

# CONFERENCE AGENDA ~ AT A GLANCE

FRIDAY MARCH 14TH, 2003 ~ UNIVERSITY CENTER, 2ND  
FLOOR

**7am-8am Registration and Continental Breakfast**

**8am-8:10am Welcome and Opening Remarks ~ Shannon Whalen, Conference  
Chair**

**8:10- 8:15am Overview of the NYS Middle Level Education Policy Review ~  
Michael Schwenk, District  
Director of Health and Physical Education, Half Hollow Hills  
Central School District, NYS  
AHPERD Suffolk Zone President**

**8:15-9:45am Keynote Address ~ Dr. Peter DeBenedittis ~ *Rebelling Against  
Tobacco Ads***

**9:55-10:55am First Workshop Session**

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| Session 1-A Business Rm 110<br><i>Teachers &amp; Students. Allison</i> | <i>Inspiration! Creating Electronic Graphic Organizers for<br/>Sitzman, Herricks Public Schools</i>      |
| Session 1-B UC Rm. 215-216<br><i>Maurer Foundation</i>                 | <i>Breast Health Education for Youth. Karolina Bizik, The</i>  |
| Session 1-C UC Rm. 201<br><i>Students. Betty Rauhe, Rhode</i>          | <i>Using Your Energy for Health Education to Light-Up Your<br/>Island College</i>                        |
| Session 1-D UC Rm. 213-214<br><i>Consumers. Laura Miller,</i>          | <i>Help Your Health Education Students Become Smarter Health<br/>Edinboro University of Pennsylvania</i> |
| Session 1-E UC Rm. 211-212<br><i>Curricula. Mary Melton, The</i>       | <i>Introducing the Great Body Shop: A Comprehensive K-6<br/>Children's Health Market</i>                 |
| Session 1-F UC Rm. 313<br><i>Strategies for Teachers.</i>              | <i>Coping With Mainstreamed Students: Classroom Management<br/>Bill Niles, Adelphi University</i>        |

**11:05-12:05pm Second Workshop Session**

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| Session 2-A Business Rm 110<br><i>Leah Holland Fiorentino &amp;</i> | <i>PowerPoint for Dummies: A Tutorial for Health Educators.<br/>Anne Gibbone, Adelphi University.</i>                |
| Session 2-B UC Rm. 215-216<br><i>Children and Adolescents.</i>      | <i>HeartPower! Tobacco, Nutrition and Fitness Education for<br/>Betsy Shurack, American Heart Association.</i>       |
| Session 2-C UC Rm. 201<br><i>Wellness in the Class</i>              | <i>A Teacher's Influence: Promoting the Spiritual Component of<br/>room. David Yeo, Eastern CT State University.</i> |
| Session 2-D UC Rm. 213-214  | <i>Promoting Sensitivity to Diverse Populations: Activities for</i>  |

*the Classroom Teacher:*

Session 2-E UC Rm. 211-212  
*Students. Suanne Maurer-Starks,*

Session 2-F UC Rm. 313  
*Lang, Kansas State*

*Cindy Proscia, Adelphi University.*

*First Aid and Safety Education for Elementary School*

*Hofstra University*

*Special Education and Human Sexuality Education. Darrell*

*Department of Education*

### **12:05-12:50pm Lunch**

### **12:50-1:50pm Third Workshop Session**

Session 3-A Business Rm 110  
*and Writing Proposals. Emilia*

Session 3-B UC Rm. 215-216  
*Stations. Alexandra*

*(This session repeats at 2pm).*

Session 3-C UC Rm. 201  
*Monica Homer, Adelphi*

Session 3-D UC Rm. 213-214  
*Understanding Youth*

Session 3-E UC Rm. 211-212  
*Elementary School Students.*

Session 3-F UC Rm. 313  
*Michael Ludwig, Hofstra*

*Finding Funding for Health Education: Identifying Grants*

*Patricia Zarco, Adelphi University.*

*Teaching Short-Term Effects of Alcohol Through the Use of*

*Janceski, Kristina Tsbsiasis & Susan Webster, Adelphi U.*

*Health Education That Works: The R.A.I.F. Curricula.*

*University*

*What's the Dilly Yo?! Improving Health Education Through*

*Culture. Kate McCarthy, SIECUS.*

*The Sunwise School Program: Skin Cancer Prevention for*

*Terry Ippolito.*

*Health Education Activities for Students With Special Needs.*

*University.*

### **2:00-3:00pm Fourth Workshop Session**

Session 4-A Business Rm 110  
*Bellmore-Merrick CHSD &*

Session 4-B UC Rm. 215-216  
*into Health Class. Lorraine*

Session 4-C UC Rm. 201  
*Stations. Alexandra*

Session 4-D UC Rm. 213-214  
*Meadow SD.*

Session 4-E UC Rm. 211-212

Session 4-F UC Rm. 313  
*Anita German-Scheffer &*

*Web Page Creation to Improve Education. Linda Cimino*

*Mary Elizabeth Krines, Adelphi University*

*Breaking the Silence: Integrating Mental Illness Education*

*Kaplan, Co-author, Breaking the Silence.*

*Teaching Short-Term Effects of Alcohol Through the Use of*

*Janceski, Kristina Tsbsiasis & Susan Webster, Adelphi U.*

*Service Learning in Health Education. Jill Artus, East*

*Hands-On Nutrition Education for Young Children. TBA.*

*Applying Multiple Intelligence Theory to Health Education.*

*Allison Mills-Carroll, Syosset Central SD.*

***THANK YOU FOR ATTENDING ~ HOPE  
TO SEE YOU NEXT YEAR!***

***PLEASE DON'T FORGET TO SUBMIT  
ALL EVALUATION FORMS***

***Inspiration! Creating Electronic Graphic Organizers for Teachers & Students. Allison Sitzman, Herricks Public Schools***

