

E-newsletter **December 2006**

Dear Colleague,

Click on [Worthwhile Websites](#) below for twelve great websites for elementary and middle school students from the American Library Association. Click on [NCTE Inbox](#) and scroll down to [Ideas](#) to read a thorough discussion of teaching in the context of NCLB.

Please share this e-newsletter with your teaching friends. Invite them to subscribe by e-mailing us at teacher_center@wsboces.org with their names and e-mail addresses. We will promptly add them to our subscription list. We wish you a meaningful and joyous holiday season!

Jane, Carol and Elyse

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A Light Touch

When you rearrange the letters:

PRESBYTERIAN: BEST IN PRAYER

ASTRONOMER: MOON STARER

DESPERATION: A ROPE ENDS IT

THE EYES: THEY SEE

GEORGE BUSH: HE BUGS GORE

THE MORSE CODE: HERE COME DOTS

SLOT MACHINES: CASH LOST IN ME
ANIMOSITY: IS NO AMITY

ELECTION RESULTS: LIES - LET'S RECOUNT
SNOOZE ALARMS: ALAS! NO MORE Z 'S
A DECIMAL POINT: IM A DOT IN PLACE
THE EARTHQUAKES: THAT QUEER SHAKE
ELEVEN PLUS TWO: TWELVE PLUS ONE

Go ahead - celebrate! For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all the conflicting medical studies:

The Japanese eat very little fat and suffer fewer heart attacks than Americans.

The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.

The Chinese drink very little red wine and suffer fewer heart attacks than Americans.

The Italians drink excessive amounts of red wine and suffer fewer heart attacks than Americans.

The Germans drink a lot of beer and eat lots of sausage and suffer fewer heart attacks than Americans.

Conclusion: Eat and drink what you like. Speaking English is apparently what kills you.

FYI

Events

December 21, 2006: Sign-up deadline date to invite Poetry Out Loud: National Recitation Contest into Your School's English Language Arts Classrooms. *Poetry Out Loud* provides a new and exciting channel for learning in the English Language Arts classroom by inviting the dynamic aspects of classic world literature and charismatic public speaking into English classes. *Poetry Out Loud* helps students to master public speaking skills, build self-confidence, and learn about their literary heritage. **Through February 5th**, school-level competitions will take place across the state. The winners from school-level competitions will advance to regional competitions. From there, winners will go on to compete at the New York State finals, to be held in Albany, NY on **March 13th**. The state-level winner will receive \$200 and an all-expense-paid trip with a chaperone to Washington, DC to participate in the National Finals in late **April 2007**. The winner will also receive a \$500 stipend for the purchase of poetry books for his or her school library. **Sign up and learn more** about *Poetry Out Loud* by visiting <http://www.nysaee.org/projects.htm> or contact

Lainy Snyder at lainy@nysaae.org for further information.

January 5, 2007. Application deadline date for **Energy Education Grants** to promote energy efficiency, conservation, and renewable energy projects through the New York Energy Smart Students program. These grants are designed to spur creative approaches to energy education in the classroom and community. They will fund innovative projects that increase students' energy knowledge and awareness while providing student leadership opportunities. Energy Education Grants of up to \$400 each will be awarded to as many as 50 educators in New York who provide the best plans for use of the grant funds. Visit <http://www.getenergysmart.org/ContactNYES.asp> for more information and to download an application.

January 23, 2007: Albany NY State Regional CTERC (Career and Technical Education Resource Center) Regional Conferences. For more information contact CTE at 518.283.3107, FAX: 518.283.3053

February 1, 2007. Deadline date for nominations for the **2007 CEL Exemplary Leadership Award**. The [CEL Award for Exemplary Leadership](http://www.ncte.org/groups/cel/awards/107413.htm) is given annually to an NCTE member who is an outstanding English language arts educator and leader. Please nominate an exceptional leader who has had an impact on the profession.
<http://www.ncte.org/groups/cel/awards/107413.htm>

February 4-5 2007; African American Read-In. Join over a million readers in the 18th National African American Read-In. for more information, visit <http://www.ncte.org/prog/readin/107901.htm>

February 15, 2007. Deadline Date for summer seminar applications. To apply online or download an application form, visit: <http://www.gilderlehrman.org/teachers/seminars1.html>

Below are the **winter and spring programs** for professional development credit being offered by the Institute of History, Archaeology, and Education (IHARE). Unless otherwise indicated, these are weekend programs. Non-teachers are welcome to participate as well. In some cases, these programs are built around conferences or activities which the host site is already planning. In some cases full details are not yet available. If there is a program you would like to see create, please let us know as it is quite possible that there

are other teachers interested in going to the same sites you are. A second email will list the summer programs. The programs and registration forms will be available on the IHARE website www.ihare.org in January. In the meantime, save the dates, save the world!

