



Let's Move! Museums & Gardens Monthly Report **October 2011**

Each month, the Institute of Museum and Library Services (IMLS) provides a status report of the *Let's Move! Museums & Gardens* initiative. This update is sent to the White House, partners and participants. The report highlights success stories and recent announcements and provides an up-to-date listing of participating institutions and a sampling of social media mentions.

If you wish to submit success stories, please email a 150 word article with photos to letsmovemuseumsandgardens@imls.gov. In addition to your submitted photos, please be sure to include a signed copy of the IMLS Photo Release form, which can be accessed at http://www.imls.gov/assets/1/AssetManager/IMLS_Photo_Release.pdf.

For additional programming and communication resources, the *Let's Move! Museums & Gardens* Toolkit is available at http://www.imls.gov/assets/1/AssetManager/LMMG_Toolkit.pdf.

Success Stories

Let's Move! Museums and Gardens

Los Angeles County Arboretum and Botanic Garden

Arboretum Summer Nature Camp
Los Angeles, MCA

The last weeks of the Arboretum Summer Nature Camp got kids moving, creating and growing. Every day children hiked and explored 127 acres of the Los Angeles County Arboretum and Botanic Garden. Exploring for bugs was a special favorite feature. Campers meandered through the garden looking for butterflies, beetles, fire skippers and other insects. Then the children documented their findings on a list with their mentors to share later with other campers. Dancing on the lawn and making large-scale art projects kept everyone moving to the arts. Part of each day was devoted to the happy task of growing a vegetable garden and learning more about healthy eating. Instructors and teen counselors led full days of healthy activities. Our fantastic teens got a work out as well as the campers. Everyone had a great time moving outdoors in the garden at the Arboretum Nature Summer Camp.

Photos:



Please Touch Museum
Stroller in the Park
Philadelphia, PA

Last month, *Stroller in the Park* in Philadelphia put a Please Touch Museum® spin on the classic 5K walk! The event supports *Let's Move!* active play goals and is part of the museum's *Get Up and Grow™* healthy lifestyles initiative. As Please Touch Museum's second annual walk, this year's event saw double the attendance and double the fun! This is also a great example of how to teach lifelong habits that result in healthier, happier families.

The museum worked with a number of companies and organizations to provide information about health and wellness resources in the Philadelphia community. Whole Foods, Odwalla and the Philadelphia Urban Food and Fitness Alliance were just a few of the area partners involved in the Health Pavilion, while appearances from characters like the Phillie Phanatic and Elmo really got kids up and moving.

Photos:



Lady Bird Johnson Wildflower Center
Nature Nights
Austin, TX

The Lady Bird Johnson Wildflower Center's innovative Nature Nights program this summer became a partner in the national Let's Move! Museums and Gardens Initiative championed by First Lady Michelle Obama. Nature Nights provide exciting opportunities for families to explore native plants, wildlife and habitats. Each program explores new topics such as wildflowers and

pollinators, butterflies, snakes, raptors, and bats and teaches about their unique habits and habitats. Programs feature walks and scavenger hunts through the gardens and natural areas of the Center and educational discovery stations that include live animal exhibits, topic related crafts, stories, and educational demonstrations. Despite staggering heat, more than 3,600 people came out to explore snakes, raptors, hummingbirds, bees, fossils and wildlife tracks during six Thursday evenings from late June to August. Partnering with event sponsor H-E-B, a grocery store chain that provided guests with healthy snacks and bilingual nutrition education information, allowed the Center to join the first lady's initiative.

Let's Move! Institutions

As of 11:00 am on Friday, October 7, 473 institutions had signed up in 48 states and DC. [Click here](#) to view the list of the institutions on the IMLS Web site.

Participating institutions by type:

- 1 Aquarium
- 3 Anthropology Museum
- 86 Arboretum/Botanic Garden/Public Garden
- 47 Art Museum/Center/Sculpture Garden
- 124 Children's or Youth Museum**
- 12 Ethnically/Culturally/Tribally Specific Museum
- 15 General or Multi-disciplinary Museum (several subjects)
- 2 Hall of Fame (e.g., music, sports, entertainment, media)
- 14 Historic House
- 18 Historic Site/Landscape
- 50 History Museum
- 7 Historical Society
- 1 Military Museum/Battlefield
- 9 Nature Center
- 14 Natural History Museum
- 23 Science/Technology Center/Museum
- 35 Specialized Museum (single topic/individual)
- 1 Transportation Museum (air & space, auto, maritime, train)
- 2 Visitor Center/Interpretive Center
- 9 Zoo/Animal Park
- 473 Total**

- Participating institutions commitments by priority

Priority	Will Do	Currently Do	Not Applicable	Total
Priority #1: Eat healthy, get active exhibits	167	250	30	447
Priority #2: Learning about healthy food choices and physical activity through afterschool, summer and other programs	156	246	32	434
Priority #3: Healthy food service	56	133	217	406
Priority #4: Learning about healthy food choices and physical activity using food service operation	81	46	248	375

Media and Social Media Mentions

Newspapers

Attached is a PDF with an assortment of newspaper articles printed and posted online this month.

Blogs

Let's Move! Museums & Gardens was the topic of the following blog posts this month:

- *AAM Center for the Future of Museums:* [Connecting with Nature and Staying Fit at Lincoln Park Zoo](#)



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Museum Offers Variety of Programs to Enrich Daily Life

 October 3, 2011 By Rebecca Lauck Cleary

... *Community yoga classes begin Oct. 3*

OXFORD, Miss. – More than just a place to enjoy art, the University of Mississippi Museum is increasingly being used as a space for education, exercise and entertainment. For community members and visitors, the museum can be a resource for their daily lives, whether it's through a family activity day, taking a yoga class or walking on the trails.

The goal is to engage a broad group of visitors, museum Director William Andrews said.

"We want to make sure the museum is relevant to the community and bring in a different segment of visitors to the museum, as well as add value for current museum members," Andrews said.

Recently the "Let's Move! Museums and Gardens" initiative, coordinated by the [Institute of Museum and Library Services](#) and promoted by first lady Michelle Obama, began providing opportunities for museum and garden visitors to learn about healthy food choices and physical activity through interactive exhibits and programs.

Since one of the core missions of museums is to focus on creating healthy environments for children and their families, this was a natural fit.

Part of the University Museum's participation with "Let's Move!" has been to add health and nutrition activities to the ArtZone afterschool programming.

