



**Major League  
Congratulations to our  
Central District  
Colleagues Earning SHAPE  
America National Awards  
– to be presented in Boston  
at the Professional  
Recognition Ceremony**

**Patty Hacker- SD  
Honor Award**

**Nancy Christensen- MN  
Honor Award**

**Joella Mehrhof- KS  
North American Society for  
Health, Physical Education,  
Recreation, Sport and Dance  
Professionals**



**District Scholar  
and Recognition  
Awards  
Ceremony**

**SHAPE America  
Central District  
Convention**

**January 26-28, 2017  
Cedar Falls, IA**

## District Scholar & Recognition Award Committees

|                          |                      |
|--------------------------|----------------------|
| Megan Atkins NE          | R. Scott Gorman KS   |
| Clayton Ellis CO         | Donna Carey CO       |
| Bev Ahern IA             | Jen Neubauer IA      |
| Joan Brewer KS           | Brenda Bowman KS     |
| Sherry Folsom-Meek MN    | Nancy Christensen MN |
| Britton Johnson MO       | John Ponzar MO       |
| Mark Byra WY             | Lacey Peters NE      |
| Terry Ferebee-Eckmann ND | Nikki Lindgren ND    |
| Scott Klungseth SD       | Nikki Heinz SD       |

## Executive Committee

|                    |                  |
|--------------------|------------------|
| President          | Amy Heuer        |
| President Elect    | Clayton Ellis    |
| Past President     | Deb Stephenson   |
| Executive Director | Scott Strohmeyer |

## Leadership Council Members

|                   |               |
|-------------------|---------------|
| Clayton Ellis     | Jackie Hall   |
| Kari Bullis       | Kim Morrissey |
| Sarah Jo Heath    | Todd Thacker  |
| Joe McCarthy      | CJ Johnson    |
| Dennis Docheff    |               |
| Charlene Burgeson | BOD Liaison   |

## Standing Committee Chairs

|                   |                   |
|-------------------|-------------------|
| Chris Watts       | Megan Adkins      |
| Nancy Christensen | Dennis Docheff    |
| Scott Strohmeyer  | Jan Grenko Lehman |
| Sarah Jo Heath    | Scott Gorman      |
| Vicki Johnson     | Rick Pappas       |
| Julie Lueckenhoff | Joella Mehrhof    |

## Award Winner

### District Scholar

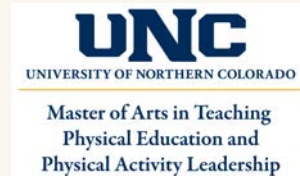
### Russell Carson

### CO



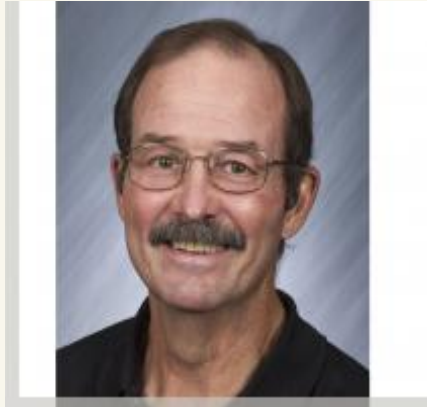
**Russell L. Carson, PhD**, is an associate professor within the School of Sport and Exercise Science at the University of Northern Colorado and the Department of Community and Behavioral Health in the Colorado School of Public Health. Dr. Carson received his training in PreK-12 physical education, sport psychology, and health and kinesiology from Springfield College, Miami University, and Purdue University, respectively. Russ has over 20 years of academic experience across international contexts as a secondary physical education/health teacher, academic program abroad director (Italy '08; New Zealand '10, '16; Australia '14), and faculty member at Louisiana State University.

Since 2010, Russ has been a recognized leader of the comprehensive school physical activity program (CSPAP) model and the development of corresponding training programs. He has authored more than 15 funded projects (totaling \$1.5 million), has 45 publications (including *Play On!*, 2015, 2<sup>nd</sup> ed.), and has 65 international/national presentations in the field of education, most notably focusing on whole school physical activity promotion. He is a research fellow of SHAPE America, the inaugural Chair of the CSPAP research SIG, and teaches courses in research methods, CSPAP, and grant writing.



