

ALLIANCE NEWS

81st SCAHPERD Convention and Exposition

Volume 8, Number 2
May 2008



NEWSLETTER OF THE SC ALLIANCE FOR
HEALTH, PHYSICAL EDUCATION,
RECREATION AND DANCE

MISSION statement

The mission of SCAHPERD is to promote health, physical activity and wellness among the state's citizens through effective leadership, professional development, education and advocacy.



*Future Professionals
of South Carolina*

Newsletter Editor
Crystal Bedford

SCAHPERD Convention Update

Stevie Chepko

Past-president and Convention Manager

Plans for the 2008 SCAHPERD Convention at the Kingston Plantation from November 13-16, 2008 are underway. John Bennett, current AAHPERD President, will be the keynote speaker this year. In addition to his keynote, Dr. Bennett will be presenting two sessions and helping us with the social on Friday night immediately following the General Session. Yes, the SCAHPERD All Convention Social has been moved to Friday night and will include a dance along with refreshments. The students will be joining us at the social and the plan is to “rock” the night away with some line dancing and shagging to beach music. We need to show those students that we too can cut a rug through the evening, so don't forget to bring your dancing shoes!

Program proposals for presentations will be accepted through May 15th. The submission form is available at www.SCAHPERD.org. Just complete the form on-line (the submission will automatically be sent to my email) or print a copy and send it to me at Stevie Chepko, Winthrop University, West Center, Rock Hill, SC 29733. Final program decisions will be made by the end of May and confirmations will be sent via email and US mail in June. If you have never presented, please take this opportunity to get involved with SCAHPERD. If you are in a school system that does in-services, think about presenting as a group. Some of our most successful programs last year were from school systems sharing ideas with others. Don't be shy and submit. We will work hard to make your session a success.

A final reminder is about SCAHPERD awards. The website now has a section dedicated to SCAHPERD awards. Please take the time to nominate someone for a SCAHPERD award. The criteria for the various awards are listed on the website. I know there are lots of worthy SCAHPERD members out there so submit someone who deserves to be recognized by SCAHPERD. ●

Give the Gift of a New Membership

Why not help a professional gain all the benefits of becoming a SCAHPERD member? If you help send in a **new** membership, (either through your gift or just getting a current non-member to join), you will be entered into a lottery drawing for a free membership for yourself. First drawing is July 15 and the second drawing is Jan 15 each year. Be sure to contact the office at scahperd@colacoll.edu.

Whoo-hee! Just off the bull, I mean...

*Pam O'Briant
SCAHPERD President*

Whoo-hee! Just off the **bull**, I mean, **plane** from Texas. What an exciting and busy time to be the President of SCAHPERD. In March, I participated in SCDA's SCDancing Festival. Todd Rosenleib and his company were the guest artists. I think I can speak for all who attended; the classes were excellent and his company a joy to watch. In addition to the guest artist's classes, there were many delightful classes taught by members of SCDA. Even if you are not a dancer, I suggest going to the next Dance Festival's performances to see some of the work going on in the state. I don't think that you would be disappointed. Dance and Dance Education are strong in the state of South Carolina. This was evident to me after seeing the dance at the national convention; we are right on target with what is happening in the rest of the country.

This month I attended the AAHPERD convention in Fort Worth, Texas. What a wonderful experience. Apart from going to some great sessions: Jazz in the Gymnasium, Modern Dance with the National Dance Association Teacher of the Year, Molly Snell, Body Image in the Dance Class and Body Recall "Use it or lose it", I attended meetings, caucuses and sat in the

"gallery" at the Alliance Assembly. It was illuminating to see the Alliance in action. My head is still swimming with all the information. The Kaleidoscope Dance concert was diverse and showcased many talented young people. I encourage everyone to attend a national or southern district convention. See what others in your field are doing, be a student again and get inspired! There is so much to do and great people to meet who are working to promote Dance, Health, Physical Education and Recreation. You really feel a part of a bigger family. Make it a point to visit AAHPERD's website and see what is happening on the national level. Get involved!

