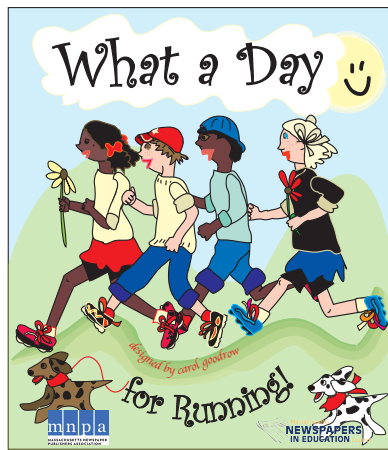


For Immediate Release  
November 21, 2009



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STURBRIDGE, MA

I am pleased to announce that I am partnering with the Massachusetts Newspapers in Education Council. The Massachusetts Newspapers In Education Council is an award-winning statewide collaboration of newspapers providing formal educational programs. Newspapers in Education (NIE) encourages and supports the use of newspapers in the classroom and as a teaching resource. NIE programs in Massachusetts reach over 350,000 students each week offering the newspaper as an authentic, real-world resource. MNIEC member newspapers provide standards-based curriculum, low or no cost newspapers for classroom use, teacher training workshops and more. Go to [www.mniec.com](http://www.mniec.com) for a full list of participating newspapers.

I will be creating (both writing and illustrating) a 16-page supplement for upper elementary students that will integrate running and walking with the curriculum using lessons and newspaper based activities. The title of the supplement is to be "What a Day for Running!" With this supplement, I hope to encourage and inspire young people to find joy in running.

The supplement will integrate running and walking with the subject areas of math, geography, language arts, art and design, and history in a fun and captivating manner. Students will begin the unit by learning about the first marathon. At some point during the unit, they will be challenged to create their own "News-a-thon" 25-mile running log.

As a teacher, who has been integrating running with the curriculum since the 90s, I find this program to be an exciting creative project. To work on this as an educator with a group of newspaper professionals interested in education will be a reward for my many years of work in this area.

#### Short Bio

2010 Publication: "What a Day for Running!" Calendar, [pecentral.org](http://pecentral.org)

2008 Publication: *Kids Running: Have Fun, Get Faster & Go Farther*, Breakaway Books

2006 Publication: *The Treasure of Health and Happiness*, Breakaway Books

2004 Publication: *Happy Feet, Healthy Food, Your Child's First Journal of Exercise and Healthy Eating*, Breakaway Books

#### My Professional Career

Teacher since 1978 in the Tolland, CT public schools, I've taught regular education and special education. I am now a resource room teacher and an inclusion teacher.

Bookmark Designer - I design and distribute bookmarks to children, teachers, and programs around the country. The bookmarks are funded by USA Track & Field (USATF). They are used as incentives for children who have completed the Muddy Dog, Running Log mileage charts.

Creator of an after-school running club called "Happy Feet Kids". We meet once a week for 90 minutes to run, hike, read, journal write, learn about healthy eating, and play running games.

Founding Editor of the Web sites [kidsrunning.com](http://kidsrunning.com) and [waycoolrunning.com](http://waycoolrunning.com). 1996 - June 2009

I run the country roads of Sturbridge, MA with my dog and hike the trails of Tolland, CT with my schoolchildren.