The 2014 recipient of the NYS AHPERD Joy of Effort Award is Christina Buschmann. Christina received her Bachelor of Science Degree in Physical Education from the College at Brockport and her Master of Science Degree in Physical Education from Syracuse University. She has worked for the Clinton Central School District for the past twenty-eight years as a physical education teacher, coach and currently also serves as the Department Chair for Health and Physical Education. Christina is a co-chair of Rachel’s Warriors, an anti-bullying committee in her district. She created a group called “Monday Fun Day”, where a group of high school students greet other students and faculty with happy faces, inspiring music and dark chocolate kisses with an inspirational quote attached. She started a program called Creating a Caring Community which teaches students to be kind and to be an up-stander, not a by-stander. Christina has been actively involved in the Central North Zone for many years. She serves on the Zone Board of Directors, was a sponsor for both the Hit the Trails Hiking Day, the Slip Sliding Away weekend and she was also a member of the Amazing Person Award Committee. Christina was the keynote speaker for the Central North Zone Conference, earlier this year, speaking on positive mental attitudes and healthy living. She has also presented at numerous NYS AHPERD Conferences. She was honored with the Central North Zone Professional of the Year Award, the Middle School Teacher of the Year Award and the Zone Amazing Person Award. A colleague said, “Christina is slowly but surely changing people’s lives one step at a time, through her characteristic and unmistakable optimism. Everything about Christina speaks of an inner strength and energy that radiates around her, she is one of the most buoyant spirits I have ever known.” Her principal said, “Christina has more positive energy than any person I have ever had the pleasure of meeting. She has positively influenced the lives of an immeasurable number of individuals.” President Mergardt, it is my honor to present to you the recipient of the 2014 Joy of Effort Award, Christina Buschmann.