

# Stop, Look, & Listen

## Ames-East Belfast-Nickerson-Weymouth Schools Monthly Physical Education Report

Mr. Campbell ~ January 2017 ~ Issue Three, Volume One

### Requiem For Old Shoes by Robert Armitage

They looked good, at first, together,  
tight laced and polished smart,  
but wear and tear destroyed them:  
A tale to break your heart!

They cannot speak,  
for their tongues are torn,  
yet leathery wrinkles convey  
that treatment is rough  
and times are tough,  
being trod on, day after day.

Down at heel,  
scuffed at toe  
and moving  
'mongst the low,  
their soles both left their bodies  
'cause the stitches, all, did go.

Soil, not socks, now fills them  
and hollow are their eyes,  
within a peaceful garden  
each flower atop them sighs.

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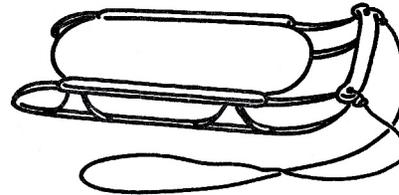


### GREG'S HILL IN JANUARY

The coldest day I ever spent outside in January was the day I went sledding with my brothers and friends from the neighborhood on Greg's Hill in beautiful Maine.

I dressed myself starting with hand-me-down wool snow pants and buckle-down-the-front snow boots. I believe I had two pairs of socks with a plastic bread bag on each foot to keep

the snow from saturating the socks. A t-shirt, long-sleeved shirt, thick sweatshirt and a



heavy winter coat was my defense against the cold temperatures and blustery winds. The hat and mittens were pulled

from a box of mis-matched home-made items made from my mother and or her sisters. The mittens were big ones, small ones, little ones too. Hats that were too small, too big, too loose, too worn out. Putting those issues aside, I grabbed what I could and finished off the dress by wrapping the itchiest scarf in the world around my neck.

Off we trekked up the road, stopping at friends houses along the way, gathering the hardy souls and continuing on our way towards the waiting snowy hill. Dragging our sleds behind us, we made it to our destination.

Greg's Hill gave us the longest trip to the bottom that any of us had ever taken before or since. With that, came *the* longest trek up a hill.

Three hours later, we were sore, tired, wet and cold as the long walk home began. Saying goodbye to friends along the way was memorable because in my mind we all looked the same. We dressed the same, talked the same, laughed the same and our feet were dragging the same. We had lots of fun sledding Greg's Hill in January, one of many in my youth.

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**Enjoy the snow!**

## Cold Weather Walking

Dress warmly. This means wearing layers of clothing which trap the heat and allow you to remove layers if it gets warmer. One guideline is to wear one less layer than you would if you were outside in the same weather, but not walking (such as standing still). Wear a hat. A significant part (30%) of your body heat is lost through your head. When it's really cold, cover all extremities to avoid frostbite. Gloves or mittens, thermal underwear and an extra pair of socks are definitely recommended.



### SNOWSHOEING: A POSITIVE OUTLOOK ON A MAINE ADVENTURE

1. It's a great form of exercise. No doubt about it, you can burn more calories than a simple walk in the summer.
2. Snowshoeing allows you to explore areas that in the summer you may not be able to, such as marshy areas and ponds if properly frozen.
3. There are fewer people around. There is nothing like walking in the stillness and quiet of a forest. You are in for a treat!
4. It's easy to do and once you make the snowshoe purchase, the rest is all free.
5. It can give you a better outlook and attitude during the winter months. Instead of dreading the cold and snow, snowshoeing can lend to a completely different experience.
6. It's far more difficult to get lost when you are leaving your shoe prints in the snow.
7. The forest and fields look completely different in the winter. With the leaves off the trees, you can see 10-times as far.
8. Animals leave their tracks behind them and it can be great fun wondering which animal is making which tracks.
9. No special skills are needed. Most anyone can snowshoe.

10. Snowshoeing allows you to spend quality time with your family.

### Future Activities

- Aerobic Workout!
- Snowshoeing
- Over, Under, Around & Through



### WHY IT'S IMPORTANT TO HAVE A HOBBY

A hobby is an activity you enjoy to do, it is something of your choosing, something unique to your taste and talent. A hobby can enhance your well-being and can give more meaning to your life. Just as physical exercise is important for the body, cognitive relaxation (i.e. relaxation of the mind) is also essential. The creative forces of energy present in everyone should not be repressed. In fact, studies reveal that people who cultivate themselves through such activities are less likely to suffer from anxieties, anger, depression and other negative feelings.

Here are seven good reasons to have hobbies:

1. Hobbies can build self-esteem.
2. They are a great way to relieve stress.
3. Hobbies are a point of connection with other people.
4. You can avoid boredom.
5. They keep you youthful.
6. Hobbies enrich your perspective on life.
7. FUN!

