



# ARKANSAS AHPERD NEWSLETTER

Fall 2008

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EDITOR: Andy Mooneyhan

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## President's Message...

Dear ArkAHPERD Members:

The 2008 ArkAHPERD Convention in Little Rock, November 6 and 7, will mark the end of an era. Dr. Jim Stillwell who has served as Executive Director for this organization over a decade, has announced his retirement from this position of leadership, effective at the end of the 2008 Convention. This "changing of the guard" gives this year's ArkAHPERD Convention special significance. Not only will we have the usual number of great presentations, excellent information, entertaining events and tremendous fellowship; we will also have the opportunity to publicly acknowledge the service of one of our organizations most esteemed members for one final time.

As the outgoing and incoming presidents we encourage you to join us in Little Rock for this year's convention! Your ArkAHPERD Board has prepared another fabulous program to enhance your professional development. And of course, there is always the interaction with colleagues, catching up on the latest stories, shared memories and meals as well as the ever popular BINGO!

Please mark your calendar and make plans to join us at the Airport Holiday Inn in Little Rock, November 6 and 7!

Sincerely,

*Hal T. MacAfee*

*Lynn Glover-Stanley*

## Executive Director's Message...

Greeting from the ArkAHPERD home office on the campus of Arkansas State University in Jonesboro. It is my hope that your "new" year has begun well. For those of you who teach, I encourage you to inform your students that we, as humans, do two and only two things – we THINK and we MOVE. It is our discipline, physical education, that is the only one in the school curriculum that is concerned with both of these. Among our objectives is that of making our students better thinkers and better movers. No other teacher can make the same claim.

I encourage you to not only attend our November 6-7 State Convention in Little Rock, but also bring a colleague with you. A program schedule is included in this Newsletter. I ask that you complete the membership application on page 6, the convention pre-registration form on page 3, and return them as soon as you can. A reminder that the \$135.00 pre-registration fee includes two meals and admittance to all convention sessions, beginning with the Thursday morning Workshop with J.D. Hughes and ending with the Friday afternoon Awards' Luncheon.

Keep fit!

*Jim Stillwell*

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## Student Scholarships

**ArkAHPERD** has four student scholarships awarded annually at the November convention to recognize outstanding undergraduates with a declared major in the fields of HPERD at any of the Arkansas colleges and universities. Requirements and Forms are found in the **ArkAHPERD** constitution. See our website for information. Deadline for student scholarships is October 15<sup>th</sup>. Mail applications to:

Dr. Alfred Arrington  
Arkansas-Pine Bluff  
PO Box 4977  
Pine Bluff, AR 71611-4977

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## Attention Students

The Research Section of **ArkAHPERD** is looking for undergraduate and graduate students to present their research at this year's convention. The presentation may be either a poster or lecture format. Prizes (\$100, \$50, \$25) are awarded to encourage students to engage in research and present their work at the convention. Deadline for application is October 15. Contact [bfprince@ualr.edu](mailto:bfprince@ualr.edu).

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## Convention News

This year's convention offers:

- An opportunity to meet and greet colleagues and students from throughout Arkansas
- 2 days of professional programs and revitalizing activities

- 18+ hours of professional development
  - 30+ sessions
  - A Thursday morning K-6 Workshop presented by J.D. Hughes, elementary physical educator and author of **No Standing Around in My Gym**
  - Thursday evening B-B-Q buffet with entertainment by comedic hypnotist Gerry Kelly
  - Our annual Silent Auction with items galore
  - Our annual BINGO
  - Friday's Annual Awards Luncheon
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## Motel Information

### Convention motels:

#### **Holiday Inn Airport**

3201 Bankhead Drive  
Little Rock, AR 72006  
501.490.2289 [p]

**\$139.00** [4 to a room]

Reserved before October 15, 2008

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#### **Holiday Inn Express**

3121 Bankhead Drive  
Little Rock, AR 72006  
501.490.4000 [p]

**\$89.00** [4 to a room]

**Note:** Make reservations early and when doing so, indicate that you are with **ArkAHPERD**.

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## Necrology

To keep our members informed about our past mentors, send a brief biography of deceased members to: [ansmith@uark.edu](mailto:ansmith@uark.edu).

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## Website

Please remember to visit our website. The address is: <http://www.arkahperd.org/>. Any information placed on the website must have Board approval. Contact Executive Director, Jim Stillwell.



