The Pulse

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websites: **www.aahperd.org/jointprojects.html**

www.americanheart.org

See The Pulse on-line at **www.aahperd.org/thepulse**

The Pulse Newsletter
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Go For the Gold

The school year has come to a close and we move into the summer knowing we "went for the gold" in whatever we did.

In Salt Lake City we "went for the gold" and held terrific sessions, watched dynamic demo teams, held an action packed free throw contest, honored the accomplishments of our grant and award winners, and celebrated the hard work that each and every one of you put forth to make JRFH and HFH what it is.

In schools, you all "went for the gold" and helped educate **seven million students** about heart disease, stroke, and the importance of life long physical activity!

As we move into the summer months we hope that you will be able to rejuvenate and begin thinking about how you will "Go for the Gold" with your events next year. That "go for the gold" attitude, enthusiasm, and creativity will get your students, and hopefully more, anticipating and excited about your event from day one.

We thank you for all that you do and wish you good luck with your next "gold" event!

- J. Katounas

At the Heart of the Matter

DEMO TEAMS

Four fantastic teams performed in the convention hall demonstration areas in Salt Lake City.

Just Jumpin'

From Logan, Utah, team ranges in age from seven to sixteen, the team is coached by Patrice Winn.

Pinedale Ropin' Wranglers

From Pinedale, Wyoming, team ranges from preschool through fifth grade, coached by Jarlath Mortenson.

Summerwind Skippers

From Boise, Idaho, 4 time Grand National Jump Rope Champions, team ranges from eight to twenty-one, coached by Karen Hay.

Canyon Rim Panthers

From Salt Lake City, Utah, team ranges from third to sixth grade, coached by Irene Rytting and Jeri Jacobs.

We thank them all for putting on fantastic performances and supporting the Jump Rope For Heart events!

Demo Team Social with Rene Bibaud

World renowned rope jumper, Rene Bibaud, spent time with the demo teams that performed at convention, sharing her skills and routines that they could integrate into their own performances.

Free throw volunteers

Karina Bond, free throw winner, pictured with Larry Doyle, MC, and Jackie Katounas, JP office

FREE THROW CONTEST

For the second year in a row the free throw contest drew a large crowd with 142 participants! Out of those participants we had one perfect "10 for 10" shooter, Awin Maritcragi from Honolulu, HI. For the girls, Karina Bond, College Park, MD shined with "8 for 10". Congratulations to our winners and thank you to all the volunteers who helped make this event a success! ♥

Awin Maritcragi, free throw winner, pictured with his friend Jody Spencer

Convention SNAPSHOTS

Bob Melson received AAHPERD Honor Award

Salt Lake Convention Center

Joint Projects Committee

Salt Lake City View: Mormon Temple

2005-2006 JRFH/HFH Grant Recipients Announced

In celebration of the passion schools, teachers, and students have for the Jump Rope for Heart and Hoops for Heart events AAHPERD offers 18 grants. The grants inspire a new support from schools, administration, and communities. Each recipient receives $2500. $1200 in US GAMES gift certificates and the remaining $1300 offers opportunities for teachers to attend the National Convention which allows them to enjoy new experiences and build new relationships. ♥

CONGRATULATIONS TO THE PAST WINNERS AND TO THE 2006 JRFH/HFH GRANT RECIPIENTS.

Cindy Lou Aillau	Delta Elementary School	Alaska
Lisa Barnett	Sumiton Christian School	Alabama
Suzanne Bathe	Hancock Elementary	Texas
Kim Berg	Alamance Elementary School	North Carolina
Ann Boelens	Cardinal Forest Elementary	Virginia
Deborah Bomyea	Red Cloud Indian School	South Dakota
Kem Dudney	Hallsboro Middle School	North Carolina
Larry Hardman	O.R. Edgington Elementary	Ohio
Tonya King	Red Oak Elementary	North Carolina
Nancy Martin	East Elementary	South Dakota
Jerry Morucci, Jr.	Heights Elementary School	California
Gina Parker	Prairie Oak Elementary School	Illinois
Dan Persse	Blaine Elementary School	Washington
Kim Speer	South Carolina School for the Deaf and Blind	South Carolina
Gary Spinney	Rockport Elementary	Maine
Sue Stinson	Apache Elementary School	Kansas
Monica Wolfe	J.D. George Elementary	New York
Susan J. Wunder	Shady Spring Elementary School	Maryland

Thank you to all those that applied! We appreciate all that you do for the JRFH and HFH programs.

