



INDIANA  
ASSOCIATION FOR  
HEALTH  
PHYSICAL  
EDUCATION  
RECREATION, AND  
DANCE

# Newsletter

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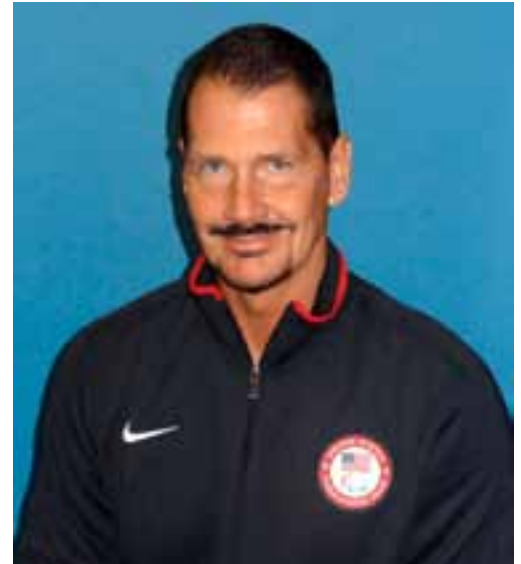
American Heart Association.....	Sunni Rossi
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## President-Elect Message

As the President Elect, I wanted to reach out to introduce myself. I'm very excited about the coming year and working to make a difference to the organization.

I became a teacher (college professor) because many great teachers, like Dr. Tom Sawyer from Indiana State University, have influenced me throughout the years. My educational philosophy comes directly from all of those great educators who helped mold my philosophical view of the world. I am a realist who believes that values are lasting and should be taken and used to build strong frameworks that help ensure successful futures for our institutions. Each school must carve out its own destiny but teachers, students, parents, staff, administrators, and alumni must be given the tools to do so.

Teaching is in my blood. My father (Ira) began his career as a physical education teacher and coach before getting his PhD from Indiana State University and becoming an athletic administrator. He was inspiring, encouraging, and motivating to all of the lives he touched. He helped many aspiring young athletes achieve their full potential through the feedback, insight, and guidance he gave. It was through his inspiration (with the help of his assistant coach, my mother, Joan) that I embarked on my journey into coaching. My mother continued to teach reading in the Gary Community Schools which she had been doing for the last forty years and only just retired earlier this year. In a recent talk to some coaching students, I told them I credit my career to both my parents and the lessons they taught me like "first impressions do count", "it's good to be timely", and "bringing a skill set to the table" and being visionary are all necessary for success.



I have worked extensively with our national governing body of track and field (USATF) in curriculum development and coach's education. Since 1994, I assumed the position of the USATF national chairman for coach's education in the throws and was a lead instructor since 1994. I am a USATF Master Coach and have completed my level III certification. I have also been a level II & III instructor in the IAAF coach's education program. I have 18 years of work experience in Division I athletics and I have served as a head coach. In addition to training eight Olympians and coaching over 100 All Americans, I have facilitated proficiency in event management, rules compliance, resource development & budgeting, and personnel administration. My knowledge of NCAA rules and current issues in amateur,

intercollegiate and professional athletics is first-hand. The past six years I have worked in the school of physical education, sport and exercise science at Ball State University. I have taught sport administration, exercise science, coaching and physical education activity courses. I have also worked with disabled athletes as a coach with the US Paralympic track and field team.

I have seen the PE profession grow and become more specialized; but, I will always consider myself a generalist physical educator first. I believe standards-based physical education is essential for the health and well-being of every student including those with special needs. Physical Education, a content area in the total educational program is vital because it does the following:

- Focuses on fitness,
- Teaches skills that lead to enjoyment of lifelong physical activity,
- Enhances all aspects of development including but not limited to health, academic performance, physical fitness, movement knowledge, goal setting, self-esteem, stress management, and social skills, and
- Embraces the challenges of Indiana's geographic location, cultural diversity, climate, and local school structure.