# Convention Schedule

## Thursday

- 8:00-3:00** Registration
- 9:00-4:00** Exhibits open
- 8:30-11:30** Physical Education Workshop with J D Hughes

### Afternoon Sessions:

- Daniel Sweeney and Donna Quimby: *"Is it (un)Healthy to Be a Sports Fan? A Study of the Relationship Between Team Identification and Physical Health Risk"*
- Deb Walter: *"Making the Connection In & Out of the Box"*
- Paul Finnicum and Mitch Mathis: *"From Cover Letter to Interview: Getting that First Job"*
- Sandy Wright and Aric Hornig: *"Chewy Café, a Scrumptious Menu of Skill Building for Healthy Kids" Bob Fox: Lindbergh "Sport Stacking with Speed Stacks 101--The Basics!"*
- Bruce Elmore and Brett Stone: *"Preparation and Practice for PE Praxis II"*
- Deb Walter: *"Achieving Fitness through Adventure"*
- David LaVetter and Hyun Duck Kim: *"Improving Safety and Reducing Liability in School Weight Rooms: Application of Standards"*
- Kathleen Courtney: *"Health Education: Are We Setting Up Our Students For Failure?"*
- Ron Hale and Mitch Mathis: *"Operation Lifesaver"*
- David LaVetter: *"Was I Supposed to Know That? Understanding Coaches' Legal Duties"*
- Don Peterson, Lynn Grover-Stanley and Patrick Wempe: *"The Good, Bad, and Ugly Side of Homework"*
- Debby Woods: *"You're a New Physical Education Teacher: What You Need to Know"*
- Gretchen Oliver and Dennis Perkey: *"The Athletic Hernia"*
- Susan Mayes and Angie SmithNix: *"Swingin' Social Dance to Meet Standard 4 Social and Personal Behaviors"*
- John Kutko: *"Adventure Studies for the Primary Grades"*
- Valarie Hilson: *"Motivation: How to Cultivate Student Success"*
- Brian Church: *"The Ups and Downs of Eccentric Exercise"*
- Dennis Perkey and Gretchen Oliver: *"Communicating in Different Languages: How to Bridge the Communication Gap Between Coaches and Athletic Trainers"*
- **Student Superstars Competition**
- **Dinner, Entertainment, Silent Auction, BINGO**

# Convention Schedule

## Friday

**8:00-11:00** Registration

**9:00-11:00** Exhibits open

### **Morning Sessions:**

- **Board Breakfast**
- Dennis Docheff: "*National Coaching Standards--Making Better Coaches!*"
- Laura McDowell: "*Coordinated School Health: Focusing on the Whole Child by Connecting Health and Academics*"
- **Jump Rope for Heart**
- Lucy Moreland: "*Arkansas Has It All*"
- Patrick Wempe and Don Peterson: "*Direction of Health, Physical Education & Recreation Programs with the Implications of Distance and Modified Learning*"
- Helena Baert: "*Teaching and Assessing Basic Movement Skills*"
- Little Rock School District Physical Education Teachers Panel: "*The Implementation of K-12 PE Curriculum*"
- Paula Smith: "*Health Services and Health Education: We Can Work Together!*"
- Page Glave, Kirk Evanson, and Julie Nelson: "*Collaborative Research: The Fun Side*"
- Milton Wilder: "*Relationship Between the Alliance, Board of Governors, Southern District, and Arkansas AHPERD*"
- Kathy Wormington and Bill Spence: "*Bring Adventure Into Your PE Program*"
- Bob Fox: "*Advanced Sport Stacking with Speed Stacks -- The Cycle Stack and More!*"
- Dennis Docheff: "*Teacher of the Year--It Could Be You!*"
- Lance Bryant and Jim Stillwell: "*Whistles and Polyester Shorts: Media Images of Physical Education Teachers*"
- Tim Leszczak, Michelle Rossio, and Brandy Buss: "*Balance and Older Adults*"
- **Open Forum of Research**
- Joy Rockenbach: "*Building a FIT Arkansas*"
- Melba Kansaki and Crystal Gordon: "*How to Start a Dribblers Program With the School*"
- Luncheon 11:30 – 1:30

### Why Jump Rope for Heart?

Why not! JUMP is a terrific program that teaches children how to live a healthy, active lifestyle. The event is easy to run, fun for all, and most importantly it contributes to saving lives in the fight against heart disease and stroke, our nation's number one and three killers. For more information visit: <http://www.aahperd.org/jump/>



**ArkAHPERD Membership  
Application**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ City State Zip

Email \_\_\_\_\_

Membership:  
 Renewal  
 New

Area of Interest:  
 Dance  
 Health  
 Physical Education  
 Recreation  
 Other: \_\_\_\_\_

Employment area:  
 Elementary  Middle School/Jr. High  
 Secondary  Jr. College  
 College/University  Public/Private Agency  
 Other: \_\_\_\_\_

Membership type:  
 Lifetime \$300  
 Professional \$40  
 Student \$10

Make check payable to **ArkAHPERD**  
Send to:  
Jim Stillwell  
P. O. Box 240  
State University, AR 72467

## ArkAHPERD Board of Directors

McAfee, Hal Glover-Stanley, Lynn Forbess, Janet Stillwell, Jim Gist, Tracy Mooneyhan, Andy	<b>President</b> <b>President-elect</b> <b>Program Coordinator</b> <b>Executive Director</b> <b>JRFH Coordinator</b> <b>Journal/Newsletter Editor</b>	mcafeeh@hsu.edu leggetl@hsu.edu jforbess@uark.edu jstillwel@astate.edu tracy.gist@rsdmail.k12.ar.us.edu amooneyh@astate.edu
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### Division Vice Presidents/VP-elects

