

## Good Sportsmanship More Than Just High Fives

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by Mark Bennett

Most everyone whose played a childhood sport will remember the team forming a line after each game to shake hands with each of their opponents or give them high fives to congratulate them on their performance. These are visible examples of good sportsmanship coaches often encourage their kids to display. Good sportsmanship is also shown more inconspicuously when, for example, a basketball player is knocked down by an opponent and doesn't complain when the referee fails to call foul play. It's also shown, of course, when the player's parents see the incident from the stands and stifle their anger toward the opposing team's player, and toward the referee.

According to Joseph Di Prisco, Ph.D., coauthor of the book *Right from Wrong: Instilling a Sense of Integrity in Your Child*, sportsmanship is the integrity, one's internal sense of conscience that shows through while playing a sport. "Good sportsmanship is about respecting your opponent, your coach, your teammates, and yourself," he said. In practice, good sportsmanship often is about controlling one's own frustrations, while being courteous to all others involved in

the sports experience. It's the job of parents and coaches, Di Prisco explained, to make kids realize how they're undermining themselves and their values when they commit acts of poor sportsmanship.

### How sportsmanship develops

Children learn the concept of sportsmanship as they grow and mature, according to Lawrence H. Kutner, Ph.D., co-director of the Harvard Center for Mental Health and Media. This learning process begins with the biological development of the child's brain and thought patterns. "Young kids expect to win, and they don't understand why others have to win," Kutner said. "We expect a 4- or 5-year-old to be upset about losing a game, but it's a problem if it happens in a 12-year-old."

This learning process advances through the child's emotional and social development, during which the child usually develops a sophisticated sense of empathy at around age 7 or 8. Empathy

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## Quote of the Day

**"That's one small step for man, one giant leap for mankind."**

*by Neil Armstrong first man to step on the moon July 20, 1969*

## Things Teachers Wish Parents Would Do

### Be involved in your children's education.

Parents' involvement helps students learn.

### Provide resources at home for reading and learning.

Parents should have books and magazines for their children, and read to or with their children each day.

**Set a good example.** Parents should show their children that they believe reading is enjoyable and useful.

### Encourage children to do their best in school.

Parents must indicate they believe education is important and they want their children to do the best they possibly can.

**Emphasize academics.** Too many parents get caught up in athletics when academics should be their first concern.

**Support school rules and goals.** Parents should take care not to undermine school rules, discipline or goals.

**Use pressure positively.** Parents should encourage children to do their best, but they should not apply too much pressure by setting unattainable goals or by involving them in too many activities.

### Call teachers early if there is a problem.

Don't wait for the teacher to call you. By alerting your child's teachers to a potential problem, you still have time to improve the situation.

**Accept your responsibility as parents and don't expect the school and teachers to take over this job.**

## Fireworks Safety Tips

- Do not let your child play with fireworks, and do not use them yourself. Instead, take your family to see a professional fireworks display.
- Avoid sparklers. They can potentially catch clothing on fire.
- Never attempt to make your own fireworks.
- Keep yourself and your child away from other people who are using sparklers or lighting their own fireworks. Bystanders are more frequently injured by fireworks than the people who use them.
- Have water handy if you are around fireworks (water hose and bucket).
- Know where the closest phone is located or carry a cell phone in case a fire occurs and the fire department is needed.

**Sparklers can heat up to 1,800 degrees Fahrenheit (hot enough to melt gold).**

Source: <http://www.girlpower.gov/AdultsWhoCare/general/fireworks.htm>

Source: <http://www.phs.org/healthinfo/tips1999/august.shtml>

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# A Brief History of Independence Day

Independence Day is the national holiday of the United States of America commemorating the signing of the Declaration of Independence by the Continental Congress on July 4, 1776, in Philadelphia, Pennsylvania.



At the time of the signing, the US consisted of 13 colonies under the rule of England's King George III. There was growing unrest in the colonies concerning the taxes that had to be paid to England. This was commonly referred to as "Taxation without Representation" as the colonists did not have any representation in the English Parliament and had no say in what went on. As the unrest grew in the colonies, King George sent extra troops to help control any rebellion. In 1774, the 13 colonies sent delegates to Philadelphia Pennsylvania to form the First Continental Congress. The delegates were unhappy with England, but were not yet ready to declare war.

The following May the colonies again sent delegates to the Second Continental Congress. For almost a year the congress tried to work out its differences with England, again without formally declaring war.

By June 1776, their efforts had become hopeless and a committee was formed to compose a formal declaration of independence. Headed by Thomas Jefferson, the committee included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman. Thomas Jefferson was chosen to write the first draft which was presented to the congress on June 28. After various changes a vote was taken late in the afternoon of July 4th. Of the 13 colonies, 9 voted in favor of the Declaration, 2 - Pennsylvania and South Carolina voted No, Delaware undecided and New York abstained.

