

## Dance-a-Thon 2004

March 2, 2004

Dear Student/Faculty/Staff/Community Member:

The Middle Earth Peer Assistance Program is proud to hold its first EVER **Dance-a-Thon** to benefit the Dr. Kimberly E. Esterman Memorial Scholarship Fund. When Dr. Esterman, who died of cancer last September, was a UAlbany student, she worked as a Middle Earth Hotline Coordinator and developed key resources for students that are still used today. The scholarship will be given to a Middle Earth graduating senior or graduate student applying to or enrolled in the UAlbany School of Education to pursue advanced study with interest in alcohol and other drug prevention.

Dance-a-Thon is a continuous, 24-hour event that will take place on **Friday, April 16<sup>th</sup> at 7:00pm-Saturday, April 17<sup>th</sup> at 7:00pm** in the Physical Education Building on the UAlbany uptown campus. Dance-a-Thon involves music, food, live entertainment, and excitement. We will also be raffling off great prizes and having contests during the event.

**Dance-a-Thon will only be a success if you are willing to make it happen!** This year, we are working very hard to raise \$25,000! Please read this packet CAREFULLY because it is your guide to Dance-a-Thon. If you have any questions or concerns please feel free to contact me at the telephone number and email address below.

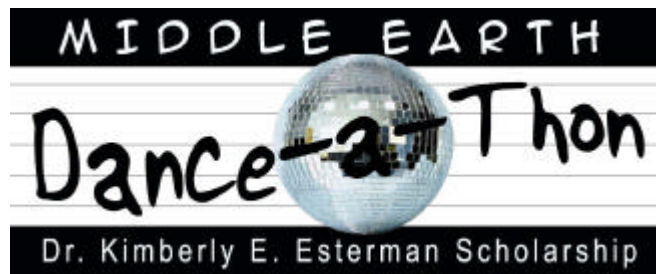
On behalf of the entire Dance-a-Thon Planning Committee and the students of Middle Earth, we thank you for your interest, commitment, and participation in Dance-a-Thon 2004. We look forward to seeing you on April 16<sup>th</sup>!

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Chad Waxman  
Outreach Coordinator:  
Middle Earth Peer Assistance Program  
Health & Counseling Building, 2<sup>nd</sup> Floor  
University at Albany, SUNY  
Albany New York 12222  
(518) 442-5891  
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## **FREQUENTLY ASKED QUESTIONS**

### **HOW DO I GET INVOLVED?**

#### **1. BE A DANCER**

We encourage student organizations, residence halls, fraternities, sororities, faculty and staff or individuals to participate in the Dance-a-Thon.

All Dancers will be asked to raise (or donate) upon day of the Dance-a-Thon. Keep in mind that the more money you raise, the better your chances of winning great prizes. There will also be a banner contest at the Dance-a-Thon. Winners of this event will also receive prizes.

#### **Number of Dancers Per Team**

There will be teams of two dancers for the dance competition. Attending the meeting set up by the Dance-a-Thon committee is mandatory for each participant. We encourage each member of your team to wear t-shirts from your organization.

#### **2. Come to the Event and SUPPORT THE DANCERS**

If you have any friends who are dancing at the event, or if you just want to come and support the dancers and have FUN, come to the Dance-a-Thon!!

#### **3. Help Us RAISE MONEY in Other Ways**

If you would like to help us raise money in any way, we would really appreciate your help. Just submit the attached **Pledge Form** with your donation.

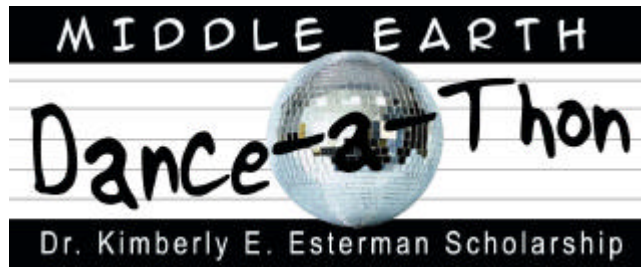
### **WHAT DOES IT MEAN TO BE A DANCER?**

- ? Attend the Dance-a-Thon and dance for 24 hours
- ? Raise Money
- ? Turn in your application by **Thursday, April 15<sup>th</sup> in the Counseling Center Building to Chad Waxman.** You must also attend the Dancer meeting on **Thursday April 15<sup>th</sup> in LC 24 at 7:30PM.**
- ? Dance, cheer, eat, listen to music and have FUN on April 16<sup>th</sup> from 7:00pm until 7:00pm on April 17<sup>th</sup> and know that while having fun, you are helping to raise money for a good cause.

### **RECRUIT YOUR FRIENDS!!**

Do you have friends with a lot of spirit? People who can help keep you excited and energized for 24 hours? Then recruit them to come watch and enjoy good music!