"ArtZone is a robust program filled to capacity, and for the first time, this year we are receiving support from the city of Oxford, with the students being bused straight here from school," Andrews said.

Rachel Randazzo, a UM student earning a bachelor's degree in dietetics and nutrition, is working this fall as a museum intern.

Randazzo uses the skills she learned in her classes to create interesting, healthy snacks such as fruit kabobs and trail mix for the children, whose ages range from 5 to 12. Recipes are sent home for parents, along with a nutritional value sheet so they can see the serving size, calories and fat grams, and learn how to prepare them at home.

"So far, the kids have really enjoyed the snacks," said Randazzo, a native of St. Louis. "I try to incorporate a variety of food items per snack so that 'picky' eaters may pick and choose what they like or dislike. The staff members at the museum have treated me with utmost kindness and respect and work hard to create a successful, learning environment for the kids participating in ArtZone."

In another effort to get people moving, museum space is being used to host yoga classes, beginning Monday (Oct. 3) and running through mid-November.

"I was thinking of a way the museum could be utilized in the morning when the administrative staff is in the office but before the galleries are open to the public," Andrews said. "Since the climate control is working and we have great spaces, and because we're involved in 'Let's Move! Museums and Gardens,' the concept of yoga came to mind. I love how this promotes the museum as a participatory environment and also illustrates the concept of community and relevance."

Blue Laurel Yoga, co-founded by UM English professor Ann Fisher-Wirth and Oxford residents Betsy Banner and Jennie Lee, came to fruition when the three completed their 200-hour teacher training through Southern Star Yoga Studio last spring and were encouraged to help spread yoga throughout the L-O-U community.

"More and more Americans are discovering the benefits of yoga for health and well-being, and we are delighted that the University Museum has invited us to offer classes suitable for students of all ages and all levels of experience in its beautiful surroundings," Fisher-Wirth said. "We all have many years of experience practicing and/or teaching yoga, and are registered with Yoga Alliance."

Participants of all ages and all degrees of experience with yoga are encouraged to attend the gentle/beginner classes, which will meet twice a week over six weeks. The cost is \$105 for museum members and \$120 for non-members. [Registration is available on the museum website](#)



Brea Burkett shows two ArtZone students photographs of William Faulkner. UM photo by Nathan Latil.

Banner's classes are Mondays 8:30-9:30 a.m. and Wednesdays 5-6 p.m. Lee's classes are Mondays from 10 to 11 a.m. and Thursdays from 8:30 to 9:30 a.m. Fisher-Wirth's classes are 8:30-9:30 a.m. Tuesdays and Fridays.

The museum is also utilizing education elements through Alyssa Yuen, an AmeriCorps VISTA fellow. For more than 40 years, VISTA has been the national service program designed specifically to fight poverty, with members serving a year at a nonprofit organization or local government agency, working to fight illiteracy, improve health services, create businesses and strengthen community groups.

Yuen's efforts involve outreach to area and regional schools with the museum's traveling trunks.

"Our goal is to alleviate poverty through education, and I do a lot of outreach to the Mississippi Delta with the traveling trunks," Yuen said. "They come with teacher training material and lesson plans and supplies for the activities. I've been working to make sure these trunks are not just in Lafayette County, but that they branch out to different counties."

The trunks give students opportunities to see the things they are learning about. For example, the Greek and Roman trunk helps when teachers are talking about mythology.

"It's good for them to have something to look at, and not just read about, because some students are more visual learners," Yuen said. "It's nice to have people come to the museum, but at the same time doing outreach for students who don't have the opportunity to come here is important."

Five VISTA fellows are working on campus, including at the Office of Provost, the [College of Liberal Arts](#), and the schools of Engineering and Education.

All the programs help make the museum become relevant to the community, said Sarah Story, curator of education.

"It makes the museum more accessible to a wider variety of people because not everyone is interested in just art," Story said. "I think there are many ways to educate and many ways to incorporate art into different forms of education."

The nearby Bailey's Woods is used as an educational tool, and an opportunity to be physically active, as well.

"Ideally, we will have tours of school children arrive at Rowan Oak, tour the house, hike Bailey's Woods to the museum, tour the collections, then have a nutritious picnic lunch on the museum grounds," Andrews said.

For more information, visit the [University Museum](#).

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October 3, 2011

Fairchild Tropical Botanic Garden Joins Let's Move! Museums and Gardens Campaign



First Lady Michelle Obama visiting Riverside Elementary's Fairchild Challenge school garden in Miami, FL, November 2010

For Immediate Release

Fairchild Tropical Botanic Garden Joins **Let's Move!** Museums and Gardens Campaign

Coral Gables, FL, October 3, 2011—Fairchild Tropical Botanic Garden has joined the *Let's Move!* Museums and Gardens campaign, an initiative launched by First Lady Michelle Obama, aimed at engaging young people in educational programs to help prevent childhood obesity. According to the *Let's Move!* Museums and Gardens campaign, an organization like Fairchild can help lead community efforts to fight childhood obesity by using interactive exhibits, outdoor spaces and programming that encourages families to eat healthy food and increase physical activity.

Fairchild is committed to promoting healthy living for both children and adults through its community outreach, educational programs and community events. Here are some examples of how Fairchild is leading this effort:

School Gardens

Through The Fairchild Challenge, a multidisciplinary, environmental education outreach program that engages over 100,000 Pre-K through twelfth grade public and private schoolchildren in Miami-Dade County, Fairchild works with more than 100 schools each year to build or restore their school garden. The school garden/habitat restoration challenge is an engaging and creative way for students to beautify their school and learn about the nutritional, physical, mental, intellectual and social benefits of a school garden. Furthermore, this challenge offers many possibilities across the curriculum for teachers to use the garden/habitat as an outdoor classroom.

Community Gardens

Fairchild's community outreach program includes support for community gardens. Fairchild staff participates in training sessions year-round, using interactive displays and hands-on activities to engage a wide audience with diverse abilities and passions. The goal of this support is to foster an understanding between gardens and nutrition as well as encourage planting a sustainable,

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organic garden in their community.

Community Partnerships

Fairchild collaborates with several partner environmental organizations, non-profit groups and educational institutions across Miami-Dade. The following organizations represent some of our focal partnerships in the community, which Fairchild has worked to educate about the advantages of healthy, sustainable food choices and organic gardening.