February 17-18: Washington's Headquarters, Newburgh: The site participated in the American Revolution in the Hudson Valley Teacherhostel last summer and will again this summer.

February 24-25: Underground Railroad Conference, Albany: this is an annual conference which features talks, tours, and activities.

February 28: Teaching Ancient Egypt, Albany Institute of Art (after school program).

March 31: Amarna and King Tut Symposium, University of Pennsylvania Museum and Franklin Institute, Philadelphia.

April 14-15: Harvard Semitic Museum and Boston Museum of Fine Arts. The New World Order: Assyrian Imperialism and Israel, Judah, Egypt, and Nubia.

May 5-6: King Tut and the Amarna Period, University of Pennsylvania Museum and Franklin Institute, Philadelphia.

May 19-20: Hudson River Art Symposium and Tour, Olana and Thomas Cole. The annual Hudson River Art conference is tentatively scheduled for Sunday.

June 9: New York and the Civil War, Fenimore Museum, Cooperstown.
Find out more at <http://www.ihare.org/>

Course: Teacher Leader Skills for Professional Development,

Tuesdays, Feb. 27; Mar. 6, 13, 20, 27 (Part 1)

April 17, 24; May 1, 8, 15 (Part 2) Time: 4-7 pm, Part 1: *How to Construct a Course:*

Learn what current research tells us about effective staff development while creating a workshop/course around your area of expertise.

Part 2: *Facilitating Study Groups & Professional Conversations:* Facilitation skills will be presented, discussed and modeled, as will development of probing questions, icebreakers, and activities based upon the elements of adult learning theory.

Instructor: Charlotte Galluccio

Site: Lindenhurst Administration Bldg, OWL Teacher Center

Fee: \$70 30 hours, 2 ins. credits K-12

To register, contact OWL Teacher Center 350 Daniel St. Room 107 Lindenhurst, NY 11757. Phone: 631-226-2772, e-mail owlcenter@optonline.net

May 2-4, 2007. NYS Staff Development Conference at the Rochester Hyatt

Regency. Please consider presenting. Share attached RFP for presenters with other interested staff developers/networks. For conference registration information visit their website www.nyssdc.org.

[NYSSDC Conference RFP 2007.pdf](#)

May 3,4,5, 2007. Powerful Partnerships for Success, a conference presented by the School Library Media Section (SLMS) of the NY Library Association. The Wyndham, Syracuse, NY. Join visionaries to share ideas, learn from practitioners, connect with vendors, and equip yourself with tools to improve your program. Keynote Speaker: Toni Buzzeo. "Collaborating to Meet Standards: Beyond the Basics to Advocacy. For information go to http://www.nyla.org/index.php?page_id=52

Announcements

The Regents Review Live website has streaming video to download and view in many Regents areas, schedules, links and past Regents exams with answers. The programs are free to both teachers and students. Video and DVD are available for purchase.

<http://www.regentsreviewlive.net/>

Western Suffolk BOCES School Library System has purchased a license to

TeachingBooks.net for everyone associated with Western Suffolk BOCES SLS to freely use TeachingBooks from school, home or library. COMPLETE EDUCATOR ACCESS: Click on the following link and fill out the profile for unlimited access to customized and comprehensive K-12 book and author materials:

http://teachingbooks.net/register.cgi?sponsor_code=e1b5e75f6913e597 Or, easily access

thousands of author programs, book guides, book readings and author websites without registering by visiting: <http://teachingbooks.net/home/> Password - **WSBOCES**. Available online, anytime, all TeachingBooks materials facilitate the discussion and integration of books throughout the K-12 curriculum. Learn more at: <http://teachingbooks.net/Brochure/>

-- a brochure reviewing the features, benefits and strategies for using TeachingBooks, <http://teachingbooks.net/AuthorPrograms.pdf> -- a listing of authors we have filmed for