I am very excited about the opportunity to serve as president of IAHPERD and wanted to give you some ideas I have to continue to move the organization forward. Over the past 24 years, I have had the unique opportunity to work with all of IAHPERD's member groups. I am uniquely qualified for the position given my familiarity with linking theoretical concepts to practical applications in health, physical education, recreation, dance, sport administration and coaching. I have multiple goals for the organization and, if given the opportunity to lead, would strive to achieve them. These goals include; but, are not limited to:

- Increasing membership,
- Developing an online version of the journal,
- Increasing advocacy efforts,
- Continue the revision of and adoption of new position papers for the Association,
- Merging the Councils for Sport and Sport Management,
- Reviewing whether or not the Association should change its name along with National (Wisconsin already has changed its name),
- Improving communication with principals and superintendents (possibly via a separate electronic newsletter published quarterly specifically for them), and
- Pushing the importance of physical education as a tool to reduce obesity and increasing physical activity levels throughout the state.

I believe that my experience and vision will allow me to help guide IAHPERD in taking a major role in the promotion and the development of additional relationships and partnerships throughout the state of Indiana. Because of the ever emergent financial, societal, and organizational challenges that our organization faces in providing physical literacy for the masses, we need to create imaginative and enterprising solutions. I am committed to helping IAHPERD realize its mission by building upon its strong base and aggressively seeking to meet the needs of all.

I view myself as a servant-leader and will seek input from the membership on the direction WE, as an Association, should take over the next five-years. Through active listening and collaborative efforts, we will make decisions that move the organization forward into a new realm of possibility.

Thank you for the opportunity to serve the Indiana AHPERD.

# Congratulations to 2012 PEP Grant Winners

The U.S. Department of Education awarded 56 grants totaling \$27 million to school districts and community organizations who plan to implement comprehensive physical fitness and nutrition programs for their students through the Carol M. White Physical Education Program (PEP).

PEP was funded at \$78.7 million for FY 2012. Since PEP grants are funded over a three-year cycle, each year the school districts and community organizations that are in year two and year three of their grant cycles are funded first. Then the Department of Education

uses the remaining money to fund new grants.

The Carol M. White Physical Education Program (PEP) provides grants to local educational agencies, school districts and community-based organizations to initiate, expand, or enhance physical education programs that help students in Kindergarten through 12th grade meet their state standards for physical education.

Visit the AAHPERD Legislative Action Center to tell your Congressmen to continue to support the PEP grant and to fund it in the FY 2013 budget: [www.aahperd.org/whatwedo/advocacy](http://www.aahperd.org/whatwedo/advocacy).

## Indiana

Liberty-Perry School Corporation	\$412,984
YMCA of Southern Indiana	\$548,467

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### CHANGE OF ADDRESS

In order to receive the **Indiana AHPERD Journal**, your change of address must be mailed to Karen Hatch, 2007 Wilno Drive, Marion, IN 46952. A change of address sent to the Post Office is not adequate since **Journals** are *not* forwarded. When individuals fail to send changes of address, a duplicate copy of the **Journal** cannot be mailed unless the request included funds in the amount of \$5.00 to cover postage. Requests for missed issues will be honored for eight weeks following publication date.

POSTMASTER: Send address change to Karen Hatch, 2007 Wilno Drive, Marion, IN 46952.

<http://www.inahperd.org>

# We Jump. We Shoot. We Save!



## HEART HERO

Diego, age 8

*"I've always known that my heart is different because my mom and dad have always taken me to the heart doctor. Doctors are going to switch the two bottom pieces of my heart around. Helping people with different hearts is important so doctors can find cures for kids like me!"*

Hoops For Heart a national education and fundraising event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Middle school students have fun playing basketball while becoming empowered to improve their health and help other kids with heart-health issues. And it's a great way to satisfy the physical education standards as determined by the National Association for Sport and Physical Education and the American Association for Health Education.

Funds raised through Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

### Hoops For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Join with other children to help kids who have heart problems
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

Call **1-800-AHA-USA1** or visit [heart.org/hoops](http://heart.org/hoops)  
to get your school involved.