The following day copies of the Declaration were distributed. The first

newspaper to print the Declaration was the Pennsylvania Evening Post on July 6, 1776. On July 8th the Declaration had its first public reading in Philadelphia's Independence Square. Twice that day the Declaration was read to cheering crowds and pealing church bells. Even the bell in Independence Hall was rung. The "Province Bell" would later be renamed "Liberty Bell" after its inscription



## Proclaim Liberty Throughout All the Land Unto All the Inhabitants Thereof

Source: <http://www.holidays.net/independence/story.htm>

## Interesting History Trivia Tidbits

1. The first All-Star Baseball game was played in Chicago in July 1933
2. Billy the Kid died at the age of 21 in July 1881
3. The first atomic bomb was detonated in New Mexico in July 1945
4. Neil Armstrong was the first man to walk on the moon in July 1969
5. The ice cream cone was invented by Charles E. Menches in July 1904
6. The first telephone conversation occurred from New York to San Francisco in July 1914
7. The Rock and Roll Hall of Fame was created in August 1985
8. Japan surrendered on board the U.S.S. Missouri in August 1945 thus ending WWII
9. The Berlin Wall was created in August 1961
10. Baseball great Babe Ruth died in August 1948
11. The record player was patented in August 1906
12. The last day of the Roman Empire was August 28, 476

Source: [www.aboutfamouspeople.com](http://www.aboutfamouspeople.com)

# A Look at the First Moon Landing

In President Kennedy's speech to Congress, on May 25, 1961, he expressed a concern that the United States was falling behind the Soviet Union in technology and prestige. He challenged the nation to put a man on the moon before the end of the decade.

On July 16, 1969, the Apollo 11 launched from the Kennedy Space Center.

On July 20, 1969, Commander Neil Armstrong became the first man on the moon. He said the historic words, "That's one small step for man, one giant leap for mankind."

A camera in the Lunar Module provided live television coverage as Neil Armstrong climbed down the ladder to the surface of the moon.

The Lunar Module "Eagle" consisted of two parts: the descent stage and the ascent stage.

The descent stage provided the engine used to land on the moon. It had four legs, a storage area



for experimental gear, and a ladder for the crew to climb down to the moon's surface. The descent module also served as the launch platform for the ascent module when it came time to leave.

The ascent module carried the crew back to the Command Service Module. To walk on the moon's surface, the astronauts needed to wear a space suit with a back mounted, portable life support system. This controlled the oxygen, temperature and pressure inside the suit.

On the surface, the astronauts had to get used to the reduced gravity. They could jump very high compared to on Earth.

The crew spent a total of two and a half hours on the moon's surface. While on the moon's surface, they performed a variety of experiments and collected soil

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## Riddle Fun

What driver doesn't have a license?

A screwdriver

What has a neck, but no head?

A bottle

What did the guitar say to the rock star?

Quit picking on me!

What do you call a cat that likes to dig in the beach?

Sandy claws

What has 10 legs and drools?

Quintuplets

## Fun Facts About Reptiles and Amphibians

- There are 6,500 species of reptiles in the world, inhabiting every continent except Antarctica.
- Hundreds of millions of years ago, amphibians became the first vertebrates to live on land.
- Reptiles and amphibians are cold-blooded or 'ectothermic' animals, which means that they depend on external sources, such as the sun, to maintain their body temperatures. Since they don't burn energy to heat internal "furnaces," reptiles eat 30 to 50 times less food than do birds and mammals (i.e. warm-blooded animals) of similar sizes.
- Some turtles and tortoises, including the Eastern box turtle, can live for more than a century.
- Only about one third of the world's snakes are venomous. In the United States, only rattlesnakes, copperheads, water moccasins, and coral snakes are poisonous. More Americans die each year from bee and wasp stings than from snake bites.
- One way to tell a frog and a toad apart: frogs have smooth, clammy skin, while toads have more dry, bumpy skin. Both frogs and toads lay their eggs in water, but toads spend more of their time on land than do frogs.
- Averaging 10 to 12 feet in length, the King Cobra is the largest venomous snake in the world. It is also the only known snake that builds a nest for egg incubation.
- Frogs can breathe not only with their lungs, but also through their skin. A frog's skin is thin and contains many mucous glands that keep it moist. Oxygen can be absorbed through this thin, damp skin.

# FUN Pages

• Depending upon the size of the meal, anacondas can go several months before eating again.