TeachingBooks original programs. (800) 596-0710 info@TeachingBooks.net. *Bay Shore*

School District faculty can access this program by contacting Eastern Suffolk BOCES for their password. <http://www.sricboces.org/pdo.cfm>




Worthwhile Websites










<http://www.google.com/educators/index.html> **Google for Educators** was introduced last month. The new site features a tutorial for teachers on conducting better Web searches. Other tools include Google Earth, three-dimensional mapping software based on satellite imagery; SketchUp, a 3-D software program that lets students design buildings and explore geometric concepts; Google Book Search, which finds books that match students' search terms; blog and photo-sharing software; and word-processing applications that allow students to work simultaneously on the same document from different computers. The company also invites teachers to add their lesson plans to the site.

<http://www.gilderlehrman.org/teachers/modules.html> **American History Modules** Are you a history teacher preparing lessons on the American Revolution? Westward Expansion? The Civil War? The Great Depression? World War II? The Gilder Lehrman Institute's website offers 24 modules on major topics in American history.

<http://www.gilderlehrman.org/collection/documents.html> **Featured Document.** The Gilder Lehrman Institute regularly features documents from the Gilder Lehrman Collection. In the spotlight this week is an 1863 letter written by Union sailor Lewis H. West who witnessed one of the earliest submarine attacks in naval history. See the document and read the transcript.

Twelve great websites for kids from the American Library Association:

- [1492: An Ongoing Voyage: Columbus.](http://www.ibiblio.org/expo/1492.exhibit/Intro.html)  <http://www.ibiblio.org/expo/1492.exhibit/Intro.html> This Library of Congress exhibition examines the first contacts between Native American people and European explorers, conquerors and settlers from 1492 to 1600.
- [4-H Embryology.](http://lancaster.unl.edu/4h/Embryology/)  <http://lancaster.unl.edu/4h/Embryology/> This site, sponsored by Lancaster County (Nebraska) 4-H, invites you to watch chicks hatch, view photos of the embryos as they develop, and participate in fun activities.
- [4Kids.org](http://4kids.org/)  <http://4kids.org/> This on-line component to the weekly newspaper feature includes games, a "scavenger hunt" quiz, and links to "cool spots" for kids to use for homework, information or fun. Created by a team focusing on techKNOWLEDGEy.

- [A Kid's Wilderness Survival Primer.](http://www.equipped.org/kidsrvl.htm)  Learn what to do if you are lost in the wilderness, including how to improvise a shelter, attract attention and stay calm. Find out what equipment you should always have on hand and try your hand at an interactive wilderness survival simulator.
- [A Periodic Table of the Elements.](http://pearl1.lanl.gov/periodic)  Maintained by the Los Alamos National Laboratory, this site provides basic information about chemical elements and the periodic table.
- [A Science Fair Project Resource Guide.](http://www.ipl.org/youth/projectguide/)  An excellent resource from Internet Public Library that links kids to all sorts of exceptional resources for their projects.
- [A Spelling Test.](http://www.sentex.net/~mmcadams/spelling.html)  Test yourself and learn some techniques to improve your spelling.
- [A Web of Online Dictionaries.](http://www.yourdictionary.com)  Provides an easy-to-use search engine for words and the results are quite detailed. Also offers 400 different language dictionaries.
- [AAA Math.](http://www.aaamath.com/)  Find explanations of mathematical topics, practice problems, and challenging games organized by topic and grade level.
- [abcnews.](http://abcnews.go.com/)  News from ABC with an easy organizational structure. Includes a fact for the day box.
- [About Rainbows.](http://eo.ucar.edu/rainbows/)  Answers to questions about "one of the most spectacular light shows observed on earth."
- [Abraham Lincoln Research Site.](http://members.aol.com/RVSNorton/Lincoln2.html)  This is a student-oriented educational Web site about Lincoln's life and family. The web master, a retired American history teacher, answers questions by e-mail.

Sharing Success Research

You Asked -- We Answered -Sample Research Requests

We need information on effective team building and decision-making. [K-12](#)

We need research on getting students to complete homework. [Grades 6-8](#)

Do you have information on attendance incentives Grades 9-12 and to diminish tardiness Grades 11-12? [High School](#)

Please [click here](#) to access research information.

