast Metropolitan Regional Vocational School, Wayland, and Perkins School for the Blind attended the event at Regis College.

The conference was facilitated by Bill Sullivan and Bob Hackenson, members of the MIAA Partners in Prevention, and Carolyn Bohmiller and Karen Nardone, MIAA Student Services. Students and advisors shared program information and models for successful substance-free programs and events.

YOU LEAD is an MIAA initiative to promote and support substance-free youth. The program, manual, and training curriculum have undergone a complete overhaul. Regional conferences have been scheduled for high school and middle school students, featuring problem-solving, action-planning, networking and information sharing, and break-out sessions for students and advisors. Participants receive a program manual, registration on the mailing list, and newsletters featuring substance-free events around the state.

For information about upcoming events, to register students for a conference, or to host a conference in your region, visit <http://www.miaa.net/student-services/youlead.html>, or call Karen Nardone, YOU LEAD Program Coordinator, at 508-541-9851.



YOU LEAD is an MIAA initiative to promote and support substance-free youth.

Leadership Week: A Powerful Education Tool

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met."

Martha Jamieson, athletic director of Wayland High School, belongs to a coalition of parents, clergy and other community members working on preventing substance abuse.

"I'm always looking for new resources to bring back to my coaching staff, athletes and the community overall," she said. "I hope to get my coaches in line with doing more around substance abuse, citizenship and sportsmanship. Coaches are great messengers, and I want to give them some tools to talk about these issues with students."

She said that on a personal level, the workshops have helped to enhance her own facilitator skills, which will be an asset when she runs workshops. Having the MIAA pay for the program was an added bonus.

"I don't know why I've never done this before," said Jamieson. "I'm absolutely going to get someone from my staff each year to apply."

Leadership Training Graduates

Jim Abel	Pittsfield Public Schools
Donna Andersen	Triton Regional High School
Kurt Anderson	Ludlow High School
Michael Barrett	Weymouth High School
Carolyn Bohmiller	MIAA
Linnea Bond	Charlton Middle School
Daniel Caritey	Hoosac Valley High School
Nancy Childress	Lincoln-Sudbury Regional High School
Nicole Ciaramaglia	Wilmington Middle School
Thomas Cobb	Masconomet Regional High School
Frank Cote	Pittsfield High School
David Dempsey	Triton Regional High School
Mary Beth Funder	Marshfield High School
Chris Gogins	Whitman-Hanson Regional High School
Debra Hult	Core Trainings
Martha Jamieson	Wayland High School
Matt Lantier	Norwell High School
Lee Ann LaRue	Winchendon Memorial School
Tiffany Marsh	Charlestown High School
Naomi Martin	Ashland High School
Monique Matarazzo	Charlestown High School
Michael McIntyre	Milford High School
Raymond Miro	Mt. Greylock Regional High School
Karen Nardone	MIAA
Roberta Nelson	Sullivan Middle School
Robert Raymond	Hudson Catholic High School
Matthew Rickson	Pathfinder Regional Voc/Tech High School
Michael Robidoux	Ware High School
Justin Shay	Bishop Connolly High School
Jeanine Smith-Tavares	Marshfield High School
John Steere	Wellesley High School
Megan Sudak	Beverly High School
Kristen Yetman	Woodward Elementary School



MIAA Sponsors Four Empowering Events For Girls

The MIAA Girls And Women In Sport Committee has had a busy school year to date, with three major events aimed at empowering young women. A fourth workshop, for captains and coaches, is scheduled for March 17.

“Leadership for Ladies: A Captains and Coaches Workshop” for female high school captains and their coaches, was held Nov. 30, 2007 at the MIAA office. The theme of leadership was woven into activities and discussions to strengthen the skills young ladies have, and to help them develop into women of character within their school and community.

“Learning to Lead,” a workshop for middle school girls, was held Nov. 19. The girls learned about making the right choices, accepting differences, the importance of attitude and self talk, and how to explore their own leadership potential.

Debra Hult of Core Trainings, a presenter at both events, said she uses interactive activities and small group discussions to gently move girls out of their comfort zone.