If you are interested in applying for the 2006-2007 grant visit our website for details and application materials.

www.aahperd.org/jointprojects.html

JRFH/HFH OUTSTANDING COORDINATORS OF THE YEAR

The 2006 JRFH and HFH coordinators of the year were announced and recognized at the National AAHPERD Convention and Exposition in Salt Lake City, UT. We proudly recognize **Lynn Tagami**, **Kathy Kent**, and **John Dempsey** & **Jason Feid** for their hard work and dedication to the JRFH and HFH programs.

LYNN TAGAMI

Kamehameha Elementary School
Honolulu, HI

Lynn Tagami has been a physical education teacher at Kamehameha Elementary School for 15 years, involved in JRFH for 18 years and a jump rope demonstration team coach for 17 years. In the past 15 years Lynn has volunteered her time on the state JRFH task force to develop jump rope demonstration teams, plan and host jump rope workshops, recruit new schools, and help strengthen the overall success of JRFH. Lynn has assisted in raising over $579,407 in her 15 years of service to JRFH at Kamehameha Elementary School.

Students, staff and parents have caught Lynn's high energy level at Kamehameha Elementary School. Her commitment to the students and the development of their fitness and health is shown by her competent and innovative instruction. She is involved in every aspect of JRFH. With her dedication, the JRFH program in Hawaii has experienced tremendous success. We are pleased to honor her as an outstanding coordinator and present her with the 2006 Jump Rope For Heart Recognition Award.

KATHY KENT

Simpsonville Elementary School at Morton Place, Simpsonville, SC

Kathy Kent has been teaching for 25 years, involved in JRFH for 21 years, and has been incorporating JRFH not only in her physical education program but in her entire school for nine years.

Kathy has shared her enthusiasm for JRFH at the district, state, and national level by presenting workshops at in-services and state conventions, representing the state coordinator, and organizing the demo team the Simpsonville Skippers. Kathy provides inspiration and support for the JRFH program. She has made it her mission to help spread the message that the JRFH events help support education and research. She has helped raise over $60,000 for JRFH at Simpsonville Elementary School and has collected over $181,000 for AHA since 1981.

Kathy's heart is in the JRFH program. We commend all her efforts over the years and wish her great success in many more. We are happy to call her one of our outstanding coordinators. She is a deserving recipient of the 2006 Jump Rope For Heart Recognition Award.

JASON FEID & JOHN DEMPSEY

North Attleboro Middle School
North Attleboro, MA

Jason Feid and John Dempsey exemplify the essence of "team" as they put together their HFH events. They are physical education teachers at North Attleboro Middle School. Jason has been teaching at North Attleboro for 10 years and John for 12 years. They have been conducting HFH events together for eight years.

Among their other significant activities and affiliations, Jason and John are members of AAHPERD, MAHPERD and also serve on the MAHPERD executive board of directors. They have placed first in the nation in funds raised for the past four years. In 2002-2003, they were awarded the AHA Northeast Affiliate Excellence in Resource Generation and in 2005 named AHA Teachers of the Year.

Creativity and fun, partnering the kids and faculty in an "off school hours" educational, philanthropic adventure has made their HFH event one that is successful in both fundraising and school/community spirit. They are truly dedicated and passionate professionals that deserve to be called the 2006 Hoops for Heart Outstanding Coordinators.

Tommy's Road Elementary School Thanks AAHPERD and AHA

Sheila Wolfe, Grant Recipient, Tommy's Road Elementary School, Goldsboro, NC

As Tommy's Road Elementary School began the 2005-2006 school year, it began as an "Honor School of Excellence." Myself, the students and the staff would like to thank AAHPERD for their graciousness in selecting me as an AAHPERD National Grant Recipient.