This presentation demonstrates the amazing capacity of a common piece of educational software, Inspiration. Participants will be led through a step-by-step demonstration that allows them to practice making graphic organizers with this software. Free demos will be given to the first participants to attend this workshop. Handouts will be provided.

***Breast Health Education for Youth. Karolina Bizik, The Maurer Foundation for Breast Health***

The Maurer Foundation's Breast Health Programs reach young women and adult women in an intensive class, teaching them about lifestyle changes that could significantly lower their risk for breast cancer as well as the three-pronged approach to early detection: yearly mammography after age 40, annual clinical breast examination, and monthly breast self examination. Taught by Foundation and MammaCare certified educators, women leave each program confident in their ability to take charge of their own breast health.

***Using Your Energy for Health Education To Light-Up Your Students, Betty Raube, Rhode Island College***

In this interactive session, a variety of creative health education teaching strategies will be introduced. The strategies will represent various content areas in health and connect to the National Health Education Standards. There will be opportunities to take part in some of the strategies, while others will be discussed. Handouts will be provided.

***Helping Your Health Education Students Become Smarter Health Consumers. Laura Miller, Edinboro University of Pennsylvania.***

As the mass media continues to become a growing presence in the lives of all Americans, it is crucial that young people develop skills that will help them understand its powerful persuasive nature. The media can influence many aspects of health and wellness. It is therefore important that health educators at all levels incorporate consumer health skills into their health education curricula.

The goal of this program is to help health educators gain knowledge about how to use the media as an effective teaching tool in their health education classes. Participants will learn how to incorporate activities that promote critical consumer thinking skills throughout their entire health education curricula. Participants will learn how to utilize magazine advertisements, internet sites, and magazine and newspaper articles to teach their students how to be critical thinkers and smart health consumers. Several activities will be presented as teaching tools that can be used in middle school, high school, and/or college-level health education classes. Some of the activities to be presented include critiques of advertisements, newspaper articles, magazine articles, and internet sites; values clarification and self-concept awareness exercises; and critical thinking skills exercises.

- Participants will describe how mass media can affect health in a variety of ways
- Participants will list at least three ways to incorporate consumer health skills into health education curricula
- Participants will utilize several types of media to teach smart consumer skills in a variety of health content areas.

***The Great Body Shop: One Stop Shopping for Health Education Mary Melton, The Children's Health Market.***

The Great Body Shop is a nationally recognized comprehensive health and substance abuse prevention program used by pre-schools and elementary schools throughout the U.S. The program meets all state and national standards, is affordable, easy to teach, and provides an educational environment in which it is enjoyable to learn. The program provides a fully articulated cross-curricular approach for school districts that require additional concentration in specific areas. It uses multiple strategies to ensure that the GBS has a positive impact on health attitudes, knowledge and behaviors of students and their families.

- Participants will role-play the critical thinking component of the Great Body Shop.

- Participants will participate in activities and lessons in the Great Body Shop.
- Participants will discuss the coordinated, comprehensive, integrated approach contained in the Great Body Shop.

***Coping With Mainstreamed Students: Classroom Management Strategies for Teacher. Bill Niles, Adelphi University.***

This workshop will review the two equally important educational dimensions of classroom management: academic preparation and behavior management. Participants will have the opportunity to discuss common situations where students might revert to mis-behavior and will review solutions for the classroom teacher. Suggestions for real-life situations will be discussed. Participants will leave the session with the knowledge and skills necessary to manage special education students mainstreamed into health education class.

- Participants will apply classroom management principles to an inclusive classroom or a mainstream experience for a child with a disability.
- Participants will discuss the primary causes of classroom mis-behavior.
- Participants will identify basic skills/competencies of classroom management.

***PowerPoint for Dummies: A Tutorial for Health Educators. Leah Holland Fiorentino & Anne Gibbone, Adelphi University.***

This workshop will provide an introduction to the capabilities of Microsoft Power Point and the application of this technology in health education. Power Point provides an active visual aid which enhances classroom material and reinforces important concepts made by the speaker. A lesson on designing effective presentations will precede hands-on computer time and practical implementation. Participants will have an opportunity to work on individual power point slides related to a chosen health topic through an exploration of design/layout templates, image insertion, custom animations, and digital video supplementation. Web sites and printed instructions will be distributed as additional Power Point resources.