- Belafonte Tacolcy Center, Liberty City
- Slow Foods Miami
- The Education Fund and the Collaborative Nutrition Initiative
- MDCPS Farm to School Program
- Urban Greenworks
- Environmental Education Providers of Miami-Dade

Teacher Professional Development Courses

The Education Department at Fairchild offers several professional development courses to teachers in Miami-Dade County. The classes focus on botany, ecology and South Florida natural history, and are designed to increase teachers' knowledge and understanding of the importance of plants, plant uses, and habitat conservation. Workshops are conducted using a combination of discussion and hands-on activities, and teachers are provided with materials, resources and curriculum activities to implement in their classrooms. Here are just a few examples of our classes:

- **School Garden Workshop** - A one-day workshop, offered bi-annually, for teachers creating school gardens. Teachers will learn the basics of planning, designing, and implementing a school garden, as well as how to integrate garden activities into the curriculum.
- **Linking Food & The Environment** –Through recent training workshops provided to Fairchild staff by the *Center for Food & Environment, Columbia University Teachers College*, this new workshop promotes national health goals for people to follow healthy diets and lead physically active lives. The workshop emphasizes the strong connection between gardens and nutrition and the connection between food, land, environment and people.

Festivals

In the fall and spring Fairchild organizes the Edible Garden Festival and Food and Garden Festival—two wonderfully educational and engaging weekend festivals that celebrate fresh fruits and vegetables and the gardens they grow in. Through these two festivals, Fairchild offers the community a chance to discover the origins of food, the link between fresh, local food and healthy eating, how to grow a home garden and ideas for cooking a healthy meal. Visitors of all ages learn through lectures and interactive demonstrations, including a special culinary program just for kids as well as free yoga classes.

Summer Camp

Encouraging students through programmed exploration, Fairchild's summer camp is carefully designed to empower students with respect and knowledge for nature through art and science exploration as well as creatively teaching them about the food they eat and where it comes from. Students are engaged in fun, hand-on activities while they explore and expand their horizons. Programs include learning about organic crops, tasting and cooking with unusual tropical fruits, exploring plant seeds and discussing food chains.

About Fairchild Tropical Botanic Garden

Fairchild Tropical Botanic Garden is dedicated to exploring, explaining and conserving the world of tropical plants. It is one of the premier conservation and education-based gardens in the world and a recognized international leader in both Florida and international conservation. Fairchild has field programs in over 20 countries throughout the tropical world including the Indonesia, South America, the Caribbean, Africa and Southeast Asia. Fairchild's palm and cycad collections are considered the greatest collections in the world and are nationally recognized by the American Public Gardens Association. Fairchild has the largest education program in a metropolitan area reaching more than 100,000 schoolchildren in 2011. Fairchild hosts popular events like the Chocolate, Mango, Orchid, Food and Garden, Ramble and Edible Garden Festivals, as well as an annual art exhibition, concerts, plant shows and sales, evening events and more. Fairchild is a not-for-profit organization with 45,000 members. Fairchild is located at 10901 Old Cutler Road, Coral Gables, Florida, 33156. Admission is \$25 for adults, \$18 for seniors, \$12 for children 6-17 and free to children 5 and under and Fairchild members. Information at www.fairchildgarden.org and on Facebook and Twitter.



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Museums meet on 'Feeding the Spirit'

Thursday, October 06, 2011
By Patricia Lowry, Pittsburgh Post-Gazette



Alex Wong

U.S. First Lady Michelle Obama and White House chef Sam Kass, top, participate in planting with local school children at the White House Kitchen Garden March.

At the National Museum of the American Indian in Washington, D.C., they're serving fry bread, tomatitan soup, pawpaw pudding and other native foods in a cafe called Mitsitam -- "Let's eat" in the language of the Delaware and Piscataway.

At the Jane Addams Hull-Home Museum in Chicago, they've started a half-acre organic urban farm and an heirloom seed library at which borrowers can learn about the history of heirloom vegetables and "check out" some seeds to plant at home.

At the Children's Museum of Manhattan, 3- and 4-year-olds are making their own snacks in a class called "Body Matters," and at Phipps Conservatory & Botanical Gardens in Pittsburgh, kids ages 8 to 12 are growing beans, making

90 minutes of theatrical dynamite!

Sophocles' fiery classic
ELECTRA

PITTSBURGH PUBLIC THEATER
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About the Author

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Patricia Lowry has been writing about architecture, historic preservation and the cultural landscape in Western

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pickles and learning how to farm at home.

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As more and more museums and public gardens find ways to use food to connect with their audiences, Phipps is hosting a day-long symposium to help spread the word.

About the Author

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Free for the public
Culinary historian Jessica Harris, who has written 11 books on the foods of the African diaspora, is the featured speaker for "Feeding the Spirit: Museums, Food and Community." Her most recent book, published in January, is "High on the Hog: A Culinary Journey from Africa to America" (Bloomsbury, 2011, \$26). She teaches at Queens College, New York. Her talk at 5 p.m. Thursday, Oct. 13, is free and open to the public in Phipps' Special Events Room next to the Tropical Forest glasshouse; advance registration is required at futureofmuseums@aam-us.org.

On Thursday, Oct. 13, 100 representatives of museums and public gardens around the nation are expected to gather at Phipps for "Feeding the Spirit: Museums, Food and Community," which will document and share how they are serving as catalysts for community action on food and nutrition. The symposium also will explore how they can use food to foster relationships with their audiences and build new ones.

At Phipps, "we see everything related to food as tied in to our mission, which is to connect people to the important role plants play in our lives," said executive director Richard Piacentini. "The greatest intersection between people and plants is food, and the biggest impact to our health and to the environment is through food or through the way that intersection currently takes place," often via factory farms and highly processed foods.

Food

The Morning File: Some of us seem a tad slow to desert fast food passion
On the Menu: Chicken has earned the right to be popular

The conservatory's path to the symposium began in the White House vegetable garden. At a White House party following the G20 Summit in Pittsburgh in September 2009, the Obamas' chef, Sam Kass, led Mr. Piacentini and his wife around the garden and talked about the related educational programs Michelle Obama had initiated, including "Let's Move," dedicated to working with children to solve the obesity problem within a generation.



As Mr. Piacentini listened, he thought about the number of public gardens also doing food-related educational programs and told Chef Kass he thought he could get them to support "Let's Move."