- Elementary School CSR Models [Elementary]
- English Language Learners with Disabilities [K-12]
- Using Data [K-12]
- The Effect of Superintendent Leadership on Student Achievement [K-12]

Please [click here](#) to access research information.

- Report on the Teacher Needs Survey [K-12]
- Mathematics [PreK-Grade 8]
- Using Data [K-12]
- Student Achievement Guarantee in Education (SAGE) [K-3rd grade]

NCTE Inbox

News

Team-Teaching Helps Close Language Gap. The Saint Paul, Minnesota, School District is drawing praise for the way it teaches English language learners. Mainstream and ELL teachers co-teach in the same class. [Education Week, December 6, 2006](#)

Bloomberg, Bush to Lobby to Reauthorize No Child, with Changes. New York mayor Michael Bloomberg and outgoing Florida Governor Jeb Bush are calling on Congress to make changes to the No Child Left Behind Act before voting to reauthorize the measure. [The Miami Herald, December 4, 2006](#)

Feeling the Winds from Washington. Over 600 academic administrators and professors met in Philadelphia last week for the annual meeting of the Middle States Commission on Higher Education. The members discussed the accreditation process and recommendations from the Secretary of Education's Commission on the Future of Higher Education. [Inside Higher Ed, December 11, 2006](#)

Report: Students Struggle with Information Literacy (*eSchool News*, November 28, 2006) (free registration required). Today's teens are very proficient in using technology. However, a report from the New Jersey-based Educational Testing Service concludes that students don't have the proper critical thinking skills when it comes to using that technology for education.

<http://www.eschoolnews.com/news/showStoryts.cfm?ArticleID=6725&page=1>

Fixing Higher Ed, Legislator-Style (*Inside Higher Ed*, November 28, 2006). A bipartisan group of state legislators has released a report making 15 recommendations on how to improve higher education in the United States.

<http://www.insidehighered.com/news/2006/11/28/ncsl>

Read a summary of the National Conference of State Legislators report, *Transforming Higher Education: National Imperative -- State Responsibility*, at

<http://www.ncsl.org/programs/press/2006/pr061127.htm>

Surge in Company-Sponsored Studies Sparks Concern (*Education Week*, December 1, 2006) (free registration required with a limit of two free articles per week)

Many big companies in the education publishing industry are turning to outside researchers to test its products in order to provide credibility to potential consumers. However, some are concerned that the research could be tangled up in conflicts of interest.

<http://www.edweek.org/ew/articles/2006/12/06/14publishers.h26.html>

Researchers Ask Whether NCLB's Goals for Proficiency Are Realistic (*Education Week*, November 22, 2006) At a recent conference in New York, education researchers concluded that NCLB proficiency goals in reading and math by 2014 are not realistic.

<http://www.edweek.org/ew/articles/2006/11/22/13cee.h26.html>

Ideas

Reading, Analyzing, and Writing Literature. At NCTE's Annual Convention last month, members passed the [Resolution on the Essential Roles and Value of Literature in the Curriculum](#). Whether students are reading, analyzing, or writing, literature plays a crucial role in the classroom. The following resources provide some ways to explore literature with the students you teach.

If you're looking for a fun way to spend the last few classes before the December break, try [Using Snowflake Bentley as a Framing Text for Multigenre Writing](#) (E). This ReadWriteThink lesson plan explores multigenre texts and then asks students to create

their own multigenre piece about winter.

Teaching Dickens' *A Christmas Carol*? The ReadWriteThink lesson plan [Beyond the Story: A Dickens of a Party](#) (M) invites students to attend a 19th Century Victorian party, hosted by Scrooge's nephew Fred, to celebrate Scrooge's new outlook on life.

Explore lyrics as literature with the ReadWriteThink lesson plan [You're the Top! Pop Culture Then and Now](#) (S), which invites students to consider pop culture of the past and present by creating their own contemporary versions of the Cole Porter song "You're the Top."

Ask students to create their own anthologies for classes next term. The *Teaching English in the Two-Year College* article "[Anthologizing Transformation: Breaking Down Students' 'Private Theories' about Poetry](#)" (C) challenges students to choose and anthologize their 20 favorite poems.

Teaching in the Context of NCLB. The NCTE Executive Committee approved [recommendations for changes in NCLB](#) through the 2007 reauthorization process this month. As teachers work for these changes, they still work in classrooms where high-stakes testing often shapes the curriculum. The following articles explore how some educators meet these challenges.

