

# Forum Update

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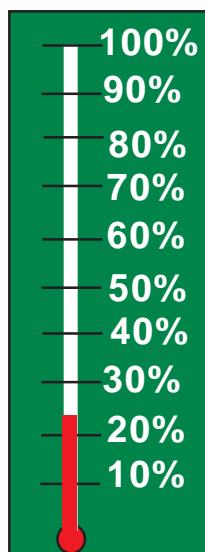
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**Apr16=23%  
PAPERLESS**

## President's Message 2009 Awards for Excellence in Parks & Recreation

*Don Lewis, Director, Tupelo Department of Parks & Recreation*

Great news, MUSCO Lighting has signed back on as our sponsor for the Annual Awards Banquet. The 2009 Awards for Excellence in Parks & Recreation will be Wednesday September 23, 2009 at Percy Quin State Park.

The awards program is a great way to recognize your community or department in long range planning, fiscal resource management, citizen support systems, environmental stewardship, program planning, professional development, and services for special populations. Last year was a banner year for the awards banquet, not only did we add more award categories, the total application increased. Now is a great time to start working on your nominations. All nominations will be presented during the banquet so make sure that you send in pictures with your application. The awards committee is looking at adding another award this year so check the website on a regular basis. I look forward to presenting your department with an award this fall.



## Certified Pool Operator Course Offered

*May 5 - 6, 2009 - Tupelo*

Receive some of the best training for opening clean, safe and efficient facilities. Review in-depth instructions on filtration, disinfection, water testing and treatment, design consideration, facility management, risk management, trouble shooting and best practices in this comprehensive two-day workshop. Upon successful completion of the CPO course and exam, you will receive the official CPO certification and will be registered in the National Swimming Pool Foundation's Certification Database. Certification is valid for five years and is renewable. CEU's are available. For more information, contact Amy Williams at [awilliams@ci.tupelo.ms.us](mailto:awilliams@ci.tupelo.ms.us) or (662)841-6440. To register, print the registration form found on the next page, complete and mail or fax the form. Do it today. The registration deadline is May 1.

## Children Living Near Green Spaces Are More Active

*ScienceDaily (March 18, 2009)*

Children at high risk of obesity who live near parks and recreation areas are apt to participate in walking activities more often, researchers reported at the American Heart Association's Conference on Nutrition, Physical Activity and Metabolism.

In a Canadian study, the presence of nearby parks was strongly associated with girls walking to school and boys engaging in leisure walking. For every additional park located within a half mile of their home, the likelihood of walking to school more than doubled among girls and leisure walking by boys increased by 60 percent. Results were similar even after taking into account family income and the average level of education in the neighborhood, an indicator of area disadvantage.

MISSISSIPPI RECREATION AND PARK ASSOCIATION  
DISTRICT ONE



Certified Pool Operator Course

Tupelo Parks & Recreation  
Administrative Office  
655 Rutherford Road, Tupelo, MS 38801  
WEDNESDAY & THURSDAY, May 5-6, 2009



Register by  
May 1!!

SCHEDULE OF EVENTS

Tuesday, May 5

8:00 a.m. – 12:00 NOON CPO Calculations, Langelier Saturation Index

12:00 – 1:00 Lunch

1:00 – 5:00 PM The ABC Formula, Breakpoint Formula, Textbook Chapter Review

Wednesday, May 6

8:00 AM – NOON Pool & Spa Mgt, Regulations and Guidelines, Essential Calculations, Pool Water Contamination, Disinfection, Water Balance, Pool & Spa Water Problems, Chemical Testing, Chemical Feed & Control, Water Circulation, Pool & Spa Filtration, Heating & Air Circulation, Spa & Therapy Operations

12:00 – 1:00 PM Lunch

1:00 – Until Facility Safety, Keeping Records, Maintenance Systems, Troubleshooting, Facility Renovation & Design  
EXAM  
(class ends for each student when complete exam and get score)

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- .. Make checks payable to MRPA. Mail to: Amy Williams, P.O. Box 3608, Tupelo, MS 38803.
- .. Please PRE- REGISTER BY **May 1, 2009**. For more information contact Amy Williams at (662)-841-6440.