By early 2011, the American Public Gardens Association, the American Association of Museums and the Association of Children's Museums had signed on to "Let's Move" and asked Mr. Piacentini whether Pittsburgh could host a national symposium. When he found financial support from the Heinz Endowments and UPMC Health Plan, "Feeding the Spirit" was born.

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The symposium's goal is to unite museums and public gardens around key messages about healthy eating. It will challenge them to incorporate those messages into their programming and to examine the food choices they make in their own facilities.

Presenters from nine public gardens and museums will talk about what their institutions already are doing to meet that challenge and to seize the opportunity offered by the nation's burgeoning interest in food.

In the spirit of "Feeding the Spirit," Phipps has fine-tuned its cafe menu to feature more healthy, organic and sustainable foods.

"We got rid of bottled water, got rid of hot dogs and chips and sugary milks," Mr. Piacentini said. Fried foods also got the boot, and last week, so did the soft-drink machine, despite the high profit that comes from mixing 12 cents worth of syrup with carbonated tap water and selling it for \$1.75 a cup. Instead, Phipps's new Splash Bar is serving filtered and sparkling water with a splash of fresh fruit juice at less than 40 calories per serving.

When Phipps opened its cafe in 2005, it emphasized organic and local foods and stayed away from plastic disposables, all in line with its green building philosophy.

"But we didn't home in on the idea of health," Mr. Piacentini said. To stay consistent with Phipps' mission, it felt it could no longer ignore the environmental and health effects of the types of food it offered and began to shift to whole grains, more fruits and vegetables, minimally processed foods and vegetarian specials on Meatless Mondays.

It also developed a series of programs to engage urban kids in healthy foods and gardening, and plans to open an outdoor kitchen and food area.

When Mr. Piacentini approached the Heinz Endowments for funding of the symposium, Margaret Petruska, who directs the Children, Youth & Families

Program, suggested the symposium also produce a "leave behind" for Pittsburgh -- something of long-term benefit to the community.

They began by surveying nearly 250 representatives of the local educational and medical professions and the food industry to get a benchmark understanding of the current situation and to discover best practices as well as barriers to change. About 150 local leaders from organizations with a stake in children's health and nutrition will gather at Phipps on Wednesday, Oct. 12, the day before the national meeting, for another symposium -- "Let's Move Pittsburgh: Leading the Way to Healthy Lifestyles for Children." That invitation-only event will explore what organizations in southwestern Pennsylvania are doing to help children eat healthy food, decrease screen time and increase physical activity. It also will develop an action plan for what the region could do better as it offers positive options for children up to age 8, the period when healthy lifestyles are best formed.

A website, letsmovepittsburgh.org, has been set up to offer resources and share information for providers and parents.

And Chef Kass will be in town to speak at a reception on the evening of Oct. 12 that will close "Let's Move Pittsburgh" and open "Feeding the Spirit."

"People are really charged up about this," Mr. Piacentini said. "They are looking for people to lead and help them; they know what's right. We need to get out a consistent message."

For information about and registration for the national symposium, visit futureofmuseums.org/events/lecture/2011symposium.cfm.

Patricia Lowry: plowry@post-gazette.com or 412-263-1590.

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
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Nathan Baker The Citizen | Posted: Sunday, October 9, 2011 3:00 am | (0) Comments

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AUBURN — Visitors to the Seward House Museum Saturday partied like it was 1899 with a slew of Victorian-era games designed to teach children the importance of an active lifestyle.

The handful of kids taking part in the Let's Move! program implemented by the museum left the video game controllers at home and took up classic toys like the hoop and stick.

"We tried to find games that might have been played by the descendants of the Swards themselves, so we could educate and still have fun," docent Tasha Gottschalk-Fielding said as nearby children practiced rolling wooden hoops with sticks in the historic house's garden. "We're having hoop races and playing the game of graces, which involves tossing rings using sticks."

The activities also involved playing what's in the corner, which is similar to musical chairs, but each child occupies one corner of a square and then races to the middle.

The Let's Move! program is an initiative developed with the help of First Lady Michelle Obama designed to motivate America's children to get outside and participate in healthy activities.

The program's intention is to reduce the country's dramatically increasing childhood obesity rate, which experts theorize is being worsened by unhealthy diets and more sedentary lifestyles than in the past.

The Seward House Let's Move! event was a part of the program aimed at museums nationwide to encourage outdoor play while also teaching children about history.

Gottschalk-Fielding said the participation in Saturday's event was steady, aided by the day's mild weather.

"It think everybody's having a good time," she said. "They seem to like the games."

Mary Mahunik stood watching her 4-year-old son, Jonathan, trying to get the hang of rolling a hoop with a stick.

The hoop, nearly as tall as he was, put up a good fight, but the boy seemed to be enjoying the activity.

Every time he coaxed the hoop into a successful rotation, a smile crossed his face and he triumphantly declared he was the winner of the game.

"We were at the farmers market, and I remembered reading about this, and thought we would come over because it was such a beautiful day," Mahunik said, smiling at her son's antics. "I think it's great. They should do more things like this. It's a great opportunity for the kids to see how kids played back then."

Staff writer Nathan Baker can be reached at 282-2238 or nathan.baker@lee.net. Follow him on Twitter at CitizenBaker.

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Posted in Local, Auburn, County on Sunday, October 9, 2011 3:00 am Updated: 9:40 am.



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Let's Move!

The State Botanical Garden of Georgia will participate in Let's Move! Museums and Gardens, an initiative supported by first lady Michelle Obama and national museum and botanical garden leaders. The program aims to engage 20 million young people in activities and programs during the next year. Let's Move! will provide opportunities for millions of museum and garden visitors nationwide to learn about healthy food choices and will promote physical activity through interactive exhibits and programs.

For more on the program go to <http://www.imls.gov/news/2011/052311.shtm>.

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Let's Play at the Perry Museum

Thursdays, Sept. 15 – Nov. 10
Posted Date: 9/9/2011 10:00 AM


Let's Play at the Perry Museum: Thursdays, Sept. 15 – Nov. 10

Carrollton, TX – Let's Play Thursdays is a new program offered by the A. W. Perry Homestead Museum. Children in Kindergarten through 5th grade are invited to visit the Perry Homestead after school on Thursdays from 3-3:45 pm. beginning September 15 and ending November 10. Children will have an opportunity for free, unstructured play in the yard of the historic home. Old-fashioned toys and games will be available for use. This program does not require pre-registration and admission is free.