## IAHPERD State Association Recognition

**MVP-  
Ripley E.  
“Rip”  
Marsten**



Ripley Marston was born and raised in Virginia. He received his undergraduate degree at James Madison University, Harrisonburg, Virginia. Rip taught elementary physical education for the Lynchburg (VA) public schools. His Masters of Science degree was awarded by the University of Tennessee, and he taught in several of the Knoxville Tennessee Public Elementary Schools. He earned his Ph.D from The University of Iowa. Rip started at UNI in 1976; he teaches elementary physical education methods courses, materials classes and various activity classes.

Throughout his career, Rip has been dedicated to sharing his knowledge and creativity with countless students. His positive impact has been a contributing factor to the high quality of physical educators graduating from the University of Northern Iowa. On behalf of all UNI physical education majors, we thank you for your personal and professional guidance and mentorship.



## 2017 Recognition Awards Ceremony Program

|  |                          |
|--|--------------------------|
| <b>Welcome</b>   | <b>Amy Heuer</b>         |
| <b>Past President’s Salute</b>   | <b>Amy Heuer</b>         |
| <b>Pledge of Allegiance</b>  |                          |
| <b>In Memoriam</b>   | <b>Nancy Christensen</b> |
| <b>Service Recognition<br/>Executive Committee<br/>Leadership Council<br/>Committee Chairs</b> | <b>Amy Heuer</b>         |

### Award Presentations

|   |   |
|---|---|
| <b>2017 District Scholar<br/>Presentation</b>   | <b>Amy Heuer<br/>Dr. Russell Carson</b> |
| <b>Recognition Committee<br/>Teachers of the Year<br/>Kathleen Kinderfather Award<br/>Mark L. Harvey Legacy<br/>Recognition Award and<br/>Scholarship<br/>Honor Award</b> | <b>Scott Gorman</b>                     |
| <b>Recognition of SHAPE<br/>America Awards<br/>Special Recognition<br/>Honor Awards<br/>North American Society Award</b>  | <b>Deb Stephenson</b>                   |
| <b>Presidential Citations<br/>Passing of the Gavel</b>  | <b>Amy Heuer</b>                        |
| <b>Closing Ceremonies and<br/>Convention Announcements</b>  | <b>Jan Grenko<br/>Lehman</b>            |

## 2016 State Association Teachers of the Year

### **Adapted Physical Education TOY's**

Sarah Jo Heath- KS

Susan Wallace-Seaman- CO

### **Health Education TOY's**

Deanne Romero- CO

### **Elementary Physical Education TOY's**

Marlys Gwaltney- KS

Wendy Lynch- CO

Levi Nevell- MO

Justin Wiese- IA

### **Middle School Physical Education TOY's**

Joe Bishop- CO

Cindy Hutcheson- IA

Cynthia "CJ" Johnson- MN

Megan Leaming- KS

Katie Severson- MO

### **High School Physical Education TOY's**

Abby Goodlaxson- IA

Ben Wells- CO

## North American Society Award 2017 (NAS)



## Joella Mehrhof KS

**North American Society of Health, Physical Education,  
Recreation, Sport and Dance Professionals  
(NASHPERSD)**

- **SHAPE America- Society of Health and Physical Educator ... in partnership with...**
- **Physical and Health Education Canada (PHE Canada)**

Established in 1999, the North American Society (NAS) recognizes outstanding professionals from within the allied professions of health education, physical education, recreation, sport and dance in North America. Individuals who are currently members of AAHPERD or PHE Canada, who have demonstrated **OUTSTANDING** competence through professional involvement over a period of at least 20 years and meet at least **TWO** of the identified aspects of professional endeavor:

- Service as an educator in the public or private sector within any community or educational setting.
- Administration within the public or private sector within any community or educational setting.
- Significant contributions to the professional literature within their discipline.
- Significant contributions to the scholarly literature within their discipline.
- Sustained involvement in leadership activities within their discipline.
- Other evidence of leadership within the profession including service to the community at large.

## PAST AWARD RECIPIENTS

### District Scholar

|                          |    |
|--------------------------|----|
| 2000 Larry Henseley      | IA |
| 2001 Sherry Folsom-Meek  | MN |
| 2002 Melissa Parker      | CO |
| 2003 James A. Richardson | SD |
| 2004 Donna Terbizan      | ND |
| 2005 John Rohwer         | MN |
| 2006 Joella Mehrhof      | KS |
| 2007 Betsy Silva         | SD |
| 2008 John Zody           | KS |
| 2009 Scott Strohmeyer    | MO |
| 2010 Patty Hacker        | SD |
| 2011 Sue Barned          | CO |
| 2012 Bridgett Duoos      | MN |
| 2015 Susan Tarr          | MN |
| 2016 Tristan Wallhead    | WY |

### Kathleen Kinderfather

|                                 |    |
|---------------------------------|----|
| 2005 Good Times Girls           | MO |
| 2006 Vail Mnt Rescue            | CO |
| 2007 Pinedale Ropin'            |    |
| Wranglers                       | WY |
| 2008 CDA Executive Directors    |    |
| 2009 Nebraska Game and          | NE |
| Parks Commission                |    |
| 2010 AHA Greater                | MN |
| Minnesota Midwest Affiliate     |    |
| 2011 Iowa Department of Natural |    |
| Resources- Shooting Sports      |    |
| 2012 Colorado National Sports   |    |
| Center for the Disabled         |    |
| 2013 Teton Adaptive Sports      | WY |
| Kurt Henry Executive Director   |    |
| 2014 St. Louis Cardinals-       | MO |
| Cardinals Care: Caring for Kids |    |
| 2016 Courage Kennedy Institute: |    |
| Adaptive Sports & Recreation    | MN |

### Mark Harvey Legacy

|                     |    |
|---------------------|----|
| 2011 Kathleen Engle | WY |
| 2012 Scott Gorman   | KS |
| Missy Parker        | CO |
| 2013 Gay Hughes     | WY |
| 2014 Rick Pappas    | KS |
| 2015 Dennis Docheff | MO |
| 2016 Gale Wiedow    | SD |

### Mark Harvey Legacy Future Professional Scholarship

|                       |    |
|-----------------------|----|
| 2011 Danielle Schlect | SD |
| 2012 Megan McCollom   | MN |
| 2014 Mike Meyers      | CO |
| 2016 Erin Ellinger    | SD |

### Honor Award

|                        |    |
|------------------------|----|
| 2007 Wendy Frappier    | ND |
| Margie Miller          | MO |
| Marilyn Jensen         | SD |
| 2008 Melissa Parker    | CO |
| Nancy Christensen      | MN |
| Gay Hughes             | WY |
| 2009 Marian Simpson    | CO |
| Dennis Docheff         | MO |
| Jessie Daw             | SD |
| 2010 Rich Burke        | MN |
| 2011 Kelly Cook        | KS |
| Kathy Kochersperger    | KS |
| Sue Stinson            | KS |
| 2012 Patricia Morrison | CO |
| 2013 Amy Heuer         | ND |
| Deb Stephenson         | IA |
| Rhebba Vetter          | MO |
| 2014 Joyce Ellis       | KS |
| Amy Kaiser             | MN |
| Scott Strohmeyer       | MO |
| 2015 Clayton Ellis     | CO |
| Sherry Folsom-Meek     | MN |
| 2016 Becky Gunderson   | ND |
| CJ Johnson             | MN |

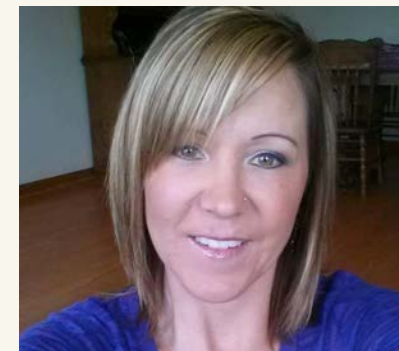
### North American Society of Health, PE, Recreation, Sport and Dance Professionals (NAS)

|                       |    |
|-----------------------|----|
| 2000 Jan Adair        | ND |
| Mark Harvey           | CO |
| Larry Hensley         | IA |
| Dorothy High          | NE |
| Kathleen Kinderfather | MO |
| Perry Miller          | MO |
| JoAnne Owens-Nauslar  | NE |
| 2002 Jim Herauf       | MO |
| 2003 Gale Wiedow      | SD |
| 2007 Deb Loper        | NE |
| 2010 Regina McGill    | IA |
| Brad Strand           | ND |
| Donna Terbizan        | ND |
| 2012 Missy Parker     | CO |
| 2013 Vicki Worrell    | KS |
| 2014 Sally Scherrer   | SD |
| 2015 Scott Gorman     | KS |
| 2016 John Zody        | KS |

## Award Winner

### Health Education Teacher of the Year Award

## Deanne Romero CO



Deanne is the Health/Physical Education teacher at Silver Hills Middle School in Westminster, CO where she promotes healthy behavior in students that goes beyond the classroom. In her health education classes, she provides learning experiences that allow students to address their individual values, attitudes and beliefs, to support a healthy lifestyle. Age appropriate and developmentally appropriate information is delivered through student-centered, interactive and experiential learning to help students make connections between their cognitive and emotional development. Deanne has served on the SHAPE Colorado board and has presented many sessions over the years. Her last presentation was an all day workshop on GAME ON. This is a program that supports efforts in creating healthier school environments for all. The "Game On" program uses a variety of learning activities to educate students and their families on how to be healthy. These strategies range from movement breaks, nutrition education to active learning opportunities. She has also volunteered with the Kaiser Permanente Thriving Schools initiative, serves as a committee co-chair for Colorado Association for Healthy Kids, and has mentored teachers on the benefits of incorporating movement breaks into their classrooms.

## Award Winner

### Adapted Physical Education Teacher of the Year Award

**Sarah Jo Heath**  
**KS**



Sarah Jo teaches Adapted Physical Education in Sedgwick County, Kansas. This is her 7<sup>th</sup> year teaching with the Sedgwick County Cooperative. Her focus on diverse developmental and remedial activities paired with her planning and instruction help ensure students experience success alongside their nondisabled peers.

One of Sarah's big events of the school year, is her Adapted PE baseball day. Her students come together with other volunteers and play a game of baseball with all the traditional events that happen at a real game. The event has become end of the year APE tradition and celebration greatly enjoyed by all. One of Sarah's best qualities is her ability to build positive relationships with her students. She connects with each individually and establishes a rapport that promotes mutual safety and respect.

Sarah also remains readily involved in the HPERD profession at the local, KAHPERD and SHAPE America Central District levels. She is active in committee work and regularly exhibits professional initiative regarding involvement in activities supporting an ongoing commitment to the field.

## PAST AWARD RECIPIENTS

### Adapted PE TOY

|      |                     |     |
|------|---------------------|-----|
| 1998 | Denise Horpedahl    | ND  |
| 1999 | Gary Taylor         | KS  |
| 2000 | Robin Olberding     | IA  |
| 2001 | Maria Bergerson     | MN  |
| 2002 | Anne Abbott         | KS  |
| 2003 | Pat Morrison-Hughes | CO* |
| 2004 | Richard Burke       | MN* |
| 2005 | Ann Griffin         | IA* |
| 2006 | Cindy Combs         | KS* |
| 2007 | Nancy Rud Gordon    | MN* |
| 2008 | Luann Palmquist     | MN  |
| 2009 | Deb Johansen        | MN  |
| 2010 | Brenda Bowman       | KS  |
| 2011 | Kay Oling           | MN  |
| 2012 | Margery Thompson    | KS  |
| 2014 | Mike Doyle          | MN  |
| 2016 | Kelly Kennedy       | CO  |

### Dance ED K-12

|      |                  |     |
|------|------------------|-----|
| 1997 | Lieschen Fink    | MO  |
| 1998 | Brenda Goodwin   | MO  |
| 2000 | Madiline Silver  | MO  |
| 2001 | Sally Burgess    | KS  |
| 2002 | Mary Harding     | MN* |
| 2004 | Marcia Small     | CO  |
| 2011 | Linda Marsh      | CO  |
| 2013 | Linda Marsh      | CO  |
| 2014 | MacKenzie Mushel | CO* |
| 2015 | Joseph DeMers    | CO  |

### Dance Ed- Col/Univ

|      |                    |    |
|------|--------------------|----|
| 2004 | Josie Metal-Corbin | MN |
| 2005 | Cynthia Herndon    | IA |

### Health ED K-12

|      |                      |     |
|------|----------------------|-----|
| 1997 | Donita Getting       | IA  |
| 1998 | Elaine Bruhe         | MO  |
| 1999 | Joan Stear           | KS* |
| 2000 | Janet Tucker         | NE  |
| 2001 | Janelle Robins-Gaede | KS  |
| 2002 | La Vonne Uffelman    | NE  |
| 2003 | Jean Pletchette      | IA  |
| 2004 | Bonnie Young Johnson | MN* |
| 2005 | Terri O'Leary        | MO  |
| 2006 | Marla Drewel-Lynch   | MO  |
| 2007 | Marcene Malusky      | ND* |
| 2008 | Melissa Lightfoot    | MO  |
| 2009 | Rhonda Kemmis        | SD  |
| 2010 | Larry Deal           | WY  |
| 2011 | Barb Bjorn           |     |
| 2012 | Dianne Loberg        | ND  |
| 2014 | Diane Titterington   | KS  |
| 2015 | Melissa Jackson      | NE  |

### Elementary TOY

|      |                        |     |
|------|------------------------|-----|
| 1999 | Michael Cosgrove       | MO* |
| 2000 | Rhonda Holt            | KS* |
| 2001 | Sheri Povendo          | MO  |
| 2002 | Shelley Paul Smith     | MO  |
| 2003 | Michelle Iglehart      | MO  |
| 2004 | Lois Boeyink           | IA* |
| 2005 | Rick Pappas            | KS  |
| 2006 | Sue W-Brittenham       | CO  |
| 2007 | Connie Jander          | MO  |
| 2008 | Kathleen Wagner        | KS* |
| 2009 | Karen Ricker           | NE  |
| 2010 | Lana Peterson-Pressler | NE* |
| 2012 | Mary Driemeyer         | MO  |
| 2013 | Sue Wright             | CO  |
| 2014 | Shelly Hoffman         | KS* |
| 2015 | Lynn Burrows           | CO  |
| 2016 | Beau Bragg             | KS  |

### Middle School TOY

|      |                       |     |
|------|-----------------------|-----|
| 2000 | Jennifer R. Stipeitch | MO  |
| 2001 | Joyce Ellis           | KS  |
| 2002 | Joyce Irwin           | KS  |
| 2003 | Mary Ann Donnay       | ND  |
| 2004 | Candi Mountain-Gaddie | CO  |
| 2005 | Jonetta Dixon         | MO  |
| 2006 | Jim Arico             | MO  |
| 2007 | Lori Heger            | KS  |
| 2008 | Cecilia Studdard      | CO  |
| 2009 | Jennifer Schnell      | IA  |
| 2010 | Lisa Sinjen           | ND  |
| 2011 | Andrea McCarthy       | CO  |
| 2012 | Mathew Monfre         | CO  |
| 2013 | Jason Busche          | KS* |
| 2014 | Diane Wyatt           | KS* |
| 2015 | Brandon Wolff         | KS  |
| 2016 | Karl Ely              | KS  |

### High School TOY

|      |                       |     |
|------|-----------------------|-----|
| 1999 | Jean Drennan          | KS  |
| 2000 | Julie Lueckenhoff     | MO  |
| 2001 | Diane Fedje Weisgarbe | ND  |
| 2002 | LeAnna Beall          | KS  |
| 2003 | Suzanne Newlin        | CO* |
| 2005 | Anna Mead             | CO  |
| 2006 | Becky Hoffman         | MO  |
| 2007 | Katherine Bacon       | KS  |
| 2008 | Candee Stuchlik-Thode | KS  |
| 2009 | Becky Winter          | KS  |
| 2010 | Clayton Ellis         | CO* |
| 2011 | Kris Ayers            | CO  |
| 2012 | Tracy Keutzer         | MO  |
| 2013 | Tari Garner           | MO  |
| 2014 | Kelli Tuttle          | IA  |
| 2015 | Amy Sommers           | KS  |
| 2016 | Monique Guidry        | CO  |

\* National Award Winner

## **Award Winner**

**Mark Harvey  
Legacy Recognition  
Award**

**Brad Strand  
ND**



Dr. Brad Strand is a professor in the Department of Health, Nutrition and Exercise Sciences at North Dakota State University. Brad has conducted over 275 presentations, workshops and demonstrations and is the lead author of three books and co-author of two booklets on fitness education. Brad has published over 150 professional articles and abstracts on physical education, fitness education, youth sport, leadership, and technology in physical education and secured over \$1,150,000 in grants and contracts for various projects.

Brad has served on a number of national boards including Vice-President, International Council of Health, Physical Education, Recreation, Sport and Dance North American Region; President, American Alliance for Health, Physical Education, Recreation, and Dance; and President, National Association for Sport and Physical Education (NASPE).

Brad has received a number of professional honors including: Distinguished Administrator Award, National Association for Kinesiology in High Education; District Scholar Award from the Central District of the American Alliance for Health, Physical Education, Recreation, & Dance; Honor Award from the American Alliance for Health, Physical Education, Recreation, & Dance; Fellow Status in the North American Society of Health, Physical Education, Recreation, Sport and Dance (NAS); the National Academy of Kinesiology; and in the AAHPERD Research Consortium.

## **Award Winner**

**Elementary  
Physical Education  
Teacher of the Year**

**Marlys  
Gwaltney  
KS**



Marlys Gwaltney has been a teacher at Bentley Primary School for 20 years. During her tenure she has significantly increased the depth and breadth of Physical Education curriculum and implemented many programs and initiatives to promote physical activity and wellness. Programs for students and staff include exercise balls in the classrooms, hallway Flash Fitness activities, the Miles & Miles Club, food taste testing opportunities, and the “Second Chance” breakfast program. Her teaching passion is to meet the diverse interests and needs of her students and assure they are addressed on a grand scale.

Her imagination and creativity is evident in her daily lesson plans, and especially during Jump Rope for Heart and Field Day events. Ms. Gwaltney has even found a way to teach “real-world” nutrition, money, and social skills through her mock store called “Gwaltney’s Grocery”. Throughout her career, Marlys has dedicated her time and energy to improving her physical education program through grant opportunities and professional development. Her ultimate goal is to assure the future well being of her young students by providing them the skills to be active and healthy for a lifetime.

## **Award Winner**

**Middle School  
Physical Education  
Teacher  
of the Year**



**Cynthia "CJ"  
Johnson- MN**

Cyndee "CJ" Johnson is a dedicated physical education teacher and life-long learner with a passion for education and children. Her resume includes 39 years of teaching physical education and DAPE along with 21 years of coaching experience. CJ is an exemplary board member having served ten years as an officer for MNSHAPE. She is an effective, detailed oriented Secretary for SHAPE America Central District, serves as the Minnesota Representative for CD's Collaboration Committee and was a National NASPE STARS reviewer. CJ has hosted multiple educational workshops, leads Enko schools participating in a three year pilot study on academic achievement and fitness (sponsored by the Minnesota Department of Education), and has presented numerous times at MNSHAPE and CD conventions.

CJ was awarded the 2015 MNSHAPE Middle School TOY Award. She has also earned the MNSHAPE Dance TOY Award (2008), the MNSHAPE Elementary TOY Award (2004), the Minnesota Curling Association Award (2008), the Curler of the Year Award (Duluth Curling Club), the United States Curling Association and United States Olympic Committee Curling Coach of the Year Award (2004) and the Minnesota Section 7A Girls Track & Field Coach of the Year Award (twice). As one can see, CJ is a master teacher who can balance teaching, service and professional development, and still have a little time to enjoy a solid game of golf.

## **Honor Award**

**Joe Deutsch**

**ND**



Joe Deutsch has influenced SHAPE America and PETE through his research, writing, presentations and service. As a Physical Best Certified Health-Fitness Instructor, he has trained numerous PB Specialists. He has given two international, four National, five regional, and 14 state Physical Best and Presidential Youth Fitness Program presentations. Joe has authored over 25 refereed publications related to Physical Education, Youth Sport Coaching, Physical Best and/or the Presidential Youth Fitness Program. He has also authored a chapter in SHAPE America's Physical Best Teacher's Guide textbook... aptly entitled "Physical Education for Lifelong Fitness."

Joe has served his state association in multiple positions culminating in becoming NDSHAPE President in 2014. He has also served Central District as the Elementary Physical Education Chair and President Elect and President of the Sport and Physical Education Division. Joe has served as a publically elected member of the Fargo Park Board for 10 years as well as serving in many other elected national association positions. He is a husband and proud father of three boys and coaches youth football and wrestling in his free time.

### **Our Honor Awards Purpose and Tradition**

The presentation of the Honor Award provides our professional association an opportunity to recognize our fellow Central District members for outstanding service. Criteria include: membership in SHAPE America, at least ten years of experience as a teacher, supervisor, or administrator in the field. The candidate must possess: high moral character and personal integrity, render service contributions through the association (state, district, national), have outstanding service as a teacher or administrator and illustration of meritorious service.



## Award Winner

**Mark Harvey  
Legacy Recognition  
Award**

**Joella Mehrhof  
KS**



Dr. Joella Mehrhof is a visionary leader, inspiring educator, and consummate professional who exemplifies the spirit of devoted service. She is widely known as a presenter and has presented more than 100 times at various conferences. She has personally organized over 30 conferences and workshops, has served as an invited speaker in 15 states, and has conducted over 40 in-services for physical educators.

In her scholarly efforts, she has received 16 grants, co-authored 15 books, and published numerous journal articles. She has been honored with an exhaustive list of distinguished awards including the Margie Hanson Elementary Physical Education Service Award; NASPE Outstanding Mentor of the Year Award; SHAPE Honor Award; Central District Scholar; and the Roe R. Cross Distinguished Professor. To observe her career contributions is to understand that she draws others into her circle of excellence and influence, and gains the admiration of her colleagues, students, and administrators for her experience and creativity.

She has never “worked” a single day of her professional life. Dr. Mehrhof loves what she does and smiles enthusiastically as she naturally, genuinely and passionately expresses her love for people and for the profession. Dr. Joella Mehrhof is a true servant leader who carries forward the legacy of Dr. Mark Harvey.

## Award Winner

**High School  
Physical Education  
Teacher of the Year**

**Abby  
Goodlaxson  
IA**



Abby is currently enjoying her 18th year of teaching Physical Education and Health at Okoboji High School in Milford, Iowa. She has a true passion for teaching and coaching, but more importantly, building meaningful personal relationships. She has coached numerous sports including basketball, volleyball, and softball (HS) as well as cross-country and track (JH). Aside from teaching and coaching, she enjoys being a Master Trainer for the nationally known... *8 to Great*... self-empowerment program.

A verified fitness fanatic, you will find Abby participating in many activities with her students, family, and friends. She enjoys running, cycling, yoga, swimming, YMCA classes, and the list goes on and on. She always gets others involved and serves as Coordinator of Fitness Fiasco at her school. This encourages students, staff, and community members to come together and participate in designated motivational physical, mental/emotional, and social challenges to earn points and prizes.

Abby has held a variety of positions for IAHPERD including School Health Education Section Chair, Legislative Affairs, and is currently an Executive Board Member. She has presented with MK Mueller, the author of *8 to Great* at the 2012 IAHPERD Convention. Her district was the recipient of the Carol White PE Grant in 2009, which gave her and her colleagues many opportunities to grow professionally while networking and traveling to national conventions.

## Kathleen Kinderfather Award

The St.  
Cardinal's



Louis

CARDINALS CARE program is

Named in honor of our very own Dr. Kathy Kinderfather, dancer extraordinaire, talented mountain hiker, survivalist and Central District Past-President (1990). Awards Kathy earned include: Central District Honor Award (1988), SHAPE Honor Award (1988), SHAPE Luther Gulick Award (2000) and winner of way too many more awards to list. The purpose of her award is to recognize a group or organization (not an individual), which may or may not be members of Shape America Central District but who, through their work in HPERD and/or Sport Education, has contributed significantly to Central District and/or the state associations that comprise Central District.

### Kathy Kinderfather Recipient Criteria Includes:

- Has made important contributions to HPERD and/or Sport education from the vantage point of their profession.
- Outstanding leadership
- Community service
- Innovative teaching practices
- Children and youth program development
- Has demonstrated outstanding professional integrity
- Has made contributions significant to the mission of Shape America Central District

### Nomination/Selection Process:

Three letters of recommendation, along with the official nomination form, are to be submitted to the Central District Recognition Chair by November 12.

## Award Winner

**Kathleen  
Kinderfather Award**

**Rockwell Collins  
Retiree Volunteers**

**IA**



Rockwell Collins Retirees Volunteers is a unique and talented group who have made it their mission to better their community and open the world of activity and sports to students and adults with special abilities needs.

A partnership between Rockwell Collins retirees, Community Corrections Services and local adapted physical educators has led to the invention and production of numerous assistive devices that help students with disabilities. The group has developed hi-tech and low-tech equipment innovations, inventions or modifications that allow students to participate in a wide variety of physical education activities. This project has facilitated inclusion and innovative instruction for 32 school districts serving 73,000 students, 8,200 of whom have disabilities.

RCRV has made a significant improvement in the lives of students with disabilities and their physical education teachers by making life changing physical activities available to ALL! This is truly a WIN WIN WIN community program.