Right now in South Carolina, we need to advocate for the Student Health and Fitness Act. With the state of the economy, we may be in danger of losing funding for some key components of this bill. As a member of SCAHPERD, you should have received an info flash alerting you to this fact. Have you wrote or called your legislators? I challenge you to be active both physically and politically.

Together our voices can be strong to advocate for change. ●

News from the Executive Director

Bonnie-jean Buckett
dockjock4@aol.com

Over the past few months I have enjoyed meeting many of the professionals around the state in various meetings. I also enjoyed assisting at the Dance Festival at Coker College. There were so many outstanding performances there, it was incredible! Lastly, representing SCAHPERD at the Dallas AAHPERD convention was fantastic.

So many news items have happened around the state and the country that involve our organization and professionals, that I think I will categorize each of those news items for you.

Honors and Awards

- Dr. Josey Templeton received the Honor Award from AAHPERD in Dallas, TX. The award is bestowed upon members of the Alliance for meritorious service to the professions represented in the Alliance.
- Ms. Lynn Hammond was voted the President-Elect of the Society of State Directors of Health, Physical Education and Recreation. The Society consists of members from the appropriate divisions from the nation's State Department of Education personnel.
- Dr. Andrew Lewis was a candidate for the President of AAHPERD. Dr. Lewis did not win in the election, however, his speech and presence in Dallas made all of the SC attendees proud.
- Dr. Wanda Ebright successfully received a grant from the Southern District Alliance for Health, Physical Education, Recreation and Dance for the Dance Festival held at Coker College in March.

Achieving National Board certification in 2007 were: Amber Barnette (Tigerville), Melissa Black (Fort Mill), Cathy Brooks (Clover), Marc Camp (Gaffney), Marian Carwile (Anderson), Theresa Johnson (Lexington), Kodell Keels (Columbia), Shawn Norris (Columbia), Sheri Painter (Sumter), Daniel Persse (Baine), Kimberly Pond (Goose Creek), Denise Rush (Huger), William Scott (Abbeville), Andrea Whetstone (Columbia).

Dates to Remember

- April 21-27 is National Turnoff the TV week which raises public awareness on the negative effects of excessive "screen time."
- April 29 is International Dance Day to increase the awareness of the importance of dance among the general public.
- May is Skin Cancer Awareness month.
- May 1-7 is National Physical Fitness and Sports week.
- May 11-17 is National Women's Health Week which encourages women to make their health a top priority.
- May 21 is National Employee Health & Fitness Day.
- June 1-7 is National Family Recreation week which promotes the value of recreation and play in building a strong family.

The second week of July is designated as National Youth Sports week to promote values of sportsmanship, civility, respect, health, safety, fun and physical activity among players and leaders.

Why not take time in your classes to promote these dates and activities?

American Heart Association Storms the Hill

On April 29th, 600 advocates from across the country will be converging on Washington, DC for "You're the Cure on the Hill." The AHA advocates will meet with lawmakers to urge Congress to step up the fight against cardiovascular diseases. They will be discussing increasing funding for heart disease and stroke research and prevention programs, *support for increased, quality physical education through the Fitness Integrated with Teaching (FIT) Kids Act*. This legislation would require all schools, districts and states to include the quantity and quality of physical education on the "report card" sent to parents. It would ensure that children get the support they need to be active and make healthy food choices.

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EXECUTIVE DIRECTOR

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Important News Releases

Robert Wood Johnson Foundation's Active Living Research program published a research brief that summarized the relationship between physical activity and academic performance among children and adolescents. The study concluded that more time in physical activity programs does not adversely affect academic performance, and that physically active and fit children tend to have better academic achievement. For more information see <http://www.activelivingresearch.org>.

Eat Smart. Play Hard campaign has revised its website for educators. This site provides practical tools to motivate children and their caregivers to eat healthy and be physically active. Find free materials at <http://www.fns.usda.gov/eatsmartplayhardeducators/>.

Looking for Student Reps to go to Tennessee

Look in the flyer for more information on how you, as an undergraduate, may go to Tennessee to represent SCAHPERD at the student leadership conference September 25-28.