Let's Play Thursdays was inspired by the **Let's Move!** initiative launched by First Lady Michelle Obama. **Let's Move!** is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. The A. W. Perry Homestead Museum is a **Let's Move! Museums and Gardens** member institution and has committed to fostering an environment that supports healthy choices.

By giving children an opportunity to stop by the Perry Homestead after school we are giving them more than just a safe place for physical exercise and to explore and have fun with friends. It has been shown that this type of unstructured free play is essential to a child's development. Unstructured play helps children develop creativity, social skills, and even reduces stress. Activities offered on **Let's Play Thursdays** will include many old-fashioned toys and games like hoops and sticks, jacks, cards, pick-up sticks, even tin can telephones! Museum curator Toyia Pointer explains, "We want **Let's Play Thursdays** to be a time when kids can just be kids. They can play with the toys in the yard, organize a game of tag, or play dress up

with old-fashioned clothes, whatever they feel like doing. It will be up to them. We'll supply the toys and games. We hope the kids will bring the fun!"

Background: A.W. and Sarah Perry were pioneer homesteaders who came to Carrollton in 1844 from Carrollton, Illinois. A.W. Perry donated land for churches, schools, the first public cemetery in Carrollton, and railroads. A.W. left this property to his son DeWitt, who built the existing home in 1909. Pearl Perry Gravely, the daughter of DeWitt and Francis Perry, donated the property to the City of Carrollton in 1975 so that it could be used as a museum to house artifacts that might best exemplify the pioneer spirit of Carrollton, the North Texas community, and the state of Texas in general. The home is now the A. W. Perry Homestead Museum, restored in 1976 by volunteers and the City of Carrollton as a community project to celebrate the United States Bicentennial. It was designated a Recorded Texas Historic Landmark in 1977 by the Texas Historical Commission.

The mission of the A. W. Perry Homestead Museum is to collect, preserve, and interpret late 19th and early 20th Century Carrollton history while making appropriate use of the authentically restored Perry home and outbuildings, a designated historic site. The Museum is operated by the Carrollton Parks and Recreation Department.

The A. W. Perry Homestead Museum is located at 1509 N. Perry Road in Carrollton. The Museum is open Wednesday through Saturday from 10 am – Noon and 1– 5 pm, except on major holidays. Admission to the Museum is free; donations are accepted.

www.cityofcarrollton.com/museum

Let's Move Museums and Gardens <http://www.imls.gov/about/letsmove.aspx>

Let's Move <http://www.letsmove.gov/>

American Academy of Pediatrics <http://www.aap.org/pressroom/play-public.htm>

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Harn joins Michelle Obama’s Let’s Move! Museums & Gardens Campaign

Filed under [Announcements](#), [Happenings](#), [InsideUF \(Campus\)](#) on Wednesday, September 14, 2011.

GAINESVILLE, Fla.— The Harn Museum of Art at the University of Florida is teaming up with museums around the country to promote healthy eating and exercise habits in children by participating in the Let’s Move! Museums and Gardens Campaign.

The campaign is a comprehensive initiative launched by First Lady Michelle Obama dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier. The Harn will offer multiple events throughout the year starting with a Family Day from 1 to 4 p.m. Sept. 17.

Family Day will invite families with children to move in various ways at more than 10 art stops throughout the museum. Assisted by UF “Dance in a Suitcase” student dancers, activities include stretching into the position of a figurative sculpture, drumming out a sound pattern in the African art gallery or circling around the Asian stupa tower while duplicating the hand positions carved on this monument. Visitors will also create art that moves while moving themselves from table to table, completing steps that lead to a finished mobile. Performances that encourage audience participation will be offered throughout the event by Hemisphere Dance, directed by Sasha Jimenez.

In the initiative, Obama stresses the important role that museums and gardens play in influencing and improving health in the lives of children.

“Museums are ideally situated to help families become aware of unique ways to incorporate more movement in daily activities, thus promoting increased physical activity in a fun way,” said Harn Curator of Community Programs Bonnie Bernau. “This Family Day is a great first step to introduce the Let’s Move! initiative to the Gainesville community.”

Visit www.harn.ufl.edu for updates on new activities organized to support the Let’s Move initiative. Family Day is free and open to the public

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Maryland Community News

Published: Wednesday, September 14, 2011

Brookside Gardens hopes visitors to Wheaton park 'move and groove' at Children's Day

by Aaron Kraut

Staff Writer

Brookside Gardens' annual Children's Day has grown into one of the park's most popular events.

This year's festivities, set for Saturday, are part of the national Let's Move! Museums and Gardens initiative, an added feature organizers said will fit well.

For years, Brookside's Children's Day has featured educational activities designed to teach children about gardening and the environment. This year's focus will be on healthy food and physical activity. Children's Day draws about 3,000 participants per year, said Leslie McDermott, Brookside Gardens marketing and media relations manager.

In May, first lady Michelle Obama helped launch the Let's Move! initiative with the Institute of Museum and Library Services, a program to curb childhood obesity and promote healthy eating and exercise habits.

The official theme is "Adventures with Food — Let's Move and Groove!" The free event will include a scavenger hunt, relay races and gardening exhibits. Lynn Richard, Brookside's manager of children's education programs, said the popular farmers market — where children are given play money and taught special recipes — will return.

"It's specifically geared toward hands-on activities," Richard said. "It's really a special event."

Activities will be set up throughout the garden's 50-acre grounds. Children will receive passports at both the Visitors Center and conservatory entrance, which they can use to navigate through the exhibits. The Richmond Indigenous Gourd Orchestra, a band that uses instruments made out of homegrown gourds, will perform twice and display its "gourd petting zoo."

"We love the diverse crowd that's up there," said group founder Arthur Stephens. "They really seem to enjoy us and we try to have fun when we play. It's a good match. It's an extra way for people to see what they can do with things that they grow."

Brookside Gardens, Montgomery County's public display garden located in Wheaton Regional Park, submitted an application to the Institute of Museum and Library Services and last year was named an official Let's Move! institution, one of nine in Maryland and the only one in Montgomery County.

Brookside Gardens Children's Day will take place from 11 a.m. to 4 p.m. Saturday at 1800 Glenallan Ave., Wheaton. For more information, visit www.montgomeryparks.org/brookside.