***HeartPower! Tobacco, Nutrition and Fitness Education for Children and Adolescents. Betsy Shurack, American Heart Association.***

This session will introduce participants to creative lesson ideas for wellness, tobacco prevention, nutrition and fitness. Participants will role-play activities developed by the American Heart Association to help reduce the risk of heart disease over time. Discussion of how the lessons can be adapted for all age groups will take place.

- Participants will participate in activities that decrease the risk of heart disease among youth.
- Participants will identify 5 risk behaviors for heart disease that can be addressed in a health education classroom.
- Participants will discuss ways to collaborate with community and school personnel to improve the health of youth.

***A Teacher's Influence: Promoting the Spiritual Component of Wellness in the Classroom. David Yeo, Eastern CT State University.***

Spirituality is not something reserved for saints, mystics and monks. Spirituality may be the most important dimension or determinant of wellness. Amidst the increased problems related to violence, alcohol, sex, drugs, and dishonor in our communities, we are seeing an increased hunger for spirituality. It is the responsibility of health educators to facilitate discussion and student development regarding this cornerstone of wellness. Teachers can "connect", "touch", and lead students to a higher level of spiritual wellness.

This presentation will identify the many reasons why teachers choose not to develop material related to spirituality. It will describe the reasons why high school and college students are in need of spiritual strength. It will offer several definitions of spirituality. The emphasis of the discussion will be to describe ways to develop consciousness about the spiritual

dimension and about spiritual growth in the classroom. Reference will be made to identifying class themes, journal keeping, affirmations, meditation, topics for written assignments, and research related to faith, belief, healing and wellness.

- Participants will describe the need for spirituality to be nurtured in the classroom.
- Participants will summarize the common obstacles confronting teachers in promoting spirituality.
- Participants will identify 25 specific ways teachers can promote consciousness about spiritual growth among their students.

***Promoting Sensitivity to Diverse Populations: Activities for the Classroom Teacher. Cindy Proscia, Adelphi University***

In the 21<sup>st</sup> century health educators have found themselves working in with students and parents from various ethnic, religious, and social backgrounds. After an introduction and justification of the need for cultural competence, this workshop will allow participants to role-play multicultural and diversity awareness activities. Handouts will be provided.

- Discuss the need to eliminate the prejudice and stereotypes that hinder health education.
- Participate in activities that will awareness of and sensitivity to multiculturalism.
- Practice techniques to increase cultural competency.

***First Aid and Safety Education for Elementary School Students. Suanne Maurer-Starks, Hofstra University***

Most, if not all of us, will require medical attention due to an injury or from becoming suddenly ill. The purpose of this presentation is to present developmentally appropriate first aid and safety activities for students in grades K-6. By empowering children to take care of their own health, we are fostering healthy behaviors at an early age. Participants will role-play learning activities. Handouts will be provided.

***Special Education and Human Sexuality Education. Darrell Lang, Kansas State***

The purpose of this session is to identify teachers beliefs towards teaching sexuality to special population students. In addition, this session will discuss suggestions for incorporating human sexuality instruction into comprehensive school health for this population. Through the use of multimedia computer presentations and audience participation, individuals will become exposed to a model of how one can become more “askable” when teaching human sexuality to special population students.

- Participants will identify a six-point model of human sexuality education.
- Participants will describe characteristics of a comprehensive human sexuality program for special education.
- Participants will list 3 reasons why special population students are at a greater risk for unhealthy sexuality.

***Finding Funding for Health Education: Identifying Grants and Writing Proposals. Emilia Patricia Zarco, Adelphi University.***

Health educators in all settings now realize that grant seeking and writing are important components of their jobs. Universities and other organizations have started to address the need for specific skills-development and resources attendant to grant seeking and writing. However, a good percentage of the profession still need the resources and skills to succeed in their grant seeking and writing efforts. This presentation will provide the opportunity for participants to discuss challenges, concerns and benefits of grant seeking and writing. Principles, tips, and strategies for this process will be reviewed. Participants will be given the opportunity to search the web and come up with a list of resources for grant seeking and writing. Handouts will be provided. This presentation will be held in a computer lab to access web resources.

- Participants will discuss the challenges and benefits of grant seeking and writing.
- Participants will search the web for grant seeking and writing resources.
- Participants will list tips and strategies for grant seeking and writing.

***Health Education That Works: The R.A.I.F. Curricula. Monica Homer, Adelphi University***

The R.A.I.F. concept will be explained. The application of how R.A.I.F. can be used in daily health education lessons will be discussed. Examples of the ingredients needed for learning will be given through educational gaming activities, affective strategies and skill-based methods. Participants will be actively involved and will leave the session with ideas that can be easily implemented into their classrooms.

- Participants will compare and contrast cognitive, affective and skill-based activities.
- Participants will discuss the value of educational gaming activities.
- Participants will analyze the processes of affective learning.
- Participants will describe 3 examples of skill-based learning.

***What's the Dilly Yo?! Improving Health Education Through Understanding Youth Culture. Kate McCarthy, SIECUS.***

Adolescents in the United States grow up in a variety of contexts and communities. Professionals concerned with the issues facing adolescents often struggle with the challenges of understanding young people and reaching them with pro-social messages. As a society, we have a responsibility to help adolescents develop the knowledge, skills, attitudes and behaviors needed for them to lead fulfilling lives and make responsible choices. This interactive session will focus on the importance of becoming conversant in youth culture as a strategy to maximize our efforts with young people. The difficulty of generalizing in our complex society will be addressed. Participants will leave the session with the skills necessary to reach their adolescent population.