Vacant ----- Mayes, Susan Stilwell, Laura Hilson, Valarie ----- Finnicum, Paul Ralph, Cristy Mathis, Mitch ----- King, Kathy Keese, Pam	<b>Athletic &amp; Sports</b> <b>Athletic &amp; Sports-elect</b> <b>Dance</b> <b>Dance-elect</b> <b>General</b> <b>General-elect</b> <b>Health</b> <b>Health-elect</b> <b>Physical Education</b> <b>Physical Education-elect</b> <b>Recreation</b> <b>Recreation-elect</b>	[to be elected 11/6/08] smayes@uark.edu danz4u@sbcglobal.net vhilson@astate.edu [to be elected 11/6/08] pfinnicu@astate.edu cralph@bentonville.k12.ar.us mmathis@astate.edu [to be elected 11/6/08] king@uamont.edu pkeese@harding.edu
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### Section Chairs/Chair-elects

Church, Brian Vacant Perkey, Dennis Oliver, Gretchen Straub, Jennifer Robinson, Lindsay Astin, Allison Miller, Heidi Thye, Larry Wempe, Patrick Prince, Bennie Peterson, Don Huckabee, Hollie Smith-Nix, Angie	<b>Exercise Science</b> <b>Exercise Science-elect</b> <b>Athletic Training</b> <b>Athletic Training-elect</b> <b>Elementary PE</b> <b>Elementary PE-elect</b> <b>Future Professional [UCA]</b> <b>Future Professional [UCA]</b> <b>Higher Education</b> <b>Higher Education-elect</b> <b>Research</b> <b>Research-elect</b> <b>Secondary PE</b> <b>Secondary PE-elect</b>	bchurch@astate.edu  dperkey@astate.edu goliver@uark.edu jatraub@sdaie.org lrobinson@dewitt.k12.ar.us AJA05001@cub.uca.edu ditzzybrunettehm@swbell.net thyel@hsu.edu wempep@hsu.edu bfprince@ualr.edu petersd@hsu.edu hhuckabee@astate.edu ansmith@uark.edu
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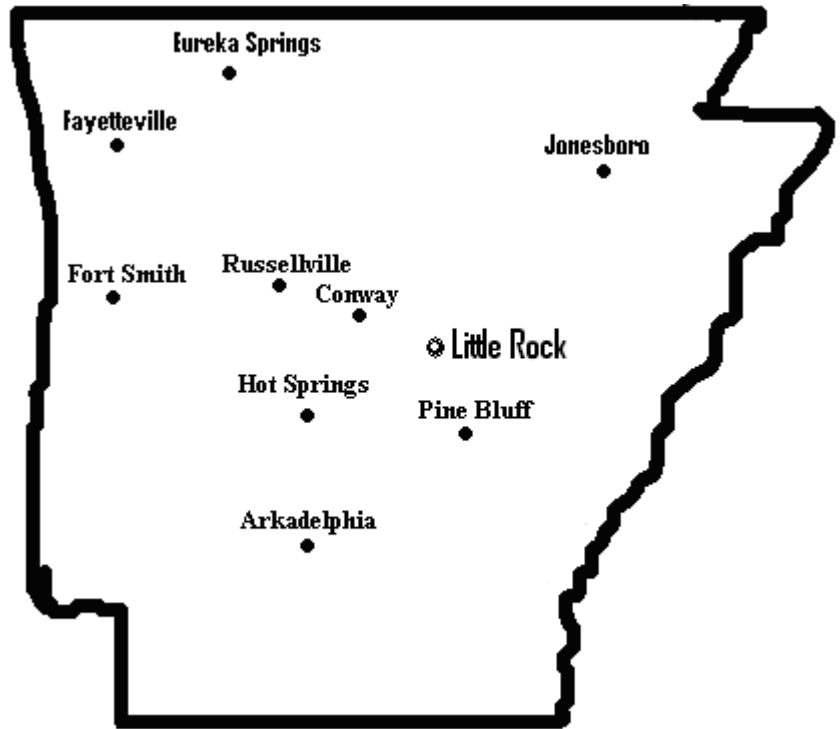
### Standing Committee Chairs

Arrington, Alfred Thye, Larry Vacant Forbess, Janet Smith-Nix, Angie Smith-Nix, Angie Vacant	<b>Scholarships</b> <b>Higher Educator of Year</b> <b>District Organization</b> <b>Honor Award</b> <b>Necrology</b> <b>Teacher of the Year Awards</b> <b>Constitution</b>	arringtona@uapb.edu thyel@hsu.edu  jforbess@uark.edu ansmith@uark.edu ansmith@uark.edu
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# 2008 ArkAHPERD Convention Little Rock

	<u>miles</u>
Arkadelphia	69
Conway	33
Fayetteville	191
Fort Smith	158
Jonesboro	131
Pine Bluff	44
Russellville	78

**It's Closer  
than you think!**



ArkAHPERD Newsletter  
C/O Andy Mooneyhan  
PO Box 240  
State University, AR 72467