In the *Language Arts* article "[Missing the Children: When Politics and Programs Impede Our Teaching](#)" (E), one teacher reflects on the ways in which high-stakes testing affected her ability to teach children and encourages educators to take action to improve the situation.

The *Voices from the Middle* article "[Out of the Narrow Tunnel and into the Universe of Discourse](#)" (M) explores how one teacher examined her writing workshop practices and found ways to make writing become more meaningful for students -- and to ensure that no child is left behind.

"[Daring to Teach Writing Authentically, K-12 and Beyond](#)" (S) from *English Journal* outlines how participants in a teacher inquiry support group shared their classroom experiences and discussed relevant research. Their collaboration led them all to take risks in their instruction, leading to meaningful and productive change in their classrooms.

Through a discussion of a project that attempted but failed to increase parent involvement in Chicago's public schools, the *College Composition and Communication* article "[Service Learning and Social Change: The Case for Materialist Rhetoric](#)" (C) demonstrates how materialist rhetoric challenges students, teachers, and community partners to write for social change and define change concretely, in terms of institutional practices or policies that they wish to influence.

In the News

Eye on Curriculum

Poll: Teens feel intense pressure to succeed at school

More than 40% of teens report feeling overwhelming pressure to succeed at school and 22% admitted they'd cheated on a test in the last year, a Deloitte & Touche USA LLP and Junior Achievement poll of 787 teens found. Deloitte is developing a curriculum for schools' Junior Achievement programs that will teach students how to make ethical decisions under pressure. [The Philadelphia Inquirer](#) (free registration) (12/11)

<http://www.philly.com/mld/philly/living/education/16211229.htm>

D.C.-area students embrace AP, IB

Public high school students in the District of Columbia and 21 neighboring localities take Advanced Placement and International Baccalaureate exams at a higher rate than any other part of the country, finds a [Washington Post](#) survey. Many students believe the challenging AP and IB classes boost their chances of admission to good schools and prepare them for the demands of college work. [The Washington Post](#) (free registration) (12/7)

<http://www.washingtonpost.com/wp->

[dyn/content/article/2006/12/06/AR2006120602236.html](http://www.washingtonpost.com/wp-dyn/content/article/2006/12/06/AR2006120602236.html)

Math educators urge fewer standards with more depth

At least 10 states are mulling new [recommendations](#) from the influential National Council of Teachers of Mathematics that urge teachers cover three broad concepts in each grade and a few key subjects, rather than overload students with many skills they must master. A refocused curriculum, experts say, will give pupils more time to learn the basics and help elementary and middle school teachers, who typically lack a strong math foundation. [The](#)

[Washington Post](#) (free registration) (12/4) <http://www.washingtonpost.com/wp->

[dyn/content/article/2006/12/04/AR2006120401491.html](http://www.washingtonpost.com/wp-dyn/content/article/2006/12/04/AR2006120401491.html)

Learning and Teaching

Commentary: Schools must balance role of technology

Technology is revolutionizing education, but school systems can't keep pace with the rapid rate of hardware and software advancements, plus some students still prefer to use books and pencils, observes textbook publisher William S. Dinger. He urges schools to embrace a mix of old and new tools to give every student the best possible education. [Fort Worth](#)

[Star-Telegram \(Texas\)](#) (free registration) (12/4)

<http://www.dfw.com/mld/dfw/news/opinion/16148403.htm>

Professional Leadership

Study: Principals play major role in student achievement

Good principals -- who tend to be informed risk-takers, friendly and flexible -- focus relentlessly on student achievement, a University of Wollongong study of 38 New South Wales high schools found. Researchers were surprised to discover the effect principals had in creating a culture for effective teaching and learning. [The Sydney Morning Herald](#) (12/10) <http://www.smh.com.au/news/national/students-academic-success-can-be-a-matter-of-principal/2006/12/10/1165685553902.html>

Technology Solutions

Devices may help end silence of autism

A Sunnyvale, Calif., school for children with autism hopes to acquire two LinkPLUS keyboards, originally developed to help people who have lost the capability to speak due to illness or injury. A therapist at the school says keyboard devices allow some students who might be bored with touch screens to suddenly open up. [The Mercury News](#) (12/13) <http://www.mercurynews.com/mld/mercurynews/news/16228338.htm>