American Alliance for  
Health, Physical Education,  
Recreation and Dance

AAHPERD is a proud program partner of Hoops For Heart.

# PYFP Is Officially Launched

## AAHPERD helps usher in new era in fitness assessment

A new era in youth fitness assessment began this month when the Presidential Youth Fitness Program was announced by the President's Council on Fitness, Sports and Nutrition (PCFSN), Amateur Athletic Union (AAU), AAHPERD, The Cooper Institute and the U.S. Centers for Disease Control and Prevention (CDC). The Presidential Youth Fitness Program, which will replace the 24-year old Physical Fitness Test for youth, is a comprehensive program which emphasizes health over performance and uses FITNESSGRAM® as the program's student fitness assessment.

Media attention for this new program began when the First Lady Michelle Obama appeared on the Dr. Oz and Rachel Ray Shows. On Rachel Ray AAHPERD member John DeMatteo of the Manhattan Academy of Technology took Mrs. Obama through some of the fitness assessments. That same week President's Council Executive

Director Shellie Pfohl led a panel discussion at the GENYOUth Foundation's Nutrition + Physical Activity Learning Connection Summit and talked about the new approach.

In addition to The Cooper Institute's FITNESSGRAM®, a partnership with NFL Charities as part of the NFL PLAY 60 Program, the Presidential Youth Fitness Program provides:

- Professional development and materials from AAHPERD.
- Administration of the youth fitness recognition program by AAU.
- Scientific and tracking expertise of CDC

The major purpose of the Presidential Youth Fitness Program health-related fitness assessment is to:

- 1) Help students understand their fitness data analysis, improve, and/or, maintain their physical well-being.

- 2) Develop cognitive concepts about fitness assessment and interpretation of results

- 3) Monitor and reinforce student learning and achievement in reaching personal fitness goals.

"The new Presidential Youth Fitness Program will measure health-related components of fitness: aerobic capacity, muscle strength, endurance, flexibility and body composition, and provide professional development and materials to help physical educators safely and effectively implement the program," AAHPERD CEO E. Paul Roetert said. "Important communications to parents will also help them better understand the benefits of physical activity

for their children.

"We want every physical education teacher in this country to help children and their parents to understand the health-related fitness outcomes and to assist in the development of individual fitness plans," Dr. Roetert said. "To keep fitness in a positive mode, children's individual fitness scores will not be used as a criteria for grading in physical education class and will be confidential between the teacher, student and parent. Through the new Presidential Youth Fitness Program physical education teachers will have access to the necessary tools they need to help children develop healthy lifestyles that will optimize their health and educational experience beyond the school years."

Among its first contributions to the new program, AAHPERD coordinated a Presidential Youth Fitness Program 101: Understanding the Basics free webinar on Tuesday, Sept. 25, which was led by Dr. Jayne Greenberg, district director of Physical Education and Health Literacy, Miami Dade County Public Schools. This was the first of monthly free webinars about different aspects of the program that will be held this school year. All webinars will be archived. To register for the webinar, go to: [www.presidentialyouthfitnessprogram.org](http://www.presidentialyouthfitnessprogram.org).



## Physical Activity PSAs Released

### PCFSN targets parents, caregivers in messages

During national childhood obesity awareness month, the President's Council on Fitness, Sports and Nutrition (PCFSN) launched a Physical Activity Outreach Initiative which includes a number public service announcements (PSAs) that target parents and caregivers and feature Council Co-Chairs Drew Brees and Dominique Dawes. The purpose of the campaign is to give parents and caregivers a better understanding of the physical and mental health benefits of daily activity for youth and the link to improved academic performance. See the PSAs at <http://fitness.gov/participate-in-programs/physical-activity-initiative/>.

<http://fitness.gov/participate-in-programs/physical-activity-initiative/>.

The PSAs were released nationally, and included two TV spots, four radio spots, and four print ads. The TV PSAs were distributed nationally to approximately 1,000 TV stations; the radio PSAs were distributed nationally to approximately 5,200 radio stations; and the print PSAs targeted approximately 200 print publications and were distributed to approximately 300 out-of-home mediums, including bus shelters and mall kiosks. The PSA campaign was used to help raise awareness about the importance of children getting at least 60 minutes of physical activity a day.



## Let's Move in School Register now!

Let's Move in School invites all US schools to increase physical activity before, during, and after school for improved health and academic performance.

**IT'S FREE! IT'S FUN!**

Register to participate online and find out more at  
[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)



*Share your Newsletter with a student.*

# 2012 Shape of the Nation Report Set for Release

Report provides information on status of PE in all states

With the formal release of the 2012 *Shape of the Nation Report: Status of Physical Education in the USA* only weeks away, NASPE Senior Manager of Government Relations Carly Braxton offers this preview of the report for *NASPE News* readers. Since 1987 NASPE has compiled the *Shape of the Nation Report* on a periodic basis to measure physical education standards in the American educational system. The purpose of the report, which is compiled in collaboration with the American Heart Association (AHA), is to raise awareness and provide data for ongoing evaluation of progress made and challenges remaining in physical education policies. New elements addressed in the 2012 report are physical activity requirements and local school wellness policies.

For the first time the *Shape of the Nation Report* will include recess mandates, physical activity time requirements, classroom physical activity breaks, the use of physical activity as punishment and support for Safe Routes to School in each of the state profiles. In addition, information will be presented about the monitoring, if any, of local school wellness policies.

As in the past, the report will provide information about the status of physical education in each of the 50 states and the District of Columbia in the following areas:

- Time requirements
- Exemptions/waivers and substitutions
- Class size
- Standards, curriculum and instruction
- Student assessment and program accountability
- Physical education teacher certification/licensure
- National Board Certification in physical education
- State physical education coordinator requirements
- Body mass index (BMI) collection

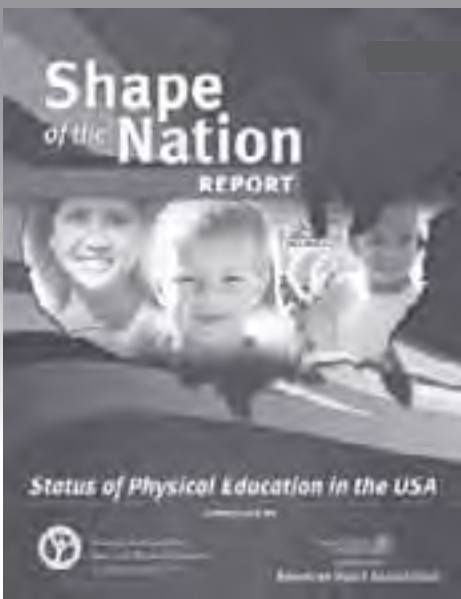
This report not only brings attention to the importance of quality, daily physical education programs for all school-age children, it also provides information that can be used as a basis for expanding and improving physical education programs in those states that need assistance. Additionally the report provides parents, teachers, and other stakeholders with the information needed to ensure schools and school districts are complying with required state physical education policies. Quality physical education programs help increase the health, academic performance and well-being of all children and adolescents.

With the recent release of the new Presidential Youth Fitness Program, more attention in the report has been paid to fitness assessment. The report will identify if states are placing a greater emphasis on fitness assessment requirements and other types of assessment. Historically the report has shown that all schools offer some type of physical education but are often not meeting the time requirements recommended by NASPE. In conjunction with the release of this year's report NASPE will urge parents to use NASPE's School Physical Education Program Checklist to conduct an assessment of their school's physical education program by evaluating its strengths and weaknesses, and preparing a plan for improvement where needed.

For the full report once it is released, go to  
[www.naspeinfo.org/shapeofthenation](http://www.naspeinfo.org/shapeofthenation).

*Share your Newsletter  
with a colleague.*

## 2012 Shape of the Nation Report



The Shape of the Nation Report provides a current picture of physical education in the American education system. At a time when the First Lady is highlighting the obesity epidemic among our youth and the role that schools can play, physical education should be given a priority in public and education policy.

The Shape of the Nation Report is based on a survey of physical education coordinators in all 50 state education agencies and the District of Columbia.

For further information, contact Carly Braxton  
at [cbraxton@aahperd.org](mailto:cbraxton@aahperd.org) or 703-476-3476.

[www.naspeinfo.org/shapeofthenation](http://www.naspeinfo.org/shapeofthenation)



National Association for  
Sport and Physical Education  
an association of the American Alliance for Health,  
Physical Education, Recreation and Dance



American  
Heart  
Association®



# It Takes Heart to be a Hero



## HEART HERO

Mia, age 4

*"My family calls me Miracle Mia because I've survived two heart surgeries and lots of visits to the hospital. I am very thankful for all the Heart Heroes who participate in these events. I know that there are a lot of people who care and want the best for kids with special hearts."*

Jump Rope For Heart is a national education and fundraising event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Elementary school students have fun jumping rope while becoming empowered to improve their health and help other kids with heart-health issues. And it is a great way to satisfy the physical education standards as determined by the National Association for Sport and Physical Education and the American Association for Health Education.

Funds raised through Jump Rope For Heart give back to children, communities and schools through the American Heart Association's work:

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- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

### Jump Rope For Heart helps students:

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With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

**Call 1-800-AHA-USA1 or visit [heart.org/jump](http://heart.org/jump) to get your school involved.**



American Alliance for  
Health, Physical Education,  
Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart.

# New Release from NASPE!

## New book helps PE teachers serve students with autism

Each year, one in every 88 children is diagnosed as having an autism spectrum disorder (ASD). So, the odds are good that, even if you haven't worked with a student with ASD, you will soon.

Meeting the physical education needs of children with autism spectrum disorder (ASD) can be challenging, frustrating and heartbreaking, all rolled into one. Whether it's a student with Asperger's syndrome who doesn't like to make eye contact with anyone, or a child with autistic disorder (classic autism) who is non-verbal, you will be hard-pressed for ways to involve the student in your lessons, and you will be tempted to set minimal goals for the student ... or no goals at all.

But don't give in; help is on the way!

NASPE's new book – *Meeting the Physical Education Needs of Children With Autism Spectrum Disorder* – is chock-full of practical strategies for working with students with ASD! Authors Melissa Alexander and Sue Schwager, of Montclair State University, offer lessons and task modifications, as well as surefire communication and behavior-management tactics for not only working with students with ASD, but for ensuring that they meet the goals you set for them in your class.

Complete with downloadable tools that you can use in your class this fall, this book will show you:

Hand signals to use when a student is distracted or just doesn't listen well.

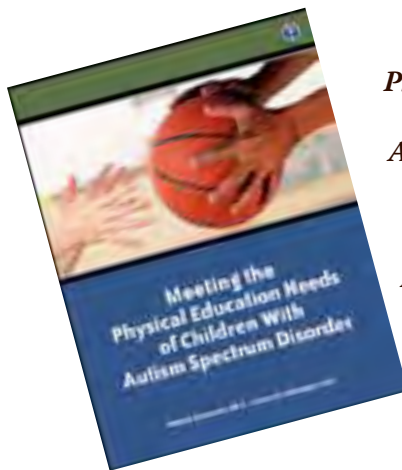
- Lesson plans that help students with ASD sharpen their social skills ... while improving their fitness.
- A model for asking the parents of students with ASD for their help in reinforcing your lessons at home.
- A list of specific instructions to substitute for common "gym talk," which students with ASD often don't understand or respond to.
- Sample task cards for communicating with and motivating students with ASD.

- How to create a Cool-Down Zone to rescue agitated students before they melt down.
- A "job description" for paraprofessionals that spells out exactly how they can help you in class.