“It’s influential leadership, choosing how you want to come across – because you can,” she said. “I tell the girls to think about what they want people to say about you if you leave the room. You can control your behavior, and you don’t have to be this dynamic,

Citizenship Days

Scheduled For April

Student Leadership

Every year, the MIAA and Northeastern University’s Center for the Study of Sport in Society team up to present the Massachusetts Student-Athlete Citizenship

Awards in conjunction with National Student-Athlete Day. These awards are handed out at two separate events to allow better regional access for students across the state.

The first event will take place at Northeastern University in Boston on April 8 and is for Districts A, B, C, D, H, and select district E schools.

The second ceremony will be held April 18 at the Naismith Memorial Basketball Hall of Fame in Springfield, for Districts F, G, and select district E schools.

High schools are invited to choose two males and two females who demonstrate leadership through community service, athletic excellence and a minimum 3.0 grade point average. The events will feature panel discussions with sports stars and student-athletes. This year’s theme is “Making a Difference - Service to Your Community.” For registration information, visit <http://www.miaa.net/msad-information.htm>, or contact Peter Smith at 508-541-7997 or Kerrie Grover at 617-373-2528.

energetic person to be a leader.”

Naomi Martin, athletic director of Ashland High School and a member of the Girls And Women In Sport Committee, brought students to the high school workshop.



Debra Hult interacts with middle schoolers during the “Learning to Lead” workshop.

“It’s amazing being an administrator and driving girls here,” she said. “They were very cautious, wanting to know what’s going to happen, why are we going to this. On the way back, within 10 minutes of leaving the MIAA, they were thinking of how they could use what Deb gave them with their teammates. You see the growth in such a short period of time.”

In addition to these events, the MIAA Girls And Women In Sport Committee worked with New Agenda: Northeast to sponsor the Massachusetts Celebration of National Girls and Women in Sport Day, held Feb. 1 at Faneuil Hall. High schools across the Commonwealth were invited to send two female athletes to represent their school, for a total of 334.

This year’s focus was the 35th Anniversary of Title IX, the landmark legislation that expanded and secured more equity for women in interscholastic sports. Keynote speaker was Karissa Niehoff, advocate for girls’ and womens’ athletics and a former member of the United States Olympic Committee. Another highlight was a rousing presentation by Mary Pratt of the All American Girls Professional Baseball League.

Four “Massachusetts Women in Athletics Distinguished Service Award” winners were honored: Pat Conniff of West Bridgewater Middle/Senior High School, Patricia Morano of Mashpee High School, Mim Jarema of Reading Memorial High School, and Elizabeth Grady of Natick High School.

Three essay award winners were also recognized for their work, which focused on the impact of Title IX on their lives: Alex Testa of Reading Memorial High School, first place; Mary Kate Gorman of Hingham High School, second place; and Courtney Foley of Braintree High School, third place.

Coaches’ Clinics

March 1, 8 a.m. – noon, Winchester High

March 8, 8 a.m. – noon, Lincoln-Sudbury Reg. High

March 15, 8:30 a.m. – 1 p.m., Old Rochester Reg. High

Course fee is \$95. Visit

<http://www.miaa.net> for information.

UPCOMING MIAA EVENTS

All events will be held at the MIAA office unless otherwise noted.

March 10, 8:30 a.m. - ADL Bullying and Harassment Workshop

March 17, 9 a.m. - Girls And Women In Sport Captains and Coaches Workshop

March 28, 9 a.m. - Adolescent Gambling Workshop

April 8, 8:30 a.m. - Massachusetts Student-Athlete Citizenship Awards, Northeastern University

April 14, 9 a.m. - Sudden Cardiac Arrest in Adolescents

April 18, 8:30 a.m. - Massachusetts Student-Athlete Citizenship Awards, Basketball Hall of Fame

June 6, 9 a.m. - Drug Use and Abuse

Gambling, Heart Screening Among Series Topics

Wellness

Seminars on gambling, sudden cardiac arrest and drug abuse will be forthcoming as part of the Wellness Workshop Series.

On **March 28**, Jim Wuelfing of the Massachusetts Council on Compulsive Gambling will lead "Adolescent Gambling: Pathologizing a Fad or Time for Real Concern?"