Survey: 20% of teen IM users send 100-plus messages a day

Among American teenagers aged 13 to 18, 48% use instant messaging, more than twice the percentage of adults who've embraced the medium, a new AP-AOL survey finds. More than half of teen users send more than 25 messages a day, while 20% send more than 100 messages a day. [The Boston Globe/Associated Press](#) (12/7) http://www.boston.com/news/education/k_12/articles/2006/12/07/survey_im_gap_separates_teens_adults/

Students team up globally to help the environment

[Google](#) and the Global SchoolNet Foundation recently co-sponsored a project that allowed students from more than 80 schools in 20 countries to brainstorm ways to curb global warming. Participants used Web-based spreadsheets to list their ideas, from which Google picked the [top 50](#) for a full-page [USA TODAY](#) ad. [eSchool News](#) (free registration) (12/6) <http://www.eschoolnews.org/news/showStoryts.cfm?ArticleID=6732>

Policy Watch

Blue-ribbon group to urge radical overhaul of K-12 education

A report being released Thursday by a high-level commission on education and the work force calls for states to set curriculum and to hire and train teachers, the creation of regional authorities to assess educational needs of growth industries and the development of new state tests that go beyond simply measuring knowledge. One panel member defends his group's call for sharply scaling back district responsibility over schools by asking, "How can a local school board really know the future of the global economy?" [The Christian Science Monitor](http://www.csmonitor.com/2006/1214/p08s02-comv.html) (12/14) <http://www.csmonitor.com/2006/1214/p08s02-comv.html>

Editorial: Attendance incentives a smart idea

Incentive programs -- such as one in middle Tennessee that gives students with perfect attendance the chance to win a Chevy Cobalt -- are a good way to turn around the "disturbingly low" graduation rates of recent years, this Tennessean editorial says. Such prizes are an extension of traditional incentives that schools have always used. [The Tennessean \(Nashville\)](http://tennessean.com/apps/pbcs.dll/article?AID=/20061206/OPINION01/612060404/1008) (12/6) <http://tennessean.com/apps/pbcs.dll/article?AID=/20061206/OPINION01/612060404/1008>

NCLB

Editorial: Revised NCLB must stress teacher quality

The country would be much further along in realizing the goals of NCLB if the U.S. Education Department from the outset had given states the guidance and support they needed to get highly qualified teachers into all core subject classrooms, editors of The New York Times argue. The country must win "the battle for teacher quality," the editorial says, or risk losing its competitive edge in the global marketplace. [The New York Times](http://www.nytimes.com/2006/12/08/opinion/08fri1.html?_r=1&oref=slogin) (free registration) (12/8) http://www.nytimes.com/2006/12/08/opinion/08fri1.html?_r=1&oref=slogin

In the Field

School cupcake bans threaten a cherished tradition

Cupcakes -- currently enjoying a resurgence in popularity among foodies -- are in the cross hairs of districts seeking to enforce wellness policies. Many parents are fiercely resisting bans on the treats, perhaps because, one food and culture anthropologist suggests, the

snack is just one more part of traditional, middle-class American culture that's slipping away. [The Washington Post](http://www.washingtonpost.com/wp-dyn/content/article/2006/12/10/AR2006121001008.html) (12/11) <http://www.washingtonpost.com/wp-dyn/content/article/2006/12/10/AR2006121001008.html>

Study: Life-skills class participation linked to less TV viewing

Baltimore freshmen girls who participated daily in either a standard gym class or a life-skills physical education course showed significant improvements in their cardiovascular health, a University of Maryland study finds. The percentage of students who watched TV three hours a day fell somewhat for those in the life-skills class, but remained unchanged for those in the traditional gym class. [Reuters Health](http://today.reuters.com/news/articlenews.aspx?storyID=2006-12-07T202256Z_01_COL772478_RTRUKOC_0_US-PHYSICAL-EDUCATION.xml&WTmodLoc=HealthNewsHome_C2_healthNews-5) (12/7) http://today.reuters.com/news/articlenews.aspx?storyID=2006-12-07T202256Z_01_COL772478_RTRUKOC_0_US-PHYSICAL-EDUCATION.xml&WTmodLoc=HealthNewsHome_C2_healthNews-5

"There's no praise to beat the sort you can put in your pocket."

*Moliere,
French playwright*

"We make a living by what we get, make a life by what we give."

Winston Churchill