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# August

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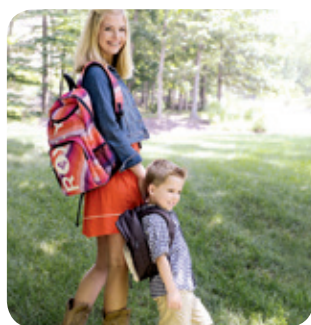
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Lending a helping hand one hour of a time, this area teen is no stranger to service.



## ON THE COVER

Bradley Gibson, 4, prepares to leave for his first day back at Silver Spring Presbyterian Church Preschool. His sister, Taylor, 14, is excited to start as well at Cumberland Valley High School as a freshman. They are the children of Brian and Jennifer Gibson.

*Photo by Amy Spangler*

## RESOURCES

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# dear readers

Photo by Amy Spangler



## THAT *first day* FEELING

The first day of school may seem like an annual event that never changes—other than the size of clothes and the location of that first-day photo.

But for most moms and dads, each new school year comes with new challenges and milestones.

I remember the first day I dropped my daughter off at preschool. I had to remove her arms from around my neck, pull her off my body and place her at the teacher's feet, then jog backwards to my car while waving and telling her she will have fun. (I returned home to sit by the phone and wait for the call to come pick up my hysterical child—it never came.) We both survived.

I remember the first time I put her on the school bus (it was fourth grade). I cried as the bus pulled away and went to work and turned up the police scanner so I would be first on the scene of the bus crash. (I worked in a newsroom. Luckily, there was no emergency.) We both survived.

I remember her first day of senior year. As we were leaving the house (she drove her way, I drove mine), I wished her a good first day. She said something like, "Thank God, this is the last first day I will ever have to attend at this horrid school." I didn't worry at all this time. I knew she could take care of herself. We both survived (and she graduated with distinguished honors—not that I'm bragging).

The point is each year feels different. And there's growth for not just the students, but also the parents.

Inside, we'll give you a look at new things to think about this year, from safety to afterschool activities. We'll introduce you to students who are doing great things.

Enjoy the year. Despite the many challenges and triumphs, it will be unique!

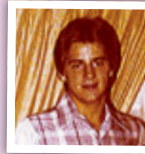
## Happy Parenting!

Andrea Ciccocioppo ■ Editor  
editor@centralpennparent.com

# CENTRAL PENN Parent

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We asked our staff to submit their favorite back-to-school photos for the issue!



**Publisher Central Penn Parent, CEO**  
**Journal Multimedia**  
"First day of my junior year."  
David A. Schankweiler

**President**  
Larry Kluger

**Associate Publisher**  
Richard Cochran



**Editor**  
"Waiting for the bus on my first day of second grade at Duffield Elementary. I loved that Snoopy lunchbox!"  
Andrea Ciccocioppo

**Assistant Editor/ Web**  
"That's me on my first day of kindergarten at Balboa Elementary School in Panama."  
Kurt Bopp  
kurtb@centralpennparent.com



**Contributing Writers**  
"My best guess is this is kindergarten. I definitely remember the cameo pin from the first photo — my mom had a lot of those pins and I always wanted to wear them."  
Larissa Newton,  
David F. Salter, Marina Shannon, Angela Gorman



**Contributing Writers**  
"This was taken in kindergarten at Hershey Elementary School. The shirt was my FAVE! Garanimals were the rage then."  
Jane Suter

**Director of Operations**  
Chad Pickard



**Graphic Designer**  
"First day of first grade at St. Joseph's in Mechanicsburg. I was so excited to use my new pencils and blank notebooks to doodle all day!"  
Ann Marie Irvine

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# on the web



Check out this section each month to see what stories Assistant Editor/Web Kurt Bopp has planned for the website, and be sure to check out [centralpennparent.com](http://centralpennparent.com) daily for a new feature or article.

## this month

@[www.centralpennparent.com](http://www.centralpennparent.com):

### BUILDING SAND CASTLES:

One of the highlights of going to the beach is building a sand castle—and admittedly it's also fun for some kids to destroy said castle. While most people just do it for fun, we're going to take a look at how to build a professional-looking castle and even an alligator. Stay tuned for tips and a video tutorial!

**SCHOOL LUNCH IDEAS:** As good as PB&J is (Kurt eats it daily), it can get old very fast. Rather than giving kids money to buy food that's often not good for them, why not try different packed

lunches that are easy and delicious? We'll take a look at a few ideas for packed lunches.

**AFTER-SCHOOL SNACKS:** When a kid gets home from school, usually the first thing they want is food. Instead of cookies and soda, we'll list healthy yet yummy snacks, like ants on a log (peanut butter, raisins and apples).

**KRUISIN' WITH KURT:** Each month, Kurt travels to a different town in Central Pennsylvania to see what it has to offer. Be sure to check out our website this month to see his take on Ephrata, Lancaster County.