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Thursday, September 15, 2011

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You are here: [Home](#) - [Variety](#) - Hikers at Gardens encourage participants to get 'moving and healthy'

Hikers at Gardens encourage participants to get 'moving and healthy'

By ALEXIS LEIMA on September 15, 2011

For those wanting a little more than a cup of coffee in the morning, try a hike.

The Georgia State Botanical Garden recently began weekly hikes, giving local Athenians a chance to exercise, enjoy the outdoors and meet new people.

"This hiking circle provides another opportunity for hikers to be inspired by the beauty of nature while exploring the trails at Botanical Garden," said Anne Shenk, director of education for the Gardens.

The inspiration for these weekly adventures springs from more than just a love of the outdoors.

"The idea was motivated by a desire to provide another avenue to get people on the trails of the Garden, but also to celebrate Michelle Obama's 'Let's Move! Museums and Gardens' campaign focused on getting people moving and healthy," Shenk said.

The Circle of Hikers, like Obama's campaign, provides visitors with the opportunity to learn about nature and fitness.

Each morning begins with inspirational nature readings.

"Nature writers such as Annie Dillard, John Muir or Phil Williams capture the beauty of the woods in poetry and verse," Shenk said.

These passages heighten participants' connection with what they are about to experience.

"Nature meditations or readings while standing beside the Middle Oconee River, below 8 foot flower blooms or along a Piedmont hillside within the Garden deepen our understanding of and connection with nature," Shenk said.

The hike is a mild one, suitable for beginners, with stops along the way.

"While the focus will be on 'getting moving,' we stop to view interesting plants and small creatures along the way," Shenk said.

These nature sightings not only provide hikers a pause in exercise, but also a chance to narrow down their sights on specific plants that call the Garden home.

"We follow trails through various plant communities including the river, floodplain, creek beds, through hardwood forests and along the meadow," Shenk said. "Fall wildflowers including Ironweed, Goldenrods and Joe Pye Weed have been beautiful this past week."

As seasons change, plants tend to follow suit.

But while each hiker experiences a different hike each week, the Gardens' new coffee shop is here to stay — allowing hikers to join new friends there and share poems, nature writings or a cup of coffee.

"The Botanical Garden is a beautiful natural treasure for both the University community and local citizens to explore and enjoy," Shenk said.

CIRCLE OF HIKERS



The Botanical Gardens are sponsoring a weekly hike as a way to help people reconnect with nature — and move. FILE/The Red & Black

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WHERE'S MIKEY? Here is the schedule of UGA President Michael Adams for the month of September.



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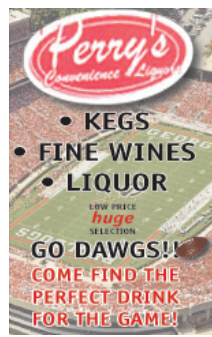


SANFORD KNOWS BEST A round up of Saturday's game against South Carolina.



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It's moving day -- at the museum

By Amritha Alladi

Correspondent

Published: Saturday, September 17, 2011 at 5:45 p.m.

Docent Karan Schwartz led a group of children and parents on Saturday from the Samuel P. Harn Museum of Art's galleria toward the hallway leading to a gallery of African and Asian art.

Today was about moving, she told the five children trailing behind her. Could they think of some other way to get to the end of the hallway besides walking?

"Skip?" suggested 6-year-old Anwyn Tanner. Schwartz thought that was an excellent idea, so she started skipping toward the gallery's entrance, the five little ones following suit.



Max Reed/Correspondent

Members of Hemisphere Dance perform "Parental Disapproval," a score that encourages participation and allows for variety during the Harn Museum's "Let's Move at the Museum" family day of activities Saturday September 16, 2011 in Gainesville, Fla.

Schwartz was encouraging the kids to be active at a "Let's Move at the Museum" family day event hosted by the Harn Museum. It was the first in a series of events that is part of the national Let's Move! Museums and Gardens campaign launched by first lady Michelle Obama earlier this year.

The campaign aims to get museums, parks and gardens to join the push to reduce childhood obesity by getting kids to increase their activity in simple ways and to eat healthy.

According to the Centers for Disease Control and Prevention, 17 percent of children and adolescents between the ages of 2 and 19 — about 12.5 million people — are obese. This figure has almost tripled since 1980.

"Through (the American Association of Museums), they have spread the word about (Obama's) initiative to encourage kids to move and make sure that they're having a healthy lifestyle, and that's kind of what we're doing here today at the family day," said Tami Wroath, the Harn's director of marketing and public relations.

To get families on their feet, the museum had about 12 stops where kids and parents could mimic movements or be prompted to move in a certain way. For example, Wroath said she and her 6-year-old daughter, Savannah, did a gallop around Rory, the life-size steel horse that stands in the museum foyer.

Providing them inspiration were docents and performers like the University of Florida "Dance in a Suitcase" troupe, whose members were stationed at the museum's entrance and passing around an orange to each other like a hot potato.

Children also participated in an arts and crafts session, during which they moved

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from station to station to create a mobile — a moving piece of art.

"By moving from table to table and by making art that moves, we sort of send the message that we're endorsing that idea," said Bonnie Bernau, the Harn's education curator of community programs and a former public school art teacher of 18 years.

"These are activities that parents can do at home: They can have watercolor, they can have stamping, they can have collage, but this shows a way to use those activities and make something from those."

Dozens of children were certainly bouncing from station to station to complete their colorful masterpieces.

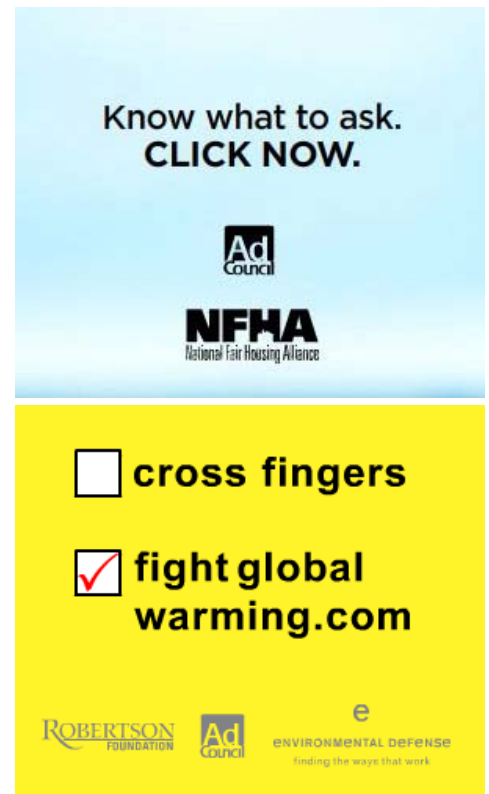
Parent Qunli Liu said his 4-year-old son kept asking him to take him to the museum that day, so he finally did.