Those are just a few of the many tools offered with *Meeting the Physical Education Needs of Children With Autism Spectrum Disorder*.

"I only wish I'd had this resource when I taught physical education in elementary school," says Cheryl Richardson, NASPE's Senior Director of Programs. "This is a wonderful tool for teachers who want to work effectively with students with ASD but don't quite know how to do it. And it's a great training tool for teachers-to-be, as well."

Don't start another school year unprepared for the challenges of working with students with ASD. Visit [www.naspeinfo.org/shop](http://www.naspeinfo.org/shop) today to buy your copy of *Meeting the Physical Education Needs of Children With Autism Spectrum Disorder*, at your low, low NASPE-member discount price.



### *Meeting the Physical Education Needs of Children With Autism Spectrum Disorder*

268 pp.

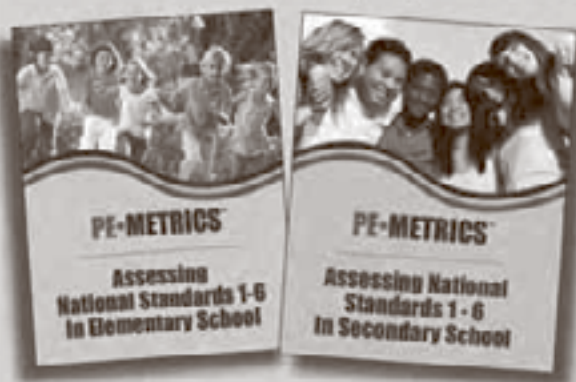
Product Code: 304-10515

AAHPERD member price: \$27

Retail price: \$39

## PE•Metrics™: Measuring Student Success

PE•Metrics™ gives you valid and reliable evaluation tools to help assess your students' skills, abilities and their progress toward meeting the National Standards for Physical Education.



"I have been waiting for this book all my life!"

"The assesment and rubrics are so helpful and very easy to use."

"Great assesment tool for measuring the National Standards."

Both books are \$40 for AAHPERD members, \$55 for non-members  
Visit [www.naspeinfo.org/pemetrics](http://www.naspeinfo.org/pemetrics) for more information



Scan with any barcode scanner on your phone for a special offer with the purchase of PE Metrics.



# Fund Your Project



APPLY FOR AN IAHPERD GRANT

Contact: Carole DeHaven  
Purdue University  
800 West Stadium Ave.  
West Lafayette, IN 47906  
cdehaven@purdue.edu

## Attention IAHPERD Members

As an association, in the future more of our communications will be done through e-mail. If you did not receive an e-mail in January or February from: [indianaahperd@aol.com](mailto:indianaahperd@aol.com) or [inahperd@inahperd.org](mailto:inahperd@inahperd.org) – please update your e-mail address.

This may be done by e-mailing your current e-mail, name, and address to:

**[inahperd@inahperd.org](mailto:inahperd@inahperd.org)**

Any questions? Contact Karen Hatch, Indiana AHPERD Executive Director at the above e-mail or by telephone at:

**765-664-8319**

Thanks for keeping the IAHPERD membership records up-to-date.

## Future AAHPERD National Conventions

### 2013

April 21-27  
Charlotte, North Carolina



Truly a dynamic city, the changing face of Charlotte will surprise you. Walk along the bustling streets of Center City, step aboard the Historic Charlotte Trolley in South End, or stroll along the tree-lined streets of Dilworth to experience the warmth and Southern hospitality that visitors to the Queen City have come to know.

### 2014

April 21-27  
St. Louis



Meet me in St. Louis, the gateway to the west. Here you can take in the view from the top of the Arch, America's tallest manmade monument, observe nature's power at the confluence of the Missouri and Mississippi rivers. You can get up close and personal with the Clydesdales and tour the historic Anheuser-Busch brewery, or cheer for one of the home teams, including baseball's Cardinals, the Rams football or the Blues hockey team. In the evening enjoy some authentic blues and jazz at one of many St. Louis night spots.