

**AGENDA**  
**AQUATIC BOARD**  
**Wednesday, November 4, 2015**  
**Assembly Chambers – 5:15 p.m.**

- A. Call to Order
- B. Roll Call
- C. Agenda Changes
- D. Public Participation on Non-Agenda Items
- E. Approval of Minutes – September 22, 2015 and October 18, 2015
- F. Robert Rules of Order Discussion
- G. Director's Report – Kirk Duncan
- H. Unfinished Business
- I. New Business
- J. Committee Reports:
  - 1. Board Development/Governance Committee – P. Watt
  - 2. Finance Committee – M. Mertz  
New Rates
  - 3. Marketing – G. Williams
- K. Board Comments
- L. Adjournment

Proposed Next Board Meetings: 3<sup>rd</sup> Tuesday of Each Month at 5:00 p.m.:  
12/15/15      Chambers  
1/19/16      Chambers

## Kirk Duncan

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**From:** Parks Rec  
**Sent:** Tuesday, November 03, 2015 8:45 AM  
**To:** Kirk Duncan; Chris Mertl  
**Subject:** FW: Vending machine woes

**From:** Hall, Maureen [<mailto:maureen.hall@juneauschools.org>]  
**Sent:** Monday, November 02, 2015 3:27 PM  
**To:** Parks Rec; Fran Compton  
**Subject:** Vending machine woes

Dear Director Duncan and Parks and Recreation Advisory Board Members,

I have been a school nurse in the Juneau School District for 10 years now and witness first hand the effect of unhealthy lifestyles on our students and on the public in general. I know that you also place a high value on promoting healthy lifestyles.

This morning I had one of my students, who has a chronic health disease, walk into my office with a 16oz. caffeinated energy drink. His parents would be horrified to know that he was getting off the bus, walking next door to the pool and spending his allowance on a beverage that will seriously exacerbate his illness. Last year, a student ended up having to wear a cardiac event monitor to determine the source of his irregular heart beat. Turns out once he cut back on his caffeinated energy drinks his problem was resolved but resulting in great expense to the health care system and time off work and school while his parents took him to doctor appointments. These are not isolated incidences.

Another serious problem with teens is sleep deprivation which undermines academic performance and can contribute to poor mental health including depression and suicide. Caffeinated beverages seriously interfere with optimal sleep hygiene as do pinging cell phones all night long.

Obesity rates in Alaska are alarmingly high as they are across the nation. Sugar sweetened beverages are major contributing factor in the epidemic.

It is therefore somewhat mystifying that facilities that fall under the jurisdiction of your department would actively undermine a healthy lifestyle by selling food and beverages in your vending machines that contribute to poor health. One population approach to improving health would be to only offer healthy choices in vending machines in city or state owned facilities.

Yes, they will still drink their energy drinks but they might have to walk a little further to get them and parents will feel supported knowing that city owned recreational facilities are helping them in their efforts to make sure their kids are leading a healthy lifestyle.

Below are a couple links for further reading.

[http://www2c.cdc.gov/podcasts/media/pdf/mmwr5\\_111512\\_transcript.pdf](http://www2c.cdc.gov/podcasts/media/pdf/mmwr5_111512_transcript.pdf)

<http://www.cdc.gov/obesity/childhood/causes.html>