"He's very happy to be here," Liu said, pointing to his son, Seaboon. "This guy, he never gives rest."

Liu said he thought the Let's Move event was a good idea because it showed both kids and adults some regular ways to increase their physical activity. This not only helps one "keep a good body shape," but also improves health and boosts energy levels without having to hit the gym.

"You can just make use of some short periods, a few minutes here, another few minutes here," Liu said. "Totally, your activity increases."

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Kids move with art at Family Day

Katherine Kallergis, Alligator Contributing Writer | Posted: Monday, September 19, 2011 2:00 am

Children and families watched as a dancer dropped her orange. A fellow dancer rushed to pick it up for her.

Dressed in blue, UF "Dance in a Suitcase" members silently performed Saturday afternoon at the Samuel P. Harn Museum of Art, moving through the museum entrance. The dancers passed oranges around to each other to show movement in art.

The performance was just one part of Family Day, which was held from 1 p.m. to 4 p.m. on Saturday. The event was free and open to the public, and about 230 people attended.

The Harn joined First Lady Michelle Obama's Let's Move! Museums and Gardens campaign, which is dedicated to solving the problem of obesity within a generation by promoting healthy eating and exercise habits in children.

"Kids are always moving, so it's a great way to get their attention," said Tami Wroath, director of marketing and public relations at the Harn.

Family Day featured docent-led tours of the museum, where children were encouraged to stretch into positions of African and Asian sculptures.

"It starts teaching kids that art doesn't have to be static," Harn volunteer Martha Bustamente said.

Wroath said the tour was a good example for parents who want to incorporate moving in different ways in their everyday lives.

"They're seeing how the docent (tour guide) is relating to the child and the art and talking about ways they can move in association with the art," Wroath said.

After the tours, children and families participated in an arts-and-crafts session where they moved from table to table creating mobiles.

"They're moving as they're creating the work of art," Wroath said. "And they're creating a work of art that moves on top of that."

The arts-and-crafts session had six tables to visit: watercolor painting, stamp printing, art prints, markers, yarn design and pasting shapes.

"My favorite part was the stamping," said 6-year-old Josie.

Josie came with her younger brother Silas and her grandmother, Annette Johnson. Josie said she wanted to come back with friends.

Johnson, a former art educator, was glad to hear about the Let's Move! campaign in museums.

"We need more physical education," she said.

The Harn will offer more events associated with Let's Move! throughout the year. One of those will be an initiative with UF students to create activities that will encourage students groups on campus to have a healthy lifestyle and

move, Wroath said.

Visitors were also encouraged to gallop around Rory, a steel-horse sculpture, and circle around the Asian stupa tower.

"Sometimes people have that feeling that art museums are stuffy, and you have to stay still, and you have to stay six feet away from the art," Wroath said. "We're trying to show them that you can do fun things in the museum and things that are fun for kids."


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FOR IMMEDIATE RELEASE

NYS MUSEUM OFFERS "SMART 'N HEALTHY" PROGRAMS FOR CHILDREN

Albany, New York -- 09/21/11

ALBANY, N.Y. – As part of the "Let's Move" initiative led by First Lady Michelle Obama, the New York State Museum is offering "Smart 'N Healthy: Museum Movers and Shakers," a six-week activity and health program for children.

Designed for children, ages 7-11, "Let's Move! Museums and Gardens" was launched by Mrs. Obama and the Institute of Museum and Library Services (IMLS) to combat the increase in childhood obesity. Museums and gardens across the nation are asked by the First Lady to create interactive exhibitions and programs that promote physical activity and inform visitors about healthy food choices.

"Smart 'N Healthy" is a free program that will run from Oct. 1 through Nov. 12 on Saturday mornings at the State Museum from 10 a.m. to 12:30 p.m. Parents may participate in any or all of the sessions but are especially encouraged to attend the special cooking classes led by Sandra Varno of the Cornell Cooperative Extension on Oct. 29 and Nov. 5. Also, Chef Yono Purnomo of Yono's restaurant in Albany will teach participants how to make a quick and healthy snack on Oct. 1. Registration for the "Smart'N Healthy" program is necessary and closes Sept. 26. To register call Peggy Steinbach at 518/474-1569 or email her at psteinba@mail.nysed.gov.

All activities will begin at the State Museum. They include a walk to the Port of Albany to see a Coast Guard cutter on Oct. 8; lessons on the "Let's Move" dance, taught by an eba Center for Dance instructor, on Oct. 22; ZUMBA for Kids on Oct. 29 and a walk to the grocery store on Nov. 5 to buy groceries before preparing a meal. The "Smart 'N Healthy" program will conclude with an award ceremony and farewell party, with prizes for participants, on Nov. 12.

The Museum program was developed by The Links, Inc., an international organization of predominately African-American professional women, who identified childhood obesity as a problem in the African-American community in 2006. Using a grant from the Kellogg Foundation, the Links

partnered with the Morehouse School of Medicine in Atlanta to research the impact of childhood obesity in the African-American community and develop a sound educational program that could be used as a tool to combat the growing epidemic.

Founded in 1836, the State Museum is a cultural program of the New York State Education

Department's Office of Cultural Education. Located on Madison Avenue in Albany, the Museum is open Monday through Saturday from 9:30 a.m. to 5 p.m. except on Thanksgiving, Christmas and New Year's Day. Admission is free. Further information can be obtained by calling (518) 474-5877 or visiting the museum website at <http://www.nysm.nysed.gov/>.

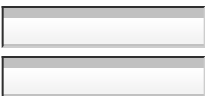
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Community News



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Fort Ti corn maze: having fun being stalked

MARGARET MORAN, News Staff Writer

POSTED: September 28, 2011



Photos



Stalks of corn line the corn maze at Fort Ticonderoga.

Margaret Moran/Lake Placid News

Advertisement

TICONDEROGA — Stepping into the first phase of Fort Ticonderoga's Heroic Maze: A Corn Maze Adventure!, the corn stalks rose above my head on either side of me. In front of me was a dirt path and with each step I took, I walked farther into the maze until its entrance disappeared entirely from view.