- Participants will identify components of youth culture in the United States.
- Participants will discuss the connection between popular youth culture and effective sexuality education programs targeting young people.
- Participants will strategize ways to incorporate youth cultural competence in program design and delivery.

***The Sunwise School Program: Skin Cancer Prevention for Elementary School Students.***

The UV radiation we are all exposed to promotes skin disorders ranging from premature skin aging to cancer. Children, especially, must learn healthy habits in regard to UV radiation. This presentation will present the facts and suggest ways adults and children can limit their exposure. Handouts will be provided. Information about obtaining your free SunWise K-12 school curriculum will be provided.

- Participants will understand what UV radiation is.
- Participants will identify the negative health effects of UV radiation.
- Participants will discuss ways to help children seek shade and adopt "Sunwise" health.

***Health Education Activities for Students with Special Needs. Michael J. Ludwig, Hofstra University***

The practice of labeling persons with exceptionalities developed from the belief that certain characteristics enable educators to better reach homogeneous groups of persons with exceptionalities. This concept will be explored through an interactive exercise. An overview of terminology related to persons with exceptionalities will be presented. A brief overview of suggested teaching techniques for persons with exceptionalities will also be presented.

***Web Page Creation to Improve Education. Linda Cimino Bellmore-Merrick CHSD & Mary Elizabeth Krines, Adelphi University***

Using the internet and a lecture/discussion/role play format, this session demonstrates how teachers can develop and utilize personal web pages to integrate technology into their curriculum. The presenters will lead participants in role-play activities that demonstrate how to create a personal web page. Participants will have the opportunity practice the techniques learned and share their own ideas for classroom lessons. Handouts and will be provided

- Participants will practice techniques to create a personal web page.
- Participants will discuss how to use web pages as a vehicle for education.
- Participants will share their own ideas related to integration of technology into health education classes.

***Breaking the Silence: Integrating Mental Illness Education into Health Class. Lorraine Kaplan, Co-author, Breaking the Silence.***

In this session we will discuss the prevalence of mental illness in our schools and in society. The effects of stigma and lack of information surrounding these illnesses will be explored. An in-depth presentation of the three levels of “Breaking the Silence” Lesson Plans (Grades 4-6, MS, & HS) will be facilitated with audience participation.

- Participants will discuss the need to teach about mental illness.
- Participants will identify the facts and myths surrounding mental illness.
- Participants will role-play “Breaking the Silence” Lesson Plans for grades 4-12.

***Teaching Short-Term Effects of Alcohol Through the Use of Stations. Alexandra Janceski, Kristina Tsbsiasis & Susan Webster, Adelphi U.***

This presentation showcases a creative lesson idea that shows the short-term effects of alcohol use. Participants can see, feel and imagine the short-term effects with these hands-on activities. Students of all ages, K-college, will enjoy this lesson. Handouts will be provided. Audience participation is a must!

- Participants will complete activities that replicate the short-term effects of alcohol use.
- Participants will discuss techniques to use during a station activity that make the lesson work more efficiently.
- Participants will analyze how each station relates to the dangers of alcohol use.

***The Community as a Classroom: Service Learning in Health Education. Jill Artus, East Meadow SD.***

This “hands-on” interactive workshop will provide participants with new ideas in how to make their curricula more relevant to their students through service learning. Service learning is a teaching method that provides opportunities for students to apply what they are learning in community settings. Students build relationships with community members, and become more caring in the process. Learning comes alive! All students and teachers benefit and are often surprised at the outcomes of this pedagogical method. This presentation will include real life examples of how service learning is being implemented on Long Island. Participants will have the opportunity to listen to middle school students as they describe their experiences with service learning!

- Participants will identify strategies to make their curriculum “come alive!”
- Participants will discuss the implementation of service learning in their health curricula.
- Participants will discuss ways to build partnerships with their school-community to help provide opportunities for students to apply what they are learning in the classroom.

***Hands-On Nutrition Education for Young Children. Maria S. Sant'Angelo***

Explore a variety of exciting and creative nutrition activities for grades K-5. Learn ways to integrate nutrition into other disciplines and build upon the New York State Learning Standards. Attendees will be provided with inspirational ideas to use immediately. A listing of free or inexpensive resources will be provided, in addition to website links.

**Applying Multiple Intelligence Theory to Health Education. *Anita German-Scheffer & Allison Mills-Carroll, Syosset Central SD.***

Howard Gardner identified and introduced us to seven different types of intelligence. Recently, he identified an eighth intelligence known as naturalist, which will be discussed further in this workshop. Gardener teaches us how important it is for educators to take the individual differences that exist among students very seriously. This especially exists in the health education classroom, where the majority of our classes are set up heterogeneously with a diverse mixture of interest and abilities. Health educators have the opportunity to set up their classrooms according to the eight types of intelligence. Through this workshop, participants will ascertain methods for tapping into the self-interests and self-esteem of all students, regardless of their learning aptitude.