My grant proposal submission involved design and implementation of the TRE Tiger "PAWS" program. "PAWS" (Physical Education Without Stress) is an initiative to encourage daily physical activity within the school setting to comply with North Carolina's Healthy Active Children's Policy. This project, made possible through the funding provided by AAHPERD will certainly encourage the connectivity of psyche (mind) and soma (body) in our students and staff.

My knowledge of the physical education curriculum, our school's increased enrollment and the inability of the physical education specialists to meet with each classroom of students on a daily basis created the challenge of promoting physical education from the administrative level to improve overall teaching and learning.

As a former physical education specialist and present Assistant Principal, I continue to advocate for healthy fitness levels of our students. With additional mandates of No Child Left Behind (NCLB), Adequate Yearly Progress (AYP), and ABC Accountability, many teachers are not prepared to develop a fitness program that will entail adequate supervised physical activity during "recess" time. In my administrative role, I realized the importance of a strong support system for the children we serve, therefore I implemented the "PAWS" project. The program was implemented as a staff development opportunity in which I designed and distributed a resource manual of innovative, integrative activities to our teachers. Once distributed, I hosted a workshop in which they learned and participated in activities that could be taught to students during physical activity days without the physical education specialist.

Winston Churchill once said, "We make a living by what we get, yet we make a life by what we give." Thanks to AAHPERD and the AHA, you have made a life for the students and staff at Tommy's Road Elementary School.

The grant included an all expense paid trip to Chicago, Illinois where I attended the National AAHPERD Convention and received a $1,200 gift certificate to US Games for the purchase of new physical education equipment for our school. Highlights of the convention included a Hawaiian Luau, a recognition banquet, and a chance to collaborate with other physical education professionals, master teachers, and leadership personnel.

Funds from the grant afforded each classroom a fitness "kit" which included equipment to provide and encourage structured play to include integrative activities that focus on teamwork, self-esteem, and cooperative play. Improving children's fitness levels, being an integral part of student academic success, has been enhanced through the grant.

Believing that educational opportunities for children are only limited by our creativity, I continue on my quest to secure funding to promote healthy, active, productive learners. Winston Churchill once said, "We make a living by what we get, yet we make a life by what we give." Thanks to AAHPERD and the AHA, you have made a life for the students and staff at Tommy's Road Elementary School. Thank you for helping enhance the lives of our most precious resource – OUR CHILDREN!

If you have not applied for the AAHPERD JRFH/HFH grant, it is a must. ♥

A Million Thanks

Susan Carringer, Grant Recipient,
Burks Middle School, Monterey, TN

I would like to take a moment to encourage anyone interested in getting more out of their program and out of their professional association to get involved and apply for the Jump Rope for Heart/Hoops for Heart grant. I received so much more from this grant program than just money; the experience was out of this world! Not only are you awarded a US Games gift certificate to enhance your physical education program, the expenses are paid for you to attend the AAHPERD National Convention. If you have never experienced the national convention you are definitely missing out! There are so many interesting and helpful sessions offered at this level. The only problem you will encounter is trying to find the time to attend all the sessions that interest you! There is also something to be said for the professional contacts and friends that you will meet while in attendance! The learning will continue even after the conference is over! I cannot express enough appreciation to Jackie Katounas for all the wonderful things she did for us. The association could not ask for a better representative! She was the sweetest most helpful person who either knew or knew where to find the answers to all of our questions. She really has it all together! I want to offer a million thanks for being given the opportunity to apply for and receive this grant; it provided a most unforgettable experience that I will cherish for a lifetime. ♥

Proud and Excited

Kem Dudney, Grant Recipient,
Hallsboro Middle School, Hallsboro, NC

Hallsboro Middle School Tigers are so proud and excited being Hoops For Heart Grant Recipients. This grant will enable us to purchase a Dance Dance Revolution System that otherwise we could not afford to buy. The DDR system will promote cardiovascular fitness and help with coordination. With a student population of 388 students, our physical education budget is very small. I have been blessed to be a physical education teacher for 24 years and always teach my students to believe in themselves and believe that when things are meant to happen they will. I have written grants to try to enhance our program. This was the third try for the Hoops Grant and the children all said, "Ms. Dudney—you know we have to believe." When we got notification of being a grant winner we all yelled and the students kept saying, "We did it — we believed and now we are going to get a DDR System."

Faith sustains us all and I am very proud that the children I teach believe this and now will experience the joy of this addition in our gym classes.

Our students love Hoops for Heart and start asking me the date when they get off the bus the first day of school. Each child dedicates the event in honor of or in memory of a loved one. I make poster boards with touching hearts so that I can write the name of the students and then they can write the name of who they are playing for on the other heart. It is a heartwarming experience to see the students go up to the boards and touch the heart of their loved one. Tears roll down most of our cheeks as we watch these moments. Community participation is wonderful as they support our event financially or by helping in any capacity they can serve. Hoops for Heart lifts all of our spirits! ♥

PRACTICING WHAT I PREACH

Judy Howard, Youth Market Director, NC
Submitted by Ron Morrow, NCAHPERD Executive Director

The morning of Saturday, March 9, 2005 I had a MAJOR HEART ISSUE. I had been doing laundry & housework and was looking forward to babysitting my 2 adorable granddaughters that afternoon. I went from feeling wonderful to CLASSIC heart attack symptoms within minutes. I went downstairs and told my husband I was having an arrhythmia attack. He wanted to call 911 immediately and I told him to wait about 5 minutes to see if it would stop. (Now—what does AHA say about this — DON'T WAIT!!!) I had him get me aspirin instead. My heart went into in full Atrial-defibrillation and my husband could not get a pulse. I started rubbing my face and my husband asked me what I was feeling. Both my jaws were REALLY hurting. (How folks miss this symptom I don't have a clue.) Then I experienced the sweating, nausea and I COULD NOT BREATH. Not just shortness of breath — I-could -not-breath!! My husband called 911 immediately. I didn't have any chest pain or even a headache — just all the other symptoms and my heart was beating/quivering at 190 beats ++. (EMS recorded that) We were both scared!

EMS got to my house quickly with their AED in hand. They stuck an IV in me and administered medications to try to lower my heart rate. It took 15-20 minutes to stabilize me and then we were off in the ambulance to the ER.

The EMS lady told me later that I had asked my rescuers while they were reviving me if they were "AHA certified"! YES — they assured me, and that I was in good hands. They thought that was pretty funny. I thought humor would keep me out of full Cardiac Arrest!! She also told me how good it felt to them, the EMS personnel, to be able to "save" someone by EARLY INTERVENTION.

It took 4 1/2 hours and lots of medications to get my heart to beat normally again. My cardiologist said my episode was equal to running full blast on the treadmill for 4 1/2 hours — and trust me I was whooped. My Cardio Doctor — (a LOYAL volunteer) sprung me from the heart unit after I promised I would go home, stay in bed, and not work until after my test later that week.

GOOD NEWS: The Doctor's office called — I did PASS the 3 1/2 hour nuclear stress test with flying colors — NO BLOCKAGES!!! That is the first thing they look for with arrhythmias. I did not know that, I just thought it was solely an electrical issue. I'm now taking something for arrhythmias for the next couple of months.

I know AHA and myself keep "preaching the AHA gospel" to know the warning signs and call 9-1-1. It is another thing to experience it first hand. We — YOU, the American Heart Association and ME — really do know what we are talking about and WE NEED TO KEEP TALKING ABOUT IT!!!!!!! I've worked for heart almost 20 years and I still told my husband to "WAIT" before calling for help. (He won't listen to me again!)

I took this quote directly off the AHA website — this is fact!

> ***"Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too."***

I want to thank each and every one of you for all your hard work, contributions and loyalty to AHA and to me. You truly ARE helping to save lives — yours and MINE!!! Teaching your children the value of giving to others, taking care of their hearts, doing community service and raising money for CVD research — benefits all of us.

I believe that we are given a certain number of "Heart Beats" in this life. WE need to make the most of them every day. When we give ourselves, whether it is time, effort, or money, with an open heart and open hands — we open ourselves to receive gifts that we never expect. We cannot receive these gifts if our hands and hearts are closed.