After walking for a short distance and turning this way and that, I came across a plaque that had a question on it. It read: Which lake do you see from Fort Ticonderoga? A. Lake Champlain or B. Lake George.

I know the answer, I thought. I remembered seeing signs for Lake Champlain along my drive to Fort Ticonderoga. A. Lake Champlain. Final answer.

The arrow underneath answer A. pointed me to the left. So I went to that direction, delving deeper into the maze.

There are five questions placed periodically through both the first and second phase of the maze, testing maze-goers on their knowledge on both the fort's and America's history. Answering the questions correctly, helps people to navigate the 6-acre maze located near the King's Garden.

Children get a particular kick out of the questions, according to Jarrod Fleming, an employee of the fort who has been tending the maze.

"Most children love it, running around and finding the questions," he said.

I found some of the questions to be challenging, since I didn't have much knowledge of the fort before going there. I was mostly relying on my high school knowledge of U.S. history, which didn't prove as helpful as I had hoped. I realized in attempting to answer the the questions, I had forgotten quite a bit of my history lessons.

I ended up answering a number of questions incorrectly, and was either led back to the question or ended up at a dead end.

The fort worked with The Corn Maze Company, a Utah-based firm, in the design and creation of the maze, said fort Executive Director Beth Hill in an email.

This is the first year that Fort Ticonderoga has offered a corn maze.

"Agriculture has been a big part of our history and we had already been partnering with a local farmer for years," Hill said. "As we considered an art theme this year connected with our new Art of War exhibit, the idea of 'land art' in the form of the maze seemed like a really new and exciting way to connect people with our broader landscape. Our work is always mission-focused so incorporating hints connected to Fort Ticonderoga's story in the life size puzzle was a wonderful way to reach a potentially new and growing audience."

While I was navigating the maze I met John and Judy Oehler, summer residents of Lake George.

"We just thought it was a delightful thing to do and just plain fun," Judy said. "You get outside for fresh air and the sunshine ... you get to walk around and get a little exercise."

The fort's maze is part of the national initiative Lets Move! Museums and Gardens aimed at solving the epidemic of childhood obesity, according to Hill. It contains two miles of winding trails to physically engage visitors.

While I was in the corn maze, I wasn't aware of how much walking I was doing. I was too absorbed in finding the questions and taking in the sights around me. Everywhere I looked I saw corn stalks and beyond them were trees and blue skies. It was quiet in the maze except for the sounds of unseen insects, an occasional bird call and wisps of other maze-goers' voices.

Lisa Coley, a fort employee who was manning the entrance booth to the maze, said on average, 50 to 70 people go through the maze on a weekend day.

John and Judy said as they made their way through the maze they noticed some damage.

Portions of the maze had stalks that hadn't grown as high as planned, while others had been flattened due to flooding from Irene. Phase two, also known as Mother Nature's Path, sustained the most damage.

"The weather is what really killed us," Fleming said. "First there was no rain, then too much rain, then violent rain. Mother nature is a strange thing."

"This has been a challenging growing season for most folks in the region," Hill said. "Despite some areas that were impacted by early flooding and the hurricane, we are still very pleased to offer the maze as an additional Fort Ticonderoga experience and are very hopeful that next year's maze will be even better!"

Many people have been understanding of the damage, according to Fleming.

"Most people understand that the weather doesn't always cooperate," he said.

Coley said the majority of feedback from adults and children who have gone through the maze has been positive.

John and Judy are no exceptions, adding that she thinks her grandchildren would really enjoy the maze.

The basics

The corn maze will be open every Saturday and Sunday from 10 a.m. to 5 p.m. through Oct. 20, the day Fort Ticonderoga closes for daily visitation. Flashlight nights will be held on Oct. 21, 22, 28 and 29, according to Hill. Gates will open at 6:30 p.m. on those days, and the maze will be open from 7 to 9 p.m. Maze tickets for those nights will be \$10 for visitors of all ages and can either be purchased in advance or at the gate.

Tickets for the corn maze during the daytime are \$10 for both seniors and adults and \$7 for children ages 3 through 12. There is no special group rate for the maze, but there is a package rate for admission to the fort and maze.

For adults it's \$20, for children 7 to 12 it's \$11, and for seniors it's \$18.50.

Corn maze tickets can be purchased at Fort Ticonderoga's admission office, which is located in the Log House.

For more information about the corn maze or other activities offered at the fort, visit www.fortticonderoga.org or call 518-585-2821.

Other corn mazes

Tucker Farms in Gabriels, also offers a corn maze, and its theme this year is a tribute to the fire fighters of New York City for their service on 9/11 and the days that followed.

That corn maze will be open Thursday through Sunday from 1 p.m. to dusk through October, and flashlight nights will be every Friday and Saturday.

Price for admission is \$9 for ages 13 and up, \$7 for ages 4 through 12, and children under 3 are free.

For more information, visit www.tuckertaters.com/corn_maze.html or call 518-637-1230 during the day and 518-327-5054 during the evening.

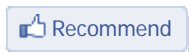
Rulfs Orchard in Peru. Open 10 a.m. to 4 p.m. Saturdays and Sundays through Oct. 23. There is a small fee.

For more information, visit www.Rulfsorchard.com

Contact Margaret Moran at 518-523-4401 or at mmoran@lakeplacid

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PITTSBURGH TRIBUNE-REVIEW

Phipps to put a cap on soft drinks

By Bob Karlovits

PITTSBURGH TRIBUNE-REVIEW

Thursday, September 29, 2011

Soft-drink fountains are running dry at Phipps Conservatory and Botanical Gardens in Oakland.

Beginning Friday 9-30, soft drinks no longer will be available at Cafe Phipps, being replaced by drinks with seltzer water and freshly squeezed fruit drinks.

"Promoting healthy and reasonably produced foods is right up our alley," says Phipps executive director Richard Piacentini. The change also fits in with efforts to curb childhood obesity.

Phipps also will be the site of two health-aimed programs, "Let's Move Pittsburgh: Leading the Way to Healthy Lifestyles for Children" will be Oct. 12 and "Feeding the Spirit: Museums, Food and Community" will be Oct. 13. Both are sponsored by Phipps, UPMC Health Plan and the Heinz Endowments.

Details on Phipps are at www.phipps.conservatory.org; on the two programs at www.letsmovepittsburgh.org and www.aam-us.org.

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