Over the past five years, student participation in a variety of gambling activities has increased dramatically with studies showing over 80 percent of students gambling in some form. Problematic gambling rates for adolescents tend to be 2-3 times the rate for adults, according to the Council. Participants will be able to: list several ways that students gamble, discuss the kind of issues some students experience because of their gambling, summarize ways to minimize one's personal risk factors around problem gambling, and identify several resources that are available for this population.

Anti-Bullying Workshop Scheduled For March 10

The MIAA and the Anti-Defamation League's A World of Difference Institute will offer their 10th Annual Interactive Anti-Bias workshop March 10 from 8:30 a.m. to 1 p.m. at the MIAA office. Titled "Becoming an Ally: Interrupting Name Calling, Bullying and Harassment," the workshop is designed for middle and high school administrators, teachers, athletic directors, health and wellness educators, counselors and coaches. Registration fee is \$30 per person, which includes a continental breakfast and light lunch.

Participants will examine the nature of hateful behavior, as well as develop and practice strategies to cope with the problem. Individuals who attend the workshop and complete a four-hour follow-up action plan will receive 10 PDPs. Forms are available by contacting the Student Services Department, or can be downloaded on-line at <http://www.miaa.net/becoming-an-ally.pdf>.

Heartscreen America will present "Sudden Cardiac Arrest (SCA) in Adolescents: A Plan for Reducing Risk," on **April 14**, an event rescheduled from December. Attendees will come away from the workshop with a plan for SCA prevention to incorporate into their own school planning process. Key speaker will be Dr. Jonathan A. Drezner, an associate professor and residency faculty member in the Department of Family Medicine at the University of Washington, Associate Director of the Hall Health Sports Medicine Fellowship and Team Physician for the University of Washington Department of Intercollegiate Athletics. Michaela Gagne, Miss Massachusetts 2006, MIAA-certified coach and former student-athlete diagnosed with a potentially life threatening cardiac condition while still in high school, will speak about her experience. There will also be a live presentation of an ECG screening and an automated external defibrillator device.

Wellness Coordinators may also want to save the date for the **June 6** workshop, "Drug Use and Abuse," presented by Shaun Cahill of the Barnstable County Sheriff's Office. The workshop will focus on how teenagers use a variety of legal and illegal substances to get high, a habit which poses serious side effects and potential life threatening consequences. Cahill will discuss the use of OTC (over the counter) medications, prescription drugs, MDMA (Ecstasy), Inhalants, Marijuana, GHB, and several other drugs of choice.

All workshops will run from 9 a.m.-noon with a light lunch following the session. Cost is \$35. Ten PDPs are available for individuals who attend three or more sessions in the 2007-2008 Wellness Workshop Series. More information can be found at: <http://www.miaa.net/student-services/wellnessworkshops.htm>.



MIAA Web Site

<http://www.miaa.net>



SPORTS NUTRITION CORNER

Beverages

Water is still the best choice for a beverage. This is what it does for you:

- **Quenches thirst**
- **Aids digestion**
- **Cools your body during exercise**
- **Flushes out waste**
- **Carries nutrients to cells**
- **Reduces risk of kidney stones**
- **Lubricates joints**
- **Promotes good skin tone**
- **Curbs your appetite**
- **Relieves headaches**
- **Decreases bloating**

When you are thirsty, your body is already displaying signs of dehydration.

Cramping is a serious sign and must be paid attention to immediately by resting and drinking plenty of water. It is at this time that sports drinks containing sugars may be a good source of electrolyte replacement. It is recommended that sport drinks be used after 90 minutes of exercise. Milk and 100 percent juice should be part of your program also.

HOW DOES SODA FIT INTO MY FITNESS PLAN?

Soda depletes the calcium in your body that can lead to weak bones (including your teeth) and prevent proper bone development. Soda contains phosphates, which work against the calcium in your body. Soda in moderation is okay. Again water, milk, and juice should be the sources for fluids in your diet.

By Doreen Iovanna
Educational Specialist
MA Department of Education
Nutrition, Health, and Safety