- Participants will identify Gardner's eight intelligences.
- Participants will discuss how multiple intelligence can help us teach and evaluate our students in new and better ways.
- Participants will identify ways to implement Gardner's Theory into the health education classroom at all levels.
- Participants will create a unit which incorporates multiple intelligences into a component of health education.

# ABOUT THE PRESENTERS

## *Jill Artus, M.A.*

Jill Artus, a graduate of Adelphi University, has been a health teacher in East Meadow Public Schools for the past 16 years. She has also worked as a health educator for the Massapequa Public Schools, the American Lung Association and the New York City Police Foundation Hypertension Unit. Jill is nationally renowned for her work in service learning. She has published three articles related to service learning in health education. She often makes professional presentations on the topic. Jill is the recipient of the 2000 Secondary Health Teacher of the Year, the Long Island Educator of the Month, the Dedicated Service Award and was nominated for Disney Teacher of the Year.

## *Karolina Bizik, B.S.*

Karolina Bizik is The Maurer Foundation's Program Associate. She is responsible for coordinating the implementation of the Foundation's programs. She joined the foundation in August of 2000 and is a Certified MammaCare Associate, which is a nationally recognized credential for teaching breast self-exam. Karolina teaches the majority of The Maurer Foundation's school and community programs. She is responsible for school recruitment and program support. She holds a Medical Assistant Certification from New York Ultrasound Diagnostic School and a Bachelor of Science Degree in Communication Arts from Saint John's University. Karolina was named to Saint John's University's annual college of Professional Studies Dean's List of students awarded academic distinction for outstanding scholastic performance. Karolina represents The Maurer Foundation on various committees serving the community (including Sisters United In Health). Karolina has been the Foundation's Conference Coordinator for past years, successfully executing this key annual event from start to finish. Karolina leads the planning and coordination of our annual conference, *Breast Health Connections*, an inter-active one day learning experience for health professionals, clinicians, breast cancer survivors, and the general community.

## *Linda Cimino, B.S.*

Linda Cimino is currently a graduate student in the Department of Health Studies at Adelphi University, after having graduated from Adelphi's undergraduate dual major in health and physical education. Linda is a health education teacher and coach in the Bellmore-Merrick School District. In her short time as a professional, she has already begun to make a mark on the profession. She has been involved in curriculum development in her district. She has made several professional presentations on the regional and state levels. Linda was the first recipient of the Monica Homer Award, an honor award given to an outstanding undergraduate dual major in health education. She is also a member of the NYS AHPERD Nassau Zone Board.

## *Peter DeBenedittis, Ph.D. ~ KEYNOTE SPEAKER*

Dr. Peter DeBenedittis has presented to more than 50,000 students about how media has manipulated their lives. He has trained thousands of teachers, prevention specialists, and health promotion workers across America. He has been featured on CBS 48 Hours for youth alcohol prevention using media literacy. He is the co-author of 2 highly acclaimed New Mexico Media Literacy Project CD-ROMs teaching media literacy, and has been a participating researcher in several studies showing the effectiveness of media literacy for changing attitudes about substance use. He is a consultant to The American Medical Association, The Robert Wood Johnson Foundation, The Centers for Disease Control, The American Academy of Pediatrics, and The White House Office on Drug Control Policy project to produce Marvel Comics books teaching media literacy skills for drug prevention. His dynamic and interactive presentations are renowned in the prevention community.

***Leah Holland Fiorentino, Ed.D.***

Dr. Fiorentino has been at Adelphi for the past 13 years and has taught a variety of courses (tumbling, volleyball, elementary methods, secondary methods, supervised student teachers). Her recent passion is in the area of integrating computer applications in the physical education teacher education program. Her hope is to have Adelphi graduates as technology leaders in their worksites. Dr. Fiorentino is a Long Island product; New Hyde Park High School, SUNY Stony Brook (BA), Adelphi University (MA), Teachers College Columbia University (MEd & MEd). She has taught in the K-12 system for 12 years as a physical education teacher and coach and filled a variety of administrative positions during that time (including Director of Athletics and Physical Education). She has presented on a variety of technology and computer application topics at the state, national and international level over the past 6 years.

***Anita German-Scheffer, MS***

Anita German-Scheffer received her BS degree in School Health Education from Hunter College, her MS degree in Health Education from Hofstra University and is currently seeking a degree in School Administration from SUNY, Stony Brook. She is currently a middle school health educator and S.A.D.D. Advisor in the Syosset Central School District. She often facilitates workshops on health-related topics and has participated in the development of health education curriculum in the public schools. Prior to her position in Syosset, Anita worked as a health educator in the East meadow Union Free School District.

***Anne Gibbone, MA***

Anne Gibbone is an alumna of Adelphi University. She received both her Bachelors and Masters degrees from the institution. She worked as a physical education teacher in the Northport-East Northport Public school district, but her most recent teaching positions have been held at Adelphi University. Anne is currently an adjunct Professor for the Department of Health Studies, Physical Education and Human Performance Science. She teaches *Technology Applications in Physical Education and Health* and *Methodological Foundations of Physical Activity*. Anne has several publications and presentations related to the field of technology. She has been the recipient of four honor awards of in the past year alone.