**Thank You...You will make a difference for students!**



### **2004 Dance-a-Thon DANCER APPLICATION**

**Please return this form and your donations by Thursday, April 15<sup>th</sup> to:** Chad Waxman, Middle Earth Peer Assistance Program, Health & Counseling Building, 2<sup>nd</sup> Floor, University at Albany, SUNY, Albany, NY 12222.

**Name:** \_\_\_\_\_

**\*Name of Dance Team Partner:** \_\_\_\_\_

**\*Make sure that your dance team partner completes this form.**

**Student Organization** (if applicable): \_\_\_\_\_

**School:** \_\_\_\_\_

**Sex:** \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Other

**Class Year** (check one):

\_\_\_\_\_ Freshman  
\_\_\_\_\_ Sophomore  
\_\_\_\_\_ Junior  
\_\_\_\_\_ Senior

\_\_\_\_\_ Graduate Student  
\_\_\_\_\_ Faculty/staff  
\_\_\_\_\_ Community Member

**Local Phone Number:** \_\_\_\_\_

**Local Address:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL

**Do you have any food intolerances or allergies, or are you on a special diet? Please specify.**

**Name and Phone Number of Person to Contact in Case of Emergency During the Dance-a-Thon:**

***I understand that I am making a commitment to help The Middle Earth Peer Assistance Program's Dr. Kimberly E. Esterman Dance-a-Thon, including attendance and fundraising.***

**Dancer's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Office Use Only:** Application received by \_\_\_\_\_ Donation paid cash or check \_\_\_\_\_



In Loving Memory of  
Dr. Kimberly E. Esterman  
Who Gave So Much  
to Middle Earth  
and to Alcohol and Drug Prevention  
for Young People

When Kimberly Esterman was first diagnosed with neuroblastoma, a potentially fatal form of cancer, in 1989, she told her mother that she wanted to become a psychologist and have the opportunity to work with young people, and then she could die. With treatment, Kim became one of about 50 people with neuroblastoma that went into remission, and she subsequently completed college at Cornell University and pursued her doctoral studies in the Counseling Psychology program at the University at Albany.

From 1996-1999, while a student at UAlbany, Kim worked with the Middle Earth Peer Assistance Program. During her years with Middle Earth, she developed a peer mentoring program and associated curriculum and training manual that has been transformed into a credit-bearing undergraduate course in peer supervision through the Department of Educational and Counseling Psychology. Kim also worked on the beginning stages of the *Middle Earth Players* peer theater program, an initiative which was later recognized as a model program by both the U.S. Department of Education and the Center for Substance Abuse Prevention, U.S. Department of Health and Human Services.

Kim was well loved by the students of Middle Earth and was regarded as a mentor by many. She always “went the extra mile” for our program, and she approached even the most difficult and complex tasks with a smile and a sense of humor. In 1998, Middle Earth students nominated Kim for a President’s Undergraduate Leadership Award for Outstanding Advisor; though only one award is given each year and is traditionally awarded to faculty or professional staff members at the University, Kim won the award. As Kim carried out her exceptional work, students remained unaware that she was a cancer survivor and how significant her pursuit of a career path in prevention with young people was for her.

In the spring of 2000, as Kim was applying for her doctoral internship, she learned that her cancer had recurred and that the prognosis was bleak. Not allowing this to stop her from fulfilling her dreams, she searched for alternative ways of completing her doctoral requirements and achieving her career goal of working with young people. In 2000, during a very difficult and tiring course of cancer treatment, Kim wrote and presented a paper about the Middle Earth prevention program at a Symposium at the American Psychological Association Annual Convention, and in that same year, she earned the Distinguished Student Award from the Psychological Association of Northeastern New York. In May 2002, Kim graduated with her Ph.D. in Counseling Psychology and was able to fulfill her dream by working with adolescents after that. She worked as a psychologist until August 26, 2003, two weeks before she died. Kim died on September 7, 2003.

In honor of Kim’s gifts to our program, the Middle Earth students will be establishing the **Dr. Kimberly E. Esterman Memorial Scholarship**, and we will begin a Memorial Fund in her name so that a scholarship can be given each year to a graduating senior or graduate student working in Middle Earth and applying to or enrolled in the School of Education who will have interest in alcohol and drug prevention with college students. By February 2004, we expect to have approximately \$3000 raised for the scholarship, and we plan to host a Dance-A-Thon in April to raise additional funds. Our ultimate goal is to raise \$25,000 so that we can establish a endowed scholarship in Kim’s name through the University. While Kim’s dreams ended too soon, we at Middle Earth are committed to keeping her dreams alive. We see the establishment of an award and scholarship fund in Kim’s name as a fitting tribute and a lasting memory of the hope that Kim had for young people.

*With Love, The Students of Middle Earth*

State University of New York

# Dance-a-Thon

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