"There was a strong association between walking and the number of nearby public open recreational spaces, including neighborhood parks, playgrounds and sports fields," said Tracie A. Barnett, Ph.D., lead author of the study and a researcher at Sainte-Justine Hospital Research Center and Université de Montréal in Montreal, Canada. "We were able to relate the proximity and number of parks to how often children aged 8-10 years walked. This is important because active transportation is a promising public health strategy for increasing overall physical activity, and for helping to curb the obesity epidemic. We know that walking to school has been decreasing steadily for the past 30 years; concurrent increases in overweight and obesity suggest that these two phenomena may be linked."

"Obesity in children and adolescents has tripled in the past 20 or so years," Barnett said. "Although obesity has many causes, this relatively sudden and steep increase suggests that the drivers of the obesity epidemic are largely environmental rather than biological or genetic in nature."

"Parks may benefit girls and boys differently, but are associated with increased overall walking for both," said Barnett, who is also assistant professor of Social and Preventive Medicine at the Université de Montréal.

"In the past few decades we have become more sedentary due to the increased use of labor-saving devices, motorized transportation, television and computers," she said. "In addition, children are spending more time inside, yet we know that spending time outdoors is an important determinant of activity."

In future urban improvements, consideration must be given to parks, outdoor recreational areas and walking or cycling infrastructure in order to increase active living. Equally important is that the parks and recreational areas are well maintained and are safe."

An American Heart Association statement released in June of 2008 says, "walkable" neighborhoods, with adequate sidewalks and areas for physical activity, can play an important role in combating the rise in obesity rates by making it easier to get daily exercise.

## Conference on Recreation Inclusion

The University of Southern Mississippi's School of Human Performance and Recreation and the Council on Developmental Disabilities will host the seventh annual four-state Conference on Recreation Inclusion in Hattiesburg June 25 - 26.

The conference is a continuing attempt to coordinate the theories, practices and outcomes related to the inclusion of people with disabilities into community recreation programs. Professionals, parents, family members and anyone else who has an interested in recreation inclusion is invited to attend.

The cost of the conference is \$75 and includes all sessions, lunch on Thursday and refreshments. To qualify for this registration rate, you must postmark your registration by June 19th.

For more information and to receive a registration form, contact Dr. Rick Green by calling (601) 266-5576.

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**MRPA Annual Conference  
and Trade Show**

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**Percy Quin State Park | Sept. 21 - 24, 2009**

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## MRPA Annual Conference--Soon

The MRPA Annual Conference and Trade Show is coming up soon. If you haven't reserved your cabin or room at Percy Quin State Park for this event, please call (601) 684-3938 today. You can see the cabin layouts by visiting the MRPA website at [www.aboutmrpa.org](http://www.aboutmrpa.org). If you prefer a hotel room in McComb, MRPA has a limited number of rooms reserved at the Hampton Inn. Our room rate is \$79 for a single or double room. Call the Hampton at (601) 249-4116.

If you plan to participate in the fishing rodeo that will take place during the conference, you must have a valid and current Mississippi fishing license. Enforcement officers will be on hand to make sure you have the license. If you need one call 1-800-5GoHunt.

You'll find the educational program on the website as well. This year's program will cover a variety of topics including boating safety, energy conservation in parks and recreation, program planning and publicity, therapeutic recreation inclusion, physical fitness, successful park maintenance practices and background checks. You don't want to miss this year's event.

Vendors are encouraged to visit the website to see the indoor and outdoor exhibit opportunities being offered this year. Having the conference in a State Park will allow equipment vendors to have more space for equipment and demonstrations. A limited number of table-top spaces will be available in the air-conditioned conference center. All spaces will be reserved on a first-come first-served basis.

## Here's an Idea for Harvesting Rainwater

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