***Monica Homer, Ed.D.***

Dr. Monica Homer is a Professor Emeritus of Health Studies at Adelphi University. Dr. Homer retired from Adelphi in 2001 after 33 years of service to the institution and Long Island community. She received her Doctorate of Education from Teachers College, Columbia University. During her years at Adelphi, Dr. Homer taught both undergraduate and graduate courses and made hundreds of presentations to professionals, parent groups, educators, religious groups and the general public. Dr. Homer's areas of expertise include methods of teaching health education, sexuality, HIV/AIDS, parenting and alcohol education. Recent honors from professional organizations include being the first recipient of the Lifetime Achievement Award in Health Education by NYS AHPERD (1998) and the NYSFPHE Award for Distinguished Service for a Professional in the Field (1999). Dr. Homer continues to make presentations, but also spends time enjoying golf, bridge, theatre, travel and genealogy.

***Teresa Ippolito, M.S.***

Teresa (Terry) Ippolito is the Environmental Education Coordinator for the U.S. EPA Region 2 that serves New Jersey, New York, Puerto Rico and the U.S. Virgin Islands. She holds a B.S. in biology from MaryMount College of Fordham University, did graduate work at New York University, and holds an M.S. in Environmental Health Science from Hunter College, City University of New York. Terry coordinates EPA's regional programming in environmental education and administers the Environmental Education Grants Program. She networks with individuals and organizations involved in formal and non-formal environmental education throughout the region, participates in government and non-government

EE workgroups, including EPA's workgroup for its educational websites, chairs the NYC Environmental Education Advisory Council, supports the efforts of other EPA individuals and programs in environmental education, and provides presentations and workshops on topics including general ecology, grant writing, teacher education and the SunWise program. She also writes press releases and sets up public and press events as part of her responsibilities in the public Affairs Division at EPA. Terry came to EPA after sixteen (16) years in education as a science teacher and school administrator. Her current position combines expertise in both education and the environment. Terry has been involved with the SunWise program since its inception.

### ***Alexandra Janceski, B.S.***

Alexandra received her B.S. from Adelphi University in December 2002. She completed her degree in health and physical education. She has worked as a pre-service teacher in Lynbrook, Herricks, East Rockaway, Searingtown and Albertson, NY. Alexandra made her first state presentation prior to graduation. She is a member of the national and state affiliations of AAHPERD. Alexandra is a NYS certified in health and physical education, she is Red Cross certified in First Aid and CPR for the professional rescuer, and she is a certified HIV/AIDS educator.

### ***Lorraine Kaplan, M.S.***

Lorraine Kaplan holds an M.S. in Education as well as NY State Certification in Special Education, Reading, and Music. She taught in New York City and in the Commack Public School District for over 25 years. Since her retirement, she has been a Field Supervisor for Student Teachers at Dowling College in Oakdale, NY. In addition, Ms. Kaplan has been an involved advocate for the mentally ill, serving on the boards of NAMI Queens/Nassau and ADD in Riverhead. She fervently believes that by reducing the stigma surrounding mental illness, the lives of the mentally ill, their families and society will be greatly improved. Ms. Kaplan co-authored the "Breaking the Silence" lesson plans which teach children grades 4-12 that mental illnesses are brain diseases and can be treated. Ms. Kaplan lectures extensively in schools and at conferences on this subject.

### ***Mary Elizabeth Krines***

Mary Elizabeth will be receiving her B.S. from Adelphi University in May 2003. She will be completing her degree in health and physical education. This year, Mary Elizabeth worked as a teaching assistant in the department's required technology course. She has worked as a pre-service teacher in Rockville Centre and in Copiague, NY. She was a member and captain of Adelphi's Volleyball team. She has coached Volleyball for many districts and associations. Mary Elizabeth made her first presentation prior to graduation at the Nassau Zone Conference. She is a member of the national and state affiliations of AAHPERD. Mary Elizabeth is the recipient of many honors related to academics and volleyball.

### ***Darrell Lang, Ph.D.***

Dr. Lang presently serves as the Health and Physical Education and HIV/AIDS/Human Sexuality Education Program Consultant for the Kansas Department of Education. Prior to this position, he served as chair of the Department of Physical Education and Health Promotion at the University of Wisconsin-Oshkosh. Dr. Lang also served as Professor of Health Promotion at Emporia State University, Emporia, KS. He has taught at the secondary level in the states of New York and Iowa. He is the author/co-author of four different books and numerous professional journals. He has conducted in-service trainings and staff development programs to over 25,000 teachers and business personnel throughout the United States.