• More than 75 percent of all toad and frog species in the world live in tropical rainforests.

• The Emerald Tree Boa can strike a bird or small mammal in complete darkness. The pits along the lips of most boas and pythons, and the nostril-like cavities of pit vipers, are infrared heat receptors. Snakes use these pits to sense the location of anything that differs in temperature from its surroundings by as little as .4 degrees Fahrenheit.

<http://natzoo.si.edu/Animals/ReptilesAmphibians/Facts/>

## An afternoon snack you can make

Be sure to ask mom or dad for help  
**Frozen Choco-Nanas Pops**

2 medium banana, peeled and cut in half  
5 squares finely crushed graham crackers

2 tsp. chocolate syrup

4 popsicle sticks

Wrap banana halves in wax paper or foil and freeze till hard. On sheet of wax paper spread half the cracker crumbs; coat 1 banana half with 1/2 tsp. syrup. Roll in crumbs. Repeat procedure with remaining banana halves. Push popsicle sticks into end of bananas and serve

## Critter Crunch

1 cup animal crackers

1 cup teddy bear-shaped chocolate or honey-flavored graham crackers

1 cup small pretzel twists

1 cup yogurt-covered raisins

1 cup candy-coated chocolate candies

10 colorful ice-cream cones, if desired

Directions

1. Mix all ingredients except ice-cream cones. Serve snack in cones.

2. Store in covered container.

Source: [www.geocities.com/parentsworkshop/r\\_forkids.html](http://www.geocities.com/parentsworkshop/r_forkids.html)

## The Story of Pizza

Like living things, pizza has evolved into its current form very gradually. It bears the mark of many ancient cultures centered around the Mediterranean sea. Here's a simplified review of the history of pizza. If you want more detail, try the longer review at the website listed.

Ancient Greeks ate a flat, baked bread with assorted toppings called plankuntos. This flatbread may have been a derivative of something Babylonians ate in earlier centuries.

While originally thought to be poisonous, Spaniards who had been to Mexico and Peru introduced the tomato to Italy in the 16th century.

The original mozzarella cheese was made from the milk of Indian water buffalo in the 7th century. It was introduced to Italy in the 18th century.



The world's first true pizzeria may have been "Antica Pizzeria Port'Alba" which opened in 1830 and is still in business today at Via Port'Alba 18 in Naples.

Italian and Greek peasants ate earlier forms of pizza for several centuries before it became a hit among aristocracy. In 1889, a Neapolitan named Raffaele Esposito prepared pizza for King Umberto I and Queen Margherita, who apparently loved it.

An Italian immigrant named Gennaro Lombardi opened the first U.S. pizzeria in 1895 in New York City.

Pizza is now consumed all over the world, though travelers are often amazed by how different cultures have adapted pizza to their own preferences.

Source: <http://www.geocities.com/Heartland/Flats/5353/pizza/history.html>

## All About Pie!



APPLE	FRITO	MOCHA	PLUM	STRAWBERRY
BLACKBERRY	GOOSEBERRY	ORANGE	PUMPKIN	SWEET POTATO
BLACKBIRD	GRAPE	PEACH	RAISIN	VANILLA
BLUEBERRY	GRASSHOPPER	PEANUT	RHUBARB	
CHEESE	KEY LIME	PEAR	ROOTBEER	
CHERRY	KIWI	PECAN	RUM	
COCONUT	LEMON	PIZZA	SHOOFLY	

## Useless Facts

- The hundred billionth crayon made by Crayola was Periwinkle Blue.
- Every citizen of Kentucky is required by law to take a bath at least once a year.
- It is against the law to whale hunt in Oklahoma. (Think about it...)
- Small cockroaches are more likely to die on their backs than large cockroaches.
- There is an average of 50,000 spiders per acre in green areas.
- Fleas can jump more than 200 times their body length.
- Crickets don't chirp by rubbing their legs together, they make the noise by rubbing their wings together.
- There are 4,300 known species of ladybugs in the world.
- Ice cream was originally made without sugar and eggs.
- The exact geographic center of the United States is near Lebanon, Kansas.
- The surface area of the Earth is 197,000,000 square miles.

Source: <http://www.angelfire.com/ca6/uselessfacts/>

## How Football Came to Be

Football is a game of antiquity, known to many people. The ancient Greeks played a form of football known as harpaston, and the Romans played a similar game, harpastum.

Most modern versions of football, however, originated in England, where a form of the game was known in the 12th century. At the beginning of the 19th century several types of the game—all permitting players to kick the ball but not carry it—were being played at various English schools, including Eton, Harrow, and Rugby. The modification of the game that permits carrying the ball was first introduced at Rugby in 1823 when one schoolboy disregarded the established rules, tucked the ball under his arm, and dashed across the goal of the opponents.