Membership

Instead of buying your teaching mate a present or taking them to dinner, why not pay for their membership next year? It would be the gift that keeps giving! As an incentive, if you recommend someone to become a new member, you will be placed in a lottery for a free membership for yourself. See the flyer highlights for more information.

Webpage

Check out the SCAHPERD webpage (SCAHPERD.org). It is updated at least twice per month. Not only can you find information about each association, the leadership, membership and resources, but often grants and timely news flashes are posted.

Convention

Remember the dates: Nov 13-16, 2008. There will be no November convention in 2009 as SCAHPERD will host the Southern District AAHPERD February 13-16, 2010.

Administrative Assistant

SCAHPERD has been very fortunate in the last two years to have Ms. Crystal Bedford as our Administrative Assistant in the Columbia Office. However, it is time for Crystal to pursue her career dreams in the dance profession. She will be leaving South Carolina to attend graduate school in Arizona. We are both sad but excited for her! We will be replacing Crystal in August. The position has been posted on the web if you know of anyone who is interested.

Newsletter Tidbit

Recognizing stroke symptoms

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms. Remember STR...

- **S** Ask the individual to **SMILE**.
- **T** Ask the person to **TALK** and Speak a simple sentence.
- **R** Ask the person to **RAISE BOTH ARMS**.

If he or she has trouble with any one of these tasks, call 911 immediately.

Another new sign is **STICK OUT YOUR TONGUE**. If the tongue is crooked, or if goes to one side or the other, that is also an indication of a stroke.

The normal reaction to an idea is to think of reasons why it cannot be done. It is time for us to think of all the reasons why it can be done! ●

SCAHPERD AWARDS

Be sure to nominate individuals or organizations for the SCAHPERD award. Go to the SCAHPERD website (SCAHPERD.org) Awards icon for information regarding nominations.

Spring into Summer

Edie Ellis, PhD, CHES
SCAAHE President

2008 has gotten off to a great start for SCAAHE! At our first Board meeting in February, we voted to make the Certified Health Education Specialist Continuing Education (CHES) Committee a standing committee. This move does not change the intent or function of the committee, but does provide permanence and stability. We also revised and updated the Operating Code for all committees, as well as the financial procedures. Most changes were made to bring us into compliance with the SCAHPERD Constitution and financial procedures.

As the spring (May 14) meeting nears, the Board is gathering ideas for fundraising options, preparing to review the Operating codes for officers, and considering the feasibility of a study to determine members' needs. The Publicity Committee is gearing up to publish the first SCAAHE Newsletter of 2008. The target date is June 1, so if you have information of interest to SCAAHE members, please email the Chair, Christine Beyer (cbeyer@ed.sc.gov) or any committee member. (See SCAAHE web page for complete listing.)

Bonnie Buckett, SCAHPERD Executive Director, has asked SCAAHE to head the Branch of General Arrangements for the February 2010 Southern District Convention at Myrtle Beach. We will be working directly with the folks from Southern District to ensure that attendees know the location of each event, have options for entertainment experiences, and are able to view employment opportunities. We will also be working to provide special opportunities and experiences for our student members. The specific committees are:

1. Demonstrations:
2. First Aid (Peggy Ondrea: pondrea@colacoll.edu)
3. Headquarters Committee (Richard Krejci: rkrejci@colacoll.edu)
4. Meeting Room Set-Up:
5. Placement Bureau: Suzette McClellan (mcclelcs@dhec.sc.gov)
6. Signs/Posters:
7. Student Activities & Volunteers: Shelley Hamill (hamills@winthrop.edu)
8. Transportation/Tours:
9. Ushers:

Individuals who have already volunteered to chair these committees are listed in parentheses.



Although February 2010 is nearly two years away, the organizational process has already begun, and the actual work will begin in 2009. I would like to encourage each of you to become involved with the committee of your choosing. For your convenience, we have posted a description of committee responsibilities on the SCAAHE website. Click on "General Division" to view the listings. Put a spring in your step and get involved in this exciting opportunity!