### ***Michael J. Ludwig, Ph.D.***

Dr. Ludwig is an assistant professor in the Department of Health Professions and Family Studies at Hofstra University. He received his Ph.D. from the Pennsylvania State University in Health Education in May, 1994. He also holds an M.S. (1981) and

B.S. (1976) in Health Education from the State University of New York, College at Cortland. Dr. Ludwig taught in the New York City public school system for five years prior to beginning his doctoral work. He also taught health education at Murry Bergtraum High School in lower Manhattan—an ethnically and racially diverse inner-city magnet school focused on business careers. His first academic appointment at Georgia Southern University in Statesboro, Georgia was for the 1994-95 academic year. He was appointed at Hofstra in January, 1998. His research focuses on the nexus of relations that exist between and among culture, education, health, and politics. Additionally, Dr. Ludwig promotes the use of popular culture as an important pedagogical tool, and believes the discourse on education often is limited to its relationship with economic opportunity at the expense of its vital link with civic responsibility. He has published in several peer-reviewed journals, has contributed to edited collections, and has presented his work at local and national conventions. He serves as a reviewer for the Review of Educational Research, and for the research consortium of the American Association of Health Education (AAHE).

***Suanne Mauer-Starks, M.A., A.T.C.***

Suanne Mauer-Starks has been the program coordinator of Hofstra University's Athletic Training Program for the past thirteen years. She has been a practicing athletic trainer and has worked with Division I Intercollegiate athletic teams. Suanne has been the athletic trainer for Women's Softball, Men's Soccer and both Men's and Women's Basketball. For the past five years she has worked as a full-time faculty member in the Physical Education and Sport Sciences Department at Hofstra University. The courses she is responsible for teaching are predominately in the field of athletic training and exercise science. Suanne has been involved in the World Games for the Deaf and has traveled to two International Games, including Sofia, Bulgaria, and Copenhagen, Denmark. In addition, Suanne has spoken at district and national conferences, including the Eastern Athletic Trainer's Association Annual Meeting; the National Athletic Trainer's Annual Meeting and AAHPERD's Annual Meeting. She is active in the Athletic Training profession and she is a test site Administrator and serves on the Scholarship selection Committee. Currently, Suanne is completing her doctoral work in Health Education at Columbia University, Teacher's College. Her doctoral dissertation and current research are in the field of multicultural and diversity education.

***Kate McCarthy, M.A.***

Kate McCarthy is currently the School Health Coordinator for the Sexuality Information and Education Council of the United States (SIECUS). She oversees the publication of a bi-weekly newsletter focusing on health, HIV prevention and sexuality education. She provides educational consultations and technical assistance to professionals, state and local education organizations. She develops, coordinates and delivers workshops for education and health professionals on providing and promoting programs that reduce HIV infection, other STDs, unintended pregnancy and other important health problems. Kate has also worked as a sexuality educator of Planned Parenthood Federation of America and as a sexual health teacher at Harvey Milk High School. Kate has taught English as a second language courses in Tokyo, Japan and Cuenca, Ecuador.

***Mary Melton, RN, BSN***

Mary Melton is a graduate of the University of Massachusetts College of Nursing. She has worked as a Health Specialist teaching health in grades K-5 using the Great Body Shop curriculum. She often speaks at middle school conferences on self-esteem, decision making and avoiding risky behaviors. Health Education and Labeling: Implications for Persons with Exceptionalities

***Laura Miller, Ph.D.***

Dr. Laura Miller received her B.S. and Ph.D. from University of Maryland at College Park and her M.S. from Miami University of Ohio. She is currently an Assistant Professor in the Department of Health and Physical Education at Edinboro University of Pennsylvania. Prior to her position at Edinboro University, Dr. Miller worked in the field of academia at University of Maryland at College Park, University of Maryland University College, and Miami University of

Ohio. She also held a position at NIH in the National Heart, Lung and Blood Institute. Dr. Miller is the author of several presentations and publications. She actively serves the profession as a member and officer in many professional organizations.

### ***Allison Mills-Carroll, MS***

Allison Mills-Carroll is currently a health educator in the Syosset Central School District. She has played a key role in the health education program in her district. Allison is known throughout the region for her innovative teaching practices. She often facilitates workshops on health-related topics. Like her colleague, Anita, Allison has also participated in the development of health education curriculum in the public schools.

### ***Bill Niles, Ph.D.***

Dr. Niles, an Adelphi University School of Education faculty member in the Special Education Program, received his B.A. and M.S. from St. John's University. He received his Ph.D. from Fordham University. He currently teaches Human Development, Cognition and Teaching, Cognition and Learning, Special Education in Inclusive Settings, Adolescent psychology and Classroom Management. Prior to coming to Adelphi, Dr. Niles worked at Long Island University and Hofstra University. He has also worked at various private and non-profit institutions as a mediator and advocate for children. Dr. Niles is also an expert in conflict resolution and mediation.

### ***Cynthia A. Proscia, M.A., R.D***

Cindy Proscia is a Clinical Adjunct Professor at Adelphi University. She earned her Bachelors Degree in Nutrition at Hunter College and her Masters Degree in Community Health Education at Adelphi University. She is currently nine credits shy of her Masters Degree in Elementary Education at Adelphi University. She has been employed in various Long Island Hospitals specializing in Oncology, HIV/AIDS and Pediatrics. She has been a Health Educator in the fields of obesity, anorexia, bulimia, drug and alcohol addiction, women's health and lipid and cardiac health. She has presented at the Nassau Zone AHPERD, 1998 and the Suffolk Zone APHERD, 1999. In her community, she was on the Advisory Board of the Dolan Family Health Center and has volunteered with multiple agencies involved with latch key kids and young people living on the streets as a mentor, tutor, educator of health in relation to nutrition, contraception and mothering. She has also volunteered with the Huntington Breast Cancer Action Coalition.