Thereafter numerous football clubs sprang up in England, some playing the kicking game, others the ball-carrying game. In 1863 a number of clubs devoted to the kicking game met in London, organized the London Football Association, and adopted a

code of uniform rules; this type of game was henceforth known as association football, and later soccer, a word derived from association. In 1871 a group devoted to the ball-carrying game organized the Rugby Football Union and adopted the rules then in vogue at Rugby School; that form of the game thereafter was known as rugby football. The two organizations still exist, and each exercises control over its respective game.

In the United States, a form of football using a blown-up bladder was played in the colony of Virginia in 1609. Intercollegiate competition began on November 6, 1869, with a game between Rutgers and Princeton.

Harvard, preferring to use its own rules, abstained from this competition. In 1874 Harvard met McGill University of Montréal, Canada, in a match played under the rugby-like rules of the Canadians. The Harvard players, impressed, altered their own rules accordingly. Harvard and Yale played a football game for the first time on November 13, 1875, using Harvard's rules.

The following year, representatives of Harvard, Yale, and



Columbia answered an invitation from Princeton football representatives to attend a parley at Springfield, Massachusetts. The result of the convention included a new set of football rules and the formation of the Intercollegiate Football Association. Although the rugby-like rules of Harvard again prevailed, certain soccer rules were incorporated. The resulting combination of rugby and soccer became popular, and as time went on the rules were constantly changed until a new game evolved. The Intercollegiate Football Association was dissolved in 1894, and in the same year a rules committee, dominated by the Yale graduate and football pioneer Walter Chauncey Camp, was formed by the influential eastern schools. In 1905 an independent association of colleges also formed a rules committee; the two committees soon merged, and since that time American collegiate football has been governed by them. The first professional football game in the United States was played in 1895.

Source: [www.thehistoryoffootball.com](http://www.thehistoryoffootball.com)

## Moon Landing

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and rock samples to return to Earth.

An American flag was left on the moon's surface as a reminder of the accomplishment.

In later moon landings, the astronauts used the Lunar Rover vehicle to help explore more of the moon's surface.

The Command Service Module "Columbia" consisted of two parts. The Command Module is the cone at the top. The Command Module held the three-man crew. It was the control center during the mission. It also was the re-entry vehicle for returning back to Earth.

The Service Module at the bottom, provided the propulsion and maneuvering capability for the space craft.

After re-entering the Earth's atmosphere, parachutes opened to safely lower the Columbia into the Pacific Ocean. After landing in the ocean, the crew were retrieved by a helicopter and taken to the recovery ship, the "USS Hornet".

The crew and lunar samples were placed in quarantine until their health and safety could be confirmed.

The Command Module "Columbia" returned to Earth on July 24, 1969. Apollo 11 had successfully completed its mission. President Kennedy's objective to land men on the moon and return them safely to Earth had been accomplished.

Source: <http://www.kidport.com/RefLib/Science/MoonLanding/MoonLanding.htm>

## Good Sportsmanship

Continued from page 1

involves the child seeing past the immediate consequences of his actions, and realizing how his actions make other people feel. Adults can usually expect a child's concept and practice of sportsmanship to be appropriate for the child's age.

With younger children, sports are often much simpler. "In tee-ball there was one objective—to hit the ball and to try to please all the parents and grandparents in the bleachers," Di Prisco said. As kids get older, however, the competition inevitably

gets more serious, and it can be more difficult for kids to bear in mind what their real reason for playing should be—having fun. Parents are often the reason why sports stop being fun for their kids. Children need the proper motivation for playing the sport in the first place—a boy playing baseball merely to please his father, for example, never makes for a good competitor.

Good sportsmanship depends on the child having a clear set of priorities—realizing that her sport should not be the most important thing in her life. This involves keeping a healthy perspective on winning and

losing, realizing that it's not the utmost importance. By only focusing on the outcome of the game, one team will always be disappointed. Setting effort-based goals for improving one's own performance, however, will guarantee internal rewards for each and every player. Kids should always strive to perform at their own personal best, and not compare themselves to others. The bottom line is that any sports program should be fun for the kids, and parents and coaches should do their part to make it this way.

Source: [www.pta.org](http://www.pta.org)



### Ten Tips for Fueling Your Child's Brain Power

1. Show your child love and affection
2. Feed your child breakfast everyday
3. Ensure your child receives nine to ten hours of sleep each night
4. Schedule regular health check-ups for your child
5. Take an active role in your child's education
6. Dedicate 10 to 60 minutes a day to your child's homework
7. Set high, but realistic expectations for your child
8. Engage your child in cultural arts activities
9. Ensure your child participates in one hour of physical activity daily
10. Give your child time for creative play

source: [www.pta.org](http://www.pta.org)

# A Lesson in Frugal Back-to-School Shopping

Even though you may not be ready to think about sending children back to school, now is a good time to think about buying school clothing and supplies. With a little forethought and a plan, you can get everything your children need to head back to school in the fall without going into debt. You may even be able to include some of those designer "necessities".

### Tackle the Essentials First

The secret to keeping a handle on back-to-school spending is to go into it with a plan.

- **Take stock.** Schools often send a list home the last day outlining the supplies children need when they return to school in the fall. Figure out what you already have and what could be swapped among your children. Once you have taken an inventory of clothing and supplies, you can determine what more you'll need to buy. Note: Some school items may be tax-deductible in some states, so keep receipts.



- **Plan ahead.** Make a list of what each child needs before you shop. Determine how much you can afford to spend on each child. Stick to the list. If you have difficulty staying within your budget, consider purchasing some items at rummage sales, consignment shops or second-hand stores. Avoid shopping when you are tired or you may be tempted to overspend just to get the shopping out of the way.

- **Comparison shop.** Chances are, you can spread out many purchases throughout the year. In addition, school supplies go on sale by mid-September, so it isn't necessary to buy everything your children need before school starts. In fact, buying over time lets you take advantage of sales and specials throughout the year.

<http://www.learnthat.com/ltq/view.asp?id=44>

# Fifth Annual Air Force Teen Aviation Camp

They're the best and brightest and they came from Air Force families around the world.

Thirty-six youths representing every major command attended the fifth annual Air Force Teen Aviation Camp at the USAF Academy hosted June 1-6, 2004 by 10<sup>th</sup> Services.



They were selected from a pool of 164 applicants who had an interest in aviation and the Academy.

The camp featured a mix of fun activities intended to provide learning and social experiences, and create memories to last a lifetime.

"The camp gives an insight into what life at the Academy will be like," said Bridget Kieschnick, Youth Specialist at HQ AF Services Agency and Camp Project Officer. "It shows what the environment is like, what the facilities are like and what the opportunities are at the Academy."

During their time at the Academy, campers had the opportunity to rub elbows with cadets and get a first-hand account of cadet life. The experience was an eye-opener for most of the campers.

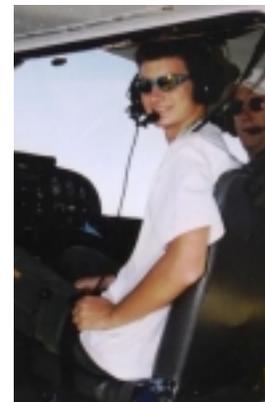


"This was an excellent experience that really made me interested in the Academy or the military as a career," said Jennifer Higuchi of Yokota AB. "From this camp, my leadership and group skill levels have risen dramatically! This was awesome!"

Social interaction among the teens was a key component of the camp. Bonding occurred quickly, with many teens establishing friendships that may last a lifetime.

"This single-handedly has been the most amazing and beneficial experience of my life. I love the interaction with the cadets and all the Academy time," said Emma Rush of Mountain Home AFB. "Awesome job and thanks a lot!"

Campers, who stayed in the Academy Prep School dormitories and ate at the High Country Inn airman's dining hall, were on the go from daylight to dark each day.



They participated in a teambuilding ropes and orienteering courses, studied principals of flight, met AFA professors and used the T-37 flight simulators at the Aerodynamics Lab. They met Aurora, the priceless AFA mascot and other falcons, toured the Cadet Chapel and Visitors Center. Admissions presented them with an overview of what it takes to be a successful applicant to the Academy.

Most importantly to many of the campers, was the time they spent flying at the Academy. The campers, after some ground school instruction, joined an experienced pilot for a 20-minute flight at the Aero Club during which the campers controlled the aircraft.

To sum up the week, Ronalynn Ramos of Edwards AFB said, "Superb! I've never known a place where I felt closer to home or like I belong."

## UNITED STATES AIR FORCE SERVICES

**Youth LINK**  
A Bi-Monthly Newsletter of the  
United States Air Force Youth Program

Please visit: [www-p.afsv.af.mil/FamilyMember\\_Programs.youthmain.htm](http://www-p.afsv.af.mil/FamilyMember_Programs.youthmain.htm)

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## Read By Mail Program Outline

The Air Force Family Member Programs is sponsoring a worldwide reading program in conjunction with the Book Adventure program available through the internet and created by Sylvan Learning Foundation. Contact your Youth Center for more information.