Involvement and activity are critical at all levels. In addition to varied health perspectives, physical activity obviously will be on the program for the 2010 Convention.

Recent studies continue to show the impact that obesity has on the health of our young people. In one article published in the *New England Journal of Medicine*, it was estimated that by the time today's teens reach the age of 34 (2020), 37% of men and 44% of women will be obese. Researchers also predicted that there would be up to 5,000 additional heart disease deaths, 45,000 heart attacks, and an increase in obesity-related coronary heart disease by 19%.

This research reaffirms the importance of health and physical activity. Our role as health educators continues to be in the forefront of educating students and adults alike. Both the State Department of Education and DHEC continue to offer programs that both educate and offer steps for behavior change.

As spring eases into the warm days of summer, take a moment to reflect on what your role in SCAAHE can be. Are you willing to serve on one of the committees for the 2010 Convention? Are you willing to serve as an officer in SCAAHE? This year we will be accepting **nominations for President-Elect, Treasurer, and two Members-at-Large. These nominations will be due by September 26, 2008.** Once we approve changes in the Operating Codes, we will post the responsibilities of the officers on the SCAAHE website. If you are interested in serving in any of these positions, you may, of course, contact the current officeholder. These email addresses are also on our website.

Spring into summer! Come out of hibernation, turn up the heat, and get involved! ●

Dancing Around the State

Lauren Scott
SCDA President

SCDA has been busy spreading dance to those in the state! On March 7-9, the biennial SCDancing Festival was held at Coker College. Coker graciously hosted the Festival as part of their 100th anniversary celebration. The faculty and students of Coker pulled together to provide for a very successful festival with over 260 participants, 42 classes and 4 performances. Todd Rosenlieb brought his company as our guest artists in residence. They taught classes in modern, ballet and jazz as well giving a performance of work in their repertoire. SCDA was thrilled to have their incredible energy as part of the Festival!

During each SCDancing Festival a scholarship is awarded by audition to a junior or senior high school student to use at a college dance degree program in South Carolina. This year the scholarship was awarded to Hazel Lever. Miss Lever is a junior at Spartanburg High School and dances with Ballet Spartanburg. She was awarded the scholarship among a very talented group of students.

As we prepare for the convention to be held November 13-16

in Myrtle Beach, we ask our professional members to send proposals to teach class, lead discussions, share lesson plans or any idea you may have for

a session! Go to www.scahperd.org and click on submit your proposal. Proposals are due no later than **May 15**. Also, begin thinking about Kaleidoscope performance submissions; these will be due by October 10. More information about guidelines will be posted on the SCDA webpage.

SCDA is thrilled to continue providing enrichment opportunities to its members. These events are accomplished with the help of members like you, the SC Arts Commission, SCAHPERD and other donors. If you have ideas about or would like to share your expertise at future events, please contact me at ltscott@gmail.com or join our myspace page www.myspace.com/scdanceassociation. ●



SCAPES...Moving in the Fast Lane!

Andrea Whetstone
SCAPES President



Things are moving quickly for us at SCAPES and we are definitely where the action is! We are putting forth a tremendous amount of effort to keep our members informed of the best practices and of new ideas for classroom instruction. We are making positive strides towards accomplishing our initiatives for this year, including increasing our professional development opportunities to include sessions in the upstate, midlands and lower state regions of the state. Be on the look out for additional information about these in-service opportunities.

SCAPES is also in the process of arranging for Emily Pharez, a NASPE Teacher of the Year from Florida and Pam Power (former Southwest District Teacher of the Year) of Sportime to present SCAPES sessions during the pre-convention activities at SCAHPERD. John Bennett, current AAHPERD President and Tim Elrod, a talented and veteran SCAPES and Share the Wealth Conference presenter are slated to present sessions in

November as well! It is not too late to have your presentation considered for the SCAHPERD convention. The deadline for submissions is May 15th (proposals can be made online at <http://scahperd.org>). Our goal is to have 86 workshops available at the convention. To make this goal a reality we need your help and encourage you to participate and share your expertise and ideas. ●

Dates to Remember

May 15.....Deadline for presentation proposals
Nov. 13-16.....SCAHPERD Convention

Where the Action is

SCAPES



“If you can Dream it... You can do it!”

(Walt Disney)

*Deborah A. Miller, PhD, CHES
SCAHPERD President-elect*

One of my recurring dreams is for SCAHPERD to become the leading professional organization within South Carolina – the one to which everyone turns for leadership, professional development, and creativity. The larger our membership, the greater our impact, so my challenge to you is to recruit one new member for SCAAHE, SCAPES or SCDA. We have so many talented people in South Carolina, and we need to involve them in our dream.

For years, members of SCAHPERD have focused on the health and well-being of our children and youth. Legislation, research supporting the impact of physical activity on academic performance, and the rise in childhood obesity and diabetes have given us new allies to continue our work with the “next generation.” However, another dream I have is for SCAHPERD to take the initiative in developing/presenting programs for the fastest growing segment of our population – the baby boomers. How can we assess their health and fitness needs and subsequently develop programs/sessions to meet these needs? How do we encourage/enable these viable, vibrant individuals to develop and/or maintain a healthy, active lifestyle? Where do your interests lie, and what are your skill sets? How can you become involved in this exciting dimension of our Alliance? On the AAHPERD website, check out the AAPAR Division, and then click on “Council on Aging and Adult Development,” to see what’s happening now!

I attended the AAHPERD Convention in Fort Worth, TX, and based on the sessions that I attended, I think my dreams can become a reality. Both SCAAHE and SCAPES have developed programs/lessons that integrate health and physical activity into the classroom. SCDA does an outstanding job with Kaleidoscope. Our collective dream should be for all three associations to join together to develop programs that will improve the health and well-being of all South Carolinians across the lifespan.

A highlight at the convention was listening to the speech that Dr. Andrew H. Lewis gave as he ran for President-elect of AAHPERD. His platform included the following key points regarding “The Promise of

Change”: 1) Marketing and Advocacy; 2) Member Services; 3) Alliance Relations; 4) Recruitment and Retention; and 5) Alliance Restructuring. I was enthralled as Andrew explained each of his key points in such a manner that we could all understand his “dream” of moving us forward as professionals. Although Dana Brooks was elected to this position, I cannot express the pride I felt for being able to say that Andrew is my colleague and friend. He represented South Carolina well and I hope you all have a chance to read his entire speech.

More than 100 mini-beach balls were distributed during the Southern District Representative Assembly. Each ball promoted the February 2010 Southern District convention, which will be held in Myrtle Beach. As the “host” state, we will have a significant impact on the success of this convention. Your involvement will be critical, and there are numerous opportunities from which you may choose. There are four main divisions, each with specific responsibilities. Bonnie Buckett is the Branch Director; SCAAHE is in charge of the General Division; SCAPES is responsible for Public Relations; and SCDA is organizing Hospitality and Socials. Check Association websites or contact the current president of your Association for more details on how YOU can volunteer your talents.

The Southern District Convention will also be the venue where we can showcase our professional talents as well as our future professionals. I encourage you to submit presentations for the appropriate program tracks. Start planning now – before you know it, the call for presentations will go out. This convention will also be a wonderful opportunity for our future professionals. Not only may they have the option of being involved with their own presentations, they may serve as presiders, ushers, or in a number of other key roles. This is also an occasion where future professionals can become involved in a service-learning experience.

If you look at where we are, what our opportunities are, and where we’re going, you know that dreams really can come true! ●

ATTENTION FUTURE PROFESSIONALS

APPLY FOR THE OPPORTUNITY TO TRAVEL TO JOHNSON CITY, TENNESSEE TO THE SOUTHERN DISTRICT STUDENT LEADERSHIP CONFERENCE SEPT. 25-28, 2008. GO TO THE SCAHPERD.ORG WEBSITE, AWARDS, STUDENT LEADERSHIP FOR THE APPLICATION OR CALL 803-786-3384 FOR MORE INFORMATION. APPLICATIONS DUE AUGUST 1, 2008.



SOUTH CAROLINA
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