### ***Betty J. Raube H.S.D., CHES, RN***

Received her Health and Safety doctorate from Indiana University, majoring in College and School Health. Currently an Associate Professor in Health Education in the Health and Physical Education Department at Rhode Island College, dealing with teacher preparation and community health education undergraduate students, and students earning a Master of Education in Health Education. Has been published in the Journal of The International Council For Health, Physical Education, Recreation, Sport, and Dance, and Journal of Health Education. Has presented at numerous professional conferences including: American Association for Health Education (AAHE)/American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), American School Health Association (ASHA) and American Public Health Association (APHA).

### ***Maria S. Sant'Angelo, CFCS***

Maria Sant'Angelo is an experienced nutrition educator. For over 18 years she developed, implemented and evaluated nutrition education programs for Cornell Cooperative Extension of Nassau County. As a volunteer she served as the Bayville Schools liaison to Cooking Light's Healthy Kids Challenge- a model nutrition program linking the home, community and school. In addition she has served as the chairperson of the Locust Valley School District's nutrition

committee, conducted workshops for Girl Scout groups, received four New York State Nutrition Council mini-grants, and has taught at the middle school and college level. She is presently an adjunct instructor at Adelphi University's School of Nursing, and is developing a nutrition and fitness curriculum for 2<sup>nd</sup> and 3<sup>rd</sup> grade through a Cornell Cooperative Extension grant.

***Betsy Shurack, M.S.***

Betsy Shurack is the Director of Youth Markets for the New York City Affiliate of the American Heart Association. She is renowned for her dedication to health and wellness among youth. Betsy coordinates and facilitates Jump and Hoops for Heart across Long Island. The fundraising efforts spearheaded by Betsy and her team are fantastic and assist in funding many health and physical education programs. Recently, Betsy was the recipient of the NYS AHPERD Nassau Zone Award for Outstanding Service. There are not enough words to express Betsy's service to the profession and the Long Island community.

***Kristina Tsbsiasis***

Kristina is a student in Adelphi University's dual major undergraduate program in health education and physical education. Kristina has worked closely with the Health Studies Department as a Policy Reviewer for Tobacco Policies in New York State. Kristina made her first state-wide presentation as an undergraduate this past fall at the NYS AHPERD Convention. Kristina is exemplary of the pre-service teachers we all wish to have.

***Susan Webster, B.S.***

Susan received her B.S. from Adelphi University in December 2002. She completed her degree as a dual major in health and physical education. She is currently working in Harborfields Public Schools. Susan made her first state presentation prior to graduation. She is a member of the national and state affiliations of AAHPERD. She is a NYS certified in health and physical education, and she is Red Cross certified in First Aid and CPR. As an undergraduate, Susan was a member of Adelphi's University's Soccer team. Susan is the recipient of many honors related to academics and volleyball.

***David G. Yeo, Ed.D.***

Dr. David Yeo is a Professor of Health and Physical Education at Eastern Connecticut State University, where he also serves as the Head Athletic Trainer. He earned his degrees Bachelors and Masters degrees at Springfield College and his doctorate at Boston University. He has given presentations on promoting spirituality in the classroom when he was a keynote speaker at the New Hampshire state HPERD convention in 1998, at the Connecticut state conference of HPERD in 2001, and at the EDA convention of AAHPERD in 2002. Dr. Yeo has given over 35 professional presentations on the mind-body connection and psychoneuroimmunology at state, district and national conventions. Dr. Yeo has been recognized with professional honor awards from the Connecticut HPERD, NASPE, AAHE and the NATA.

***Dr. Emilia Patricia T. Zarco, M.D.***

Dr. Zarco joined Adelphi University in the Fall of 2001. Prior to that, she was Assistant Professor at the Kinesiology and Health Studies Department at Southeastern Louisiana University and the Department of Health Education at the University of the Philippines. Dr. Zarco has a Doctor of Medicine degree from West Visayas State University in the Philippines and a Masters in Education degree major in Health Education from the University of the Philippines. Her work has focused on developing, implementing, monitoring and evaluating Health Education Programs and materials that focus on Substance Abuse Prevention, HIV/AIDS Prevention, Coordinated School Health Programs and other skills-based Health Education Curriculum. She has also been involved in a variety of training programs for Chinese Educators, Iranian Educators, and other Asian Educators in the field of Drug Abuse Prevention Education, Puberty Education, Population

Education and HIV/AIDS Prevention Education. She has done research studies in the field of substance abuse with Prof. Ricardo M. Zarco, the pioneer researcher on substance abuse in the Philippines. She studied adolescent health risk behaviors and psychosocial characteristics in collaboration with Dr. Randy Page at the University of Idaho. She also worked on program evaluation studies with Dr. Wynn Gillan at the Excellence in Health and Education Project in Louisiana. She has published several articles and presented research papers in national and international conferences.