**COOKING WITH CENTRAL PENN PARENT:** With school starting up at the end of the month, families are about to get a lot busier. We're going to write about a meal that can be prepared ahead of time, then taken out and completed on-the-go. This month's recipe is cheeseburger skillet pie.

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Clark R Kaufman MD  
Pediatric Allergist



### 1. My child has allergies when school starts in August. Might this effect his learning?

Seasonal allergies cause nasal symptoms such as congestion, runny nose and sneezing. Itchy eyes and cough may also occur. This results in poor sleeping, daytime fatigue and difficulty in concentration/attention. A medical study showed that children with allergies treated with nonsedating antihistamine medication performed better on testing than children without allergy treatment. Children taking sedating antihistamines, ie benadryl, did more poorly than those taking no medication.

### 2. My child develops asthma along with his allergies. Are they related?

90% of the time allergies are the cause of asthma in children 5 years of age and older. Allergy may be the cause of asthma in younger children as well. An allergist may help identify those causes and initiate treatment that can improve or even cure the allergies and asthma.

### 3. My child only develops asthma with exercise or with a cold. What causes this to happen?

Allergy is the underlying reason 90% of the time. Controlling or eliminating the allergy can lessen or eliminate the exercise induced asthma and make children more resistant to picking up a respiratory infection or at least in preventing the infection from exacerbating asthma. An allergist can help identify the causes and initiate a treatment plan.

### 4. My child develops at least 1 or 2 sinus infections per year. Is this normal?

Repeated sinus infections following colds or allergies is common but not normal. An allergist can help identify the underlying causes. Though allergy is the most common cause, reduced immunity, abnormal nasal airway anatomy, cigarette smoke and even stomach acid reflux, alone or in combination, may play a role as well. When causes are dealt with, sinus infections are no longer likely to occur. Sinus infections, like asthma, eczema, ear infections and itchy eyes, are common complications of allergy.

### 5. My child's allergy and asthma are controlled with 2 or more daily medications. Is there any way we can reduce or eliminate this treatment?

Yes, by reducing or eliminating exposure to those allergens causing the problem. When that is not possible, especially with outdoor pollens and mold spores, allergy injections can reduce need for medication 90% of the time, and eliminate medication up to 30% of the time. Seasonal itchy eyes, sinus infections and asthma respond very well to allergy injections. These injections contain the offending allergens and no medication. An allergist can establish an allergy action plan to deal with allergies. Also, children receiving allergy injections are less prone to develop other respiratory allergies, less likely to develop asthma in the first place, and less likely to have allergies into adulthood than allergic children who do not get allergy shots.

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# news & notes



## Experiencing *Young Life* in Central Pa.

BY KURT BOPP

**ON THE SURFACE, YOUNG LIFE** may seem like just another youth group. It's faith-based and the aim is kids. But this one is unique. Kids don't go to Young Life—Young Life goes to them.

"No adult goes to a football student section; we do," said Danny Sullivan, Dauphin County area coordinator for Young Life. "We connect on their level. Most [youth groups] say 'Come to us.' We say we'll come to you."

### Getting started

Young Life came to our area just three years ago and is currently serving in Hershey, Hummelstown and Palmyra, but Sullivan hopes to expand into Harrisburg and Lancaster.

There are other Young Life groups in Carlisle and York.

Young Life in Dauphin County has 20 volunteers, including some from college. Leaders go through a screening and training process.

Leaders—who range in age from 19-27—go to schools, stadiums, malls or businesses where kids are and immerse themselves in youth culture and hang out with kids.

(Young Life is for adolescents, but it also has Wildlife, for middleschoolers and groups for college students, kids with disabilities, teen moms and incarcerated kids.)

The group tries to reach kids who don't go to church, and rather than preach at them they simply befriend them and listen.

"We never bring Bibles," Sullivan said. "If you just listen, kids'll talk."

Often the kids see the leaders as friends, so the leaders must remember they're adults. "You're never alone with just one kid," Sullivan said. "And you never go to parties."

### A friendly ear

Sullivan said most kids simply want someone to listen, and Young Life leaders become that person. He saw the benefits of the group personally when he was in high school.

After joining to meet girls, Sullivan noticed Young Life kids were often the trouble kids. "I was judgmental," he said.

But when a friend died, the only person who honestly felt the same way as the kids and who could connect with them was the local Young

Life leader. Sullivan got involved in college as a volunteer leader, and came to Hershey three years ago to start the program here.

The leaders get to know kids and invite them to club, an outreach that feels like a party with a very short message at the end.

"Come back to kids' places, sing songs, play games and then have a not very deep talk," Sullivan said. "Maybe four minutes of the Bible. Just giving a glimpse of it. We don't

want to bore them."

For kids who want to know more about becoming a Christian, the leaders are always available to meet with them.

Throughout his years in Young Life, Sullivan has seen transformations in some lives, yet others fall away. Many kids go on to become leaders because their leaders impacted them so much as kids.

**CPP** *Kurt Bopp is assistant editor/web at Central Penn Parent.*



For more information on Young Life, visit <http://hershey.younglife.org>



# Recent Recalls!

Check your homes for these products that have been recalled by the Consumer Product Safety Commission:



## Kenmore dehumidifiers

Sold at Sears and Kmart from 2003 to 2009 for between \$140 and \$220.

Models:

- 35-pint (2004) - 580.54351400
- 50-pint (2003) - 580.53509300
- 70-pint (2003) - 580.53701300
- 70-pint (2004) - 580.54701400
- 70-pint (2005) - 580.54701500

The dehumidifiers can overheat, smoke, melt and catch on fire, posing fire and burn hazards to consumers.

**What to do:** Immediately turn off and unplug the dehumidifiers and contact the Recall Fulfillment Center. For more information: LG Recall Fulfillment Center, 855-400-4641 or [www.Kenmoredehumidifierrecall.com](http://www.Kenmoredehumidifierrecall.com).

## Thermobaby Aquababy Bath Ring Seats

Sold exclusively at Amazon.com from June 2012 through January 2013 for about \$35.

Including seats in pink or blue designed for children 5 months to 10 months old. The seat is made of white plastic with blue, pink or green trim and has four suction cups on the bottom. An oval-shaped arm rail runs from the seat back and connects two side posts and the seat front post. There are three spinning toys on the front of the seat rail above the front post. “Thermobaby Z.I. De Kerbois,” “Aquababy” and “Ref. 1953 Made in France” is engraved underneath the bath seat.

The bath seats fail to meet federal safety standards and can tip over, posing a risk of drowning to babies.

**What to do:** Immediately stop using the recalled bath seats and contact the firm for instruction on returning the bath seat and receiving a \$35 refund. SCS Direct Inc. at 888-749-1387 or online at [www.SCSdirectinc.com](http://www.SCSdirectinc.com) and click “Recall Notices” for more information.



## U-GRO adds to preschool curriculum

U-GRO Learning Centres is adding two new Life Skills programs to its preschool curriculum: Pathfinder includes self-motivation, persistence, organization and time management skills, respect for others, and belief in their own potential; and Fitness Fun, calisthenics, physical movements and exercise sequences designed to work large muscle groups and the cardiovascular system.

The programs will be launched at all 12 U-GRO facilities beginning this fall.

“Our goal is to help prepare children for success in school and life,

so we continually seek to improve our programs through innovation,” said Greg Holsinger, president and CEO of U-GRO Learning Centres. “As a result of challenges facing school children today—personal responsibility and childhood obesity—we want to equip children with essential life skills that will follow them through life.”

U-GRO has 12 early learning facilities in South Central Pennsylvania including Mechanicsburg, Harrisburg, Hershey, Lititz, Lancaster, Lebanon, Palmyra and York.

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## thrifty mom

You don't need to go crazy on your son or daughter's next birthday party — we can help you be a thrifty mom too!



## You wanna spend **HOW MUCH** on a party?!

 BY LARISSA NEWTON

**GROWING UP, I NEVER HAD A BIRTHDAY** party. I had a very deprived childhood. Or so I thought.

Now that I have the Lil' Stinker, I'm understanding why my parents kept my birthdays low-key and family only.

According to a survey done by event booking service GigMasters.com, 69 percent of parents said they spend at least \$300 on their child's birthday party—a whopping 14 percent said they spend more than \$1,000!

Last year, for the Lil' Stinker's first birthday, we held what I thought was a big party, but I doubt we spent more than \$200. This year, I decided to take after my parents and keep things intimate.

Birthday parties don't have to be extravagant. Here are a few tips to keep things thrifty:

### Value-focused venues

For warm-weather birthdays, hold the party in your backyard. You can rent tables fairly cheaply and ask the guests to bring their own chairs.

If your backyard is too small, call your municipality to see if pavilions are available for rent at local parks. Usually they are free or low-cost. (Bonus: built-in entertainment with playgrounds!)

Winter birthdays are more difficult if your home isn't large enough to host a number of guests. Do you have a friend or family member who'd be willing to

host? Does your church have a social hall available to rent? Maybe a nearby fire hall is an option.

### Frugal food

Why have a party catered when you can prepare your own food?

Potlucks are always a great idea, offering lots of food and variety. If you don't feel comfortable asking your guests to bring a dish, maybe a dessert-only party would be a better option.

Speaking of desserts, I make my own cakes. Not only is it cheaper than a store-bought cake, it's so much fun to decorate! Last year, I made my daughter Sesame Street<sup>®</sup> cupcakes and an ice cream cake. I made an ice cream cake again this year (check out my Aug. 5 blog at [www.centralpennparent.com/Thrifty-Mom](http://www.centralpennparent.com/Thrifty-Mom) for detailed instructions).

There's an ