

CONFERENCE AGENDA AT-A-GLANCE

7:45 – 8:30	Registration	UC Lobby
7:45 – 8:30	Continental Breakfast	UC Ballroom, 202 – 203
8:45 – 2:15	Exhibits	UC Atrium
8:30 – 8:45	OPENING REMARKS	UC Ballroom, 202 – 203

8:50 – 9:50 BREAKOUT SESSION ONE

Session 1 A	Teachers Pay Teachers Back <i>Andrew Richter, North Shore School District</i> (2011 HealthNets Mini-Grant Winner)	UC 201
Session 1 B	Suicide Prevention Education & The Natural Helpers Program <i>Mary Krines Mitchell, Shoreham Wading River Central School District</i>	UC 211-212
Session 1 C	College Age Male Students & Perspectives of Health <i>Michael Buls, Adelphi University</i>	UC 213-214
Session 1 D	Turning Your Health Class Inside Out <i>Allison Sitzman, Hewlett-Woodmere School District</i>	UC 215-216

10:00 – 11:00 MORNING GENERAL SESSION UC Ballroom, 202 – 203

Grabbing the Guidance Document by the Horns
Sara Dowler, Tamara Barbour & Tricia Maguire

11:10-12:10 BREAKOUT SESSION TWO

Session 2 A	Drug Trends, Pop Culture & Addiction <i>Melissa Wayne, The Pederson-Krag Center</i>	UC 211-212
Session 2 B	Classroom Techniques That Inspire Long After Students Leave the Health Classroom <i>Barbara Gai, Bellmore-Merrick Central School District</i>	UC 213-214
Session 2 C	Longwood Middle School HIV/AIDS Peer Educators Club <i>George Thomas & Sarah Ferrar, Longwood Jr. High School</i> (2011 HealthNets Mini-Grant Winner)	UC 215-216

12:15 – 1:00 LUNCH, NETWORKING & EXHIBITS UC Ballroom, 202 – 203

1:10 – 2:10 AFTERNOON GENERAL SESSION UC 201 *Sponsored by New York Community Bank Foundation*

Homer’s Greatest Hits So Far
Chris Homer, Cold Springs Harbor School District

2:10 – 3:00 TENTH ANNIVERSARY CELEBRATION!! UC 201 *iPad courtesy of Dilworth& Barrese, LLP*

Closing Remarks /Networking/Drawing for iPad
HealthNets Committee

*Return completed conference evaluation form
to receive your certificate of attendance.
Certificates available in atrium after
10th Anniversary Celebration.*

*Conference papers available online
starting April 18, 2011.
Go to adelphi.edu/healthnets*

*2012 HealthNets Mini-Grant applications
now available online at
adelphi.edu/healthnets.
Application deadline is June 1, 2011*

*Visit the exhibitors in the atrium.
8:45 am-2:15 pm*

*Save the date!
2012 HealthNets Conference
March 23, 2012*

FULL CONFERENCE AGENDA

REGISTRATION	UC LOBBY	7:45 – 8:30 AM
CONTINENTAL BREAKFAST	UC 202 – 203	7:45 – 8:30 AM
LUNCH AND NETWORKING	UC 202 – 203	12:45-1:30 PM
EXHIBITORS	UC ATRIUM	8:45 AM – 2:15 PM

OPENING REMARKS & WELCOME 8:30 – 8:45 AM

BREAKOUT SESSIONS ONE (1A-1D) 8:50 – 9:50 AM

Session 1A: UC 201 *2011 HealthNets Mini-Grant Winner

Teachers Pay Teachers Back
Andrew Richter, North Shore School District

Session Objectives: At the end of the session, participants will be able to...

- Explore education materials that were purchased from the website www.teacherspayteachers.com
- Review how materials can be modified to fit any middle or high school health curriculum

Session Description:

In this session presented by a 2010 HealthNets Mini-Grant Winner, participants will review a variety of education materials available on the Teachers Pay Teachers website and discuss how materials and strategies can be adapted to health education. Participants will leave with a variety of activities that can be added pieces to your already fantastic health education curriculum puzzle.

Session 1B: UC 211-212

Suicide Prevention Education & The Natural Helpers Program
Mary Krines Mitchell, Shoreham Wading River Central School District

Session Objectives: At the end of the session, participants will be able to...

- Review suicide prevention lessons
- Describe how to create classroom dialogue on the topic of suicide
- Compare and contrast the teacher's role with the mental health professional's role in suicide prevention

Session Description:

Suicide prevention is a critical issue dealt with by various professional in a school setting. Participants will review several lessons for use in the classroom, examine responsibilities of teachers, social workers, school psychologists and learn about the Natural Helpers Program, a peer helping program focused on problem solving, bullying prevention and suicide prevention at the high school level.

Session 1C : UC 213-214

College Age Male Students and Perspectives of Health
Michael Buls, Adelphi University

Session Objectives: At the end of the session, participants will be able to...

- identify factors that may affect one's usage of health services or impact one's perception of these services
- explore what factors impact the development of healthy behaviors and lifestyle
- examine the relationship between the amount of stress and one's overall well-being

Session Description:

Participants in this session will explored college-age men's perceptions and usage of health and mental health services.

Session 1D: UC 215-216

Turning Your Health Class Inside Out
Allison Sitzman, Hewlett-Woodmere School District

Session Objectives: *At the end of the session, participants will be able to...*

- identify strategies to creatively bring health awareness events into the school community throughout the year.
- explore options to promote wellness through school wide clubs, healthy celebrations and fundraising.
- discover methods to expose students to outside resources such as guest speakers and field trips.

Session Description:

This session will be introduced with a round robin activity to brainstorm how health education is already being taken outside of the walls of the classroom. Topics included are health awareness events and projects, guest speakers/field trips, school clubs, healthy celebrations, and fundraising without food. Students love health and are often sad to see the semester come to an end so the goal should be to keep them involved throughout the year even when health class is over. A powerpoint/photostory will be used to present ideas that can be used and adapted for any grade level. Some events featured will be Kick Butts Day, Alex's Lemonade Stand, Discovery Day, Wellness Day and Youth Against Cancer. Participants will explore multiple ways to approach health fairs, wellness week, and awareness days. DVD clips from Wellness Week will be shown to motivate incorporation of these strategies into your school community. Keeping unhealthy food outside of class celebrations and fundraisers will also be addressed. Discover how to use your outside resources such as guest speakers to inspire your students and stress creating a healthy school and community environment as well as the strong volunteerism initiative many schools are now putting into effect.

MORNING GENERAL SESSION: UC 201 10:00 – 11:00 AM

Grabbing the Guidance Document by the Horns
Sara Dowler, Tamara Barbour & Tricia Maguire Oceanside School District

Session Objectives: *At the end of the session, participants will be able to...*

- describe the Guidance Document
- explain how to incorporate the guidance document into your health curriculum
- plan a timeline to make curricular changes

Session Description:

In this session, participants will hear how one school district used the Guidance Document to update their health education curriculum to include skills and authentic assessments. Lessons learned will be shared and time will be available for question and answer with the audience.

BREAKOUT SESSIONS TWO (2A-2C) 11:10 AM – 12:10 PM

Session 2A: UC 201

Drug Trends, Pop Culture & Addiction
Melissa Wayne, The Pederson-Krag Center

Session Objectives: *At the end of the session, participants will be able to:*

- identify recent trends in drug use.
- analyze the influence pop culture and media have on youth when it comes to substance use and abuse.
- identify recent NYS legislation that was prompted by issues of substance abuse on Long Island.

Session Description:

For decades music and media have influenced society and have been an unadulterated eye into the confusing world of the teenager! Just listen to any pop radio station these days and you will be flooded with messages about alcohol and drugs. From "popping a bottle" to "New York State of Mind" it seems that youth are overwhelmed with mixed messages about substance use. Through interactive discussion, music and media participants will identify recent trends in substance use, analyze the pop culture/media influence on these drug trends and learn about recent NYS legislation that came out of tragedies in our own backyard. Strategies to incorporate music and media into existing ATOD lessons will also be discussed.

Session 2B: UC 211-212

Classroom Techniques That Inspire Long After Students Leave the Health Classroom

Barbara Gai, Bellmore-Merrick Central School District

Session Objectives: At the end of the session, participants will be able to...

- Review lessons and materials their students can utilize outside the health classroom.
- Describe how students can connect personal value systems with decision making.

Session Description:

Relating personal values to daily behaviors can be challenging to the developing teen as they seek to discover who they are. When presented with material in the health classroom, most teens are capable of making the right choice. The question is: How can we inspire our students to make the right choice when faced with real life circumstances now and in the future? This workshop is designed to provide materials and lessons that the student will remember long after they leave health class. It will provide techniques that will help students relate personal value systems to decision making and its consequences especially in relationship to alcohol and sexual decision making. Attendees will have access to all material presented.

Session 2C: UC 213-214

***2011 HealthNets Mini-Grant Winner**

Longwood Middle School HIV/AIDS Peer Educators Club

George Thomas & Sarah Ferrar, Longwood Jr. High School

Session Objectives: At the end of the session, participants will be able to...

- Describe a peer education program for HIV/AIDS prevention.
- Discuss how the program could be implemented in their school.

Session Description:

Participants in this session will learn about the Longwood Junior High School HIV/AIDS Peer Educators Club, serving approximately 700 students ages 12-15. The program utilized cross-age peer educators who are trained to give classroom presentations to educate peers about HIV/AIDS, its effects on individuals, communities and their age group.

LUNCH & NETWORKING

UC 202 – 203

12:15–1:00 PM

AFTERNOON GENERAL SESSION

UC 201

1:10– 2:10 PM

Sponsored by New York Community Bank Foundation

Homer's Greatest Hits So Far

Chris Homer, Cold Springs Harbor School District

- **Session Objectives: At the end of the session, participants will be able to...**
- Identify different teaching styles to make class more dynamic.
- Incorporate their hobbies or passions into their teaching
- Locate and use reliable resources for various health issues and topics
- Review diverse ways to assess student learning

Session Description:

In this session, participants will explore a variety of teaching techniques to show everything from how to get student to open their minds to see the other side of a situation to how to use videos effectively in the classroom. Participants will reach inside to get psyched again about teaching and relight their flame of creativity (or retire)!

TENTH ANNIVERSARY CELEBRATION!!

UC 201

2:10 – 3:00 PM

iPad courtesy of Dilworth& Barrese, LLP

Closing Remarks, Networking, Drawing for iPad

HealthNets Committee

2011 PRESENTER BIOGRAPHIES

Tamara Barbour

Tamara Barbour is a high school health educator in the Oceanside School District.

Michael Buls

Michael is a first year doctoral candidate at the Gordon F. Derner Institute for Advanced Psychological Studies at Adelphi University. He earned an MA in Psychology from Adelphi University in 2008, as well as a BA in Psychology in 2003. Currently he teaches Developmental Psychology through the Lifespan to undergraduate nursing students at Adelphi. His interests include integrative psychotherapy, particularly the integration of psychoanalytic psychology and health psychology.

Sara Dowler

Sara Dowler is a veteran health educator currently teaching at Oceanside High School. Sara holds a masters degree in Health Education.

Sarah Ferrar

Sarah is a teacher at Longwood Junior High School in Middle Island, NY. She and her colleague George Thomas supervise the HIV/AIDS Peer Educator Club.

Barbara Gai

Barbara is a seasoned health educator currently teaching at Mepham High School in the Bellmore-Merrick School District. She has a BS in Community Health & Human Services and Certificate in Counseling both from St. Joseph's College. She earned a MS in Health Education from Hofstra University. She has been advisor for SADD for 10 years with her chapter selected as one of the top 10 in New York. She's was voted by students as "Most Inspirational Teacher" in 2006-2010; recognized as Outstanding Professional in Teaching -2007 and earned the PTA Honorary Life Award for Outstanding Teaching.

Chris M. Homer

Chris Homer has been a health educator for 25 years including being the only full time health educator at Cold Spring Harbor Schools for the past 16 years. He has taught at Hofstra University and Adelphi University for 17 total years. He was director of Camp Discovery (a camp for children of alcohol and other drug dependent parents and or children of parents who have or have died from HIV/AIDS).

Mary Krines Mitchell

Mary is a health educator at Shoreham Wading River High School. She received her Masters in Health Education from Adelphi University.

Tricia Maguire

Tricia Maguire has been teaching for eleven years and is currently in her ninth year as a health educator at Oceanside Middle School. She received a Bachelor's degree in Athletic Training and her Masters in Health Education, both from Hofstra University.

Andrew Richter

A Health/Physical Education Teacher in the North Shore School District, Andrew is also father to Jake as well as a fan of the Mets, Jets, Knicks, and "any other team I can jinx."

Allison Sitzman

Allison Sitzman is a certified health and physical education teacher and currently teaches in Hewlett-Woodmere School District. She has taught health education in every grade from K-12. Allison currently serves as the Wellness Coordinator in her school building as well as Health and Wellness Chairperson in Lynbrook Village.

George Thomas

George is a school counselor at Longwood Junior High School in Middle Island, NY. He and his colleague Sarah Ferrar supervise the HIV/AIDS Peer Educator Club.

Melissa Wayne

A graduate of Adelphi's Masters in Community Health Promotion Program, Melissa is currently Prevention Coordinator at The Pederson-Krag Center. Melissa is a Certified Health Education Specialist (CHES) and Credentialed Alcohol and Substance Abuse Counselor Trainee (CASACT). Trained by The Mendez Foundation, Melissa implements the "Too Good For Drugs" Program in two Suffolk County Schools.

Save the Date! Save the Date! Save the Date!

School Wellness: It's Everybody's Business!

Wednesday, April 13, 2011

7:00-8:45 PM

Ruth S. Harley University Center

Adelphi University

Garden City, NY 11530

Join the Nassau County School Wellness Coalition for an upcoming conference to learn how you can become an active participant in your local schools' wellness policy.

*Register for this FREE workshop at
<http://education.adelphi.edu/ncswc/>*



2011 EXHIBITORS

Adelphi University Graduate School

Adelphi University's Graduate Programs offer degrees in areas such as School Health Education, Community Health Education, Physical Education and many more. The Admissions staff at Adelphi provides complete and in-depth information about all the programs offer. To obtain further information, please contact the Office of Admissions.

Contact Information:

Office of University Admissions
114 Levermore Hall
Garden City, NY 11530
Phone: 1-516-877-3050
<http://admissions.adelphi.edu/>

American Cancer Society

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

Contact Information:

75 Davids Drive
Hauppauge, NY 11788
E-mail: amanda.cullen@cancer.org
Website: www.cancer.org

Arthritis Foundation Long Island Chapter

The mission of Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases.

Contact Information:

Arthritis Foundation Long Island Chapter
501 Walt Whitman Road
Melville, N.Y. 11747
Phone: 631-427-3546
rgillespie@arthritis.org
www.arthritis.org

Coalition Against Child Abuse & Neglect at The Safe Place

The agency's goal is to protect children against abuse and neglect with compassionate support and innovative, professional programs and services. Since its founding in 1979, CCAN has been a center for child abuse prevention and child victim advocacy. As a voice for all children on Long Island, CCAN advocates for enhanced prevention, intervention and treatment services and policies for abused and neglected children. In an effort to fill in service gaps, CCAN provides direct services to assist child victims and their families recover from their traumatic experiences. CCAN is a leading provider of professional and

community training on child abuse recognition, response and prevention. CCAN is a member of the National Network of Children's Advocacy Centers, Prevent Child Abuse-New York State, and Long Island's United Way.

Contact Information:

15 Grumman Road West
Bldg B, Suite 900
Bethpage, NY 11714
Phone: 516-747-5065
E-Mail: jhill@ccanli.org
Website: www.ccanli.org

Epilepsy Foundation of Long Island

The Epilepsy Foundation of Long Island's mission is to provide education, counseling and residential care to Long Island residents with epilepsy and related conditions. The Epilepsy Foundation of Long Island reaches out to students and teachers with their signature programs (Kids On the Block, Take Charge of the Facts and Seizure Smart) to educate the public about seizure recognition and first aid with the goal of eradicating the misconceptions and stigma associated with epilepsy.

Contact Information:

Janet Romeo
Community Education Department
506 Stewart Avenue
Garden City, NY 11530
Phone: 516-739-7733
jromeo@epil.org

Foundation for Wellness Professionals

The Foundation for Wellness Professionals is a volunteer-based, national non-profit organization. Members of this organization educate the community on the importance of health, wellness, and physical education, and pride ourselves on dispensing information on health and prevention of disease. Members volunteer to present lectures, workshops, and screenings at no cost to the community to bring about this health awareness and disease prevention.

Contact Information:

Dr. Carol Scicchitano
Foundation for Wellness Professionals
309 Madison Street Suite #9
Westbury, NY 11801
516-997-4881
westburychiropractic@gmail.com

Long Island Dietetic Association (LIDA)

The Long Island Dietetic Association is one of ten affiliate groups in New York and part of the New York State Dietetic Associations (NYSDA). NYSDA is the largest group of food and nutrition professionals in New York State. We serve over 5,000 members who are Registered Dietitians (RD), Diet Technicians, Registered (DTR), and student members who are food and nutrition or dietetics majors. Dietetics Professionals base their information from peer-reviewed nutrition research and resources representing significant scientific consensus. Registered Dietitians have the appropriate skills and training to assist in development of nutrition policy and translate science in ways that promote optimal nutrition and well being for all people, and guide the development of sound public policies to advance a better nourished public.

Contact Information:

Pat Leistman, MS, RD, CDN

63 Fountain Avenue

Rockville Centre, NY 11570

Phone: 516-536-0324(h&w)

516-316-8153 (cell)

Email: leistman@optonline.net

Website: www.eatrightli.org

The Maurer Foundation for Breast Health Education

The Maurer Foundation's mission is dedicated to educating women of all ages about prevention and early detection of breast cancer. Addressing women at schools, in community organizations, places of business and through the media, the foundation's up-to-date educational programs are aimed at dispelling myths and allaying fears about breast cancer while filling the knowledge gap that exists about maintaining breast health relevant information.

Contact Information:

114 Old Country Road

Suite 400

Mineola, NY 11501

1.800.853.LEARN / 516.535.5370

Fax: 516.535.5895

Email: info@maurer-foundation.org

<http://www.maurerfoundation.org>

Mollie Biggane Melanoma Foundation

Our mission is to increase awareness for melanoma prevention, provide information and services on skin cancer detection, and support melanoma patients through education of the latest treatments.

Contact Information:

MOLLIE BIGGANE MELANOMA FOUNDATION

Jack and Margaret Biggane

168 Euston Road

Garden City, NY 11530

Phone: (516) 877-2537

Email: info@molliebigganemelanomafoundation.org

Nassau County School Wellness Coalition

With increasing rates of obesity and associated chronic diseases, school wellness is essential to the health of our children now more than ever. Community members play a vital role in contributing to school wellness through their advocacy, collaboration and support. Join the Nassau County School Wellness Coalition to learn how successful programs can improve children's nutrition and physical activity and how you can become an active participant in your local school district. Our next workshop *School Wellness: It's Everybody's Business* is Wednesday, April 13, 2011, 7:00-8:45 PM at the Ruth S. Harley University Center at Adelphi University. To register for this FREE workshop or for more information visit our website.

Contact Information:

<http://education.adelphi.edu/ncswc/>



National Alliance of Mental Illness (Queens and Nassau)

Breaking the Silence, lessons to teach students in upper elementary, middle school, and high school about mental illness is a student education project of NAMI Queens/Nassau. We are committed to raising awareness about mental illness and providing support, education, and advocacy for those affected by mental illness and their families

Contact Information:

1981 Marcus Avenue, C-117

Lake Success, NY 11042

Phone: 516-437-5785

Email: jasusin@optonline.net

Website: btslessonplans.org

North Shore LIJHS Center for Tobacco Control

The mission statement of the center for tobacco control at North Shore University Hospital is to improve the health of the community for promoting tobacco-free living through an integrated program of intervention, service, education, research, training, and advocacy.

Contact Information:

225 Community Dr. South Ent.

Great Neck, NY 11021

Phone: (516) 466-1980

(516) 466-1954

Email: pfolan@NSHS.edu

Website: TobaccoCenter@nshs.edu

Pilates Center of Long Island

For more information or to sign up, please contact The Pilates Center of Long Island.

Contact Information:

Margaret
15 Green St.
Huntington, NY 11743
Phone: 631-421-1866
Email: pilatesma@aol.com

Planned Parenthood of Nassau County

PPNC has been helping the community make safe, healthy and responsible decisions since 1933. Each year, more than 41,000 women, men and teens turn to our agency for affordable, high-quality reproductive health care and family planning services, compassionate and confidential counseling, medically-accurate sexuality education and grassroots advocacy to preserve reproductive rights.

Contact Information:

540 Fulton Avenue
Hempstead, NY 11550
Phone: 516-483-3592
E-Mail: deborah.mcintosh@ppnc.org

STARS

Sports Therapy and Rehabilitation Services (STARS) helps you and your loved ones find relief from pain and get moving again after an accident, injury, illness or surgery. As part of the North Shore - LIJ Health System, we're your partner in a safe, healthy, more rapid recovery. For your convenience, we have for easy-to-access locations in Queens and Nassau County. Each STARS location is staffed by licensed, friendly therapists who are experienced in the latest rehabilitation techniques and here to guide you every step of the way . . .

Contact Information:

1 (888) REHAB-03
www.northshorelij.com/rehab
Maximizing recovery. For you. For your family . . .

Stay in Touch Massage Therapy

Our objective is to provide quality and effective therapeutic massage services while exhibiting the highest level of professional ethics. This means always performing massage therapy with sensitivity, skill and confidence.

Contact Information:

www.denoandpeggy.com
email: sitouch@optonline.net
Phone: 516-833-6550
Phone: 516-877-0804

Western Suffolk BOCES was recently awarded three contracts to provide tools and guidance to assist with the development, communication, implementation and enforcement of school nutrition, physical activity, and tobacco policies. The contracts, awarded by the NYS Department of Health – Division of Chronic Disease and Injury Prevention, target designated high needs school districts covering three different regions: Suffolk; Nassau; and Westchester-Putnam-Dutchess. As the administrator of the Tobacco Free Healthy Schools for the last five years, Western Suffolk BOCES will continue to play a supportive role in all districts' tobacco control efforts in their catchment areas.

Contact Information:

Western Suffolk BOCES

31 Lee Avenue

Wheatley Heights, NY 11798

Fax: 631 623 4914

Website: <http://lirsssc.wsboces.org>

Karyn Kirschbaum (Suffolk County) at 631/595-6816 kkirschb@wsboces.org

Gail Volk (Nassau County) at 631/595-6847 gvolk@wsboces.org

Kelly Devito (West/Putnam/Dutch) at 631/595-6839 kdevito@wsboces.org

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*2012 HealthNets Mini-Grant applications
now available online at
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Application deadline is June 1, 2011*

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2012 HealthNets Conference
March 23, 2012*

ACKNOWLEDGEMENTS

Special Thanks to the Following People Who Helped Make This Year's Conference a Success...

The HealthNets Conference Committee

Mary Barrese, presenters, exhibitors; HealthNets Founder
Jean Harris, Conference Chair
Monica Homer, registration and finance; HealthNets Founder
Cynthia Proscia, presenters, logistics and physical arrangements
Emilia Patricia Zarco, technology

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CONFERENCE NOTES

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HealthNets would like to thank...



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Afternoon General Session Sponsor

Dilworth & Barrese, LLP

10th Anniversary Celebration Donor

**Adelphi University
Food Should Taste Good
Garden City Printers & Mailers
KAO Brands
Mary's Gone Crackers, Inc.
Mollie Biggane Melanoma Foundation
Pharmavite SOYJOY Bars**

And everyone else who contributed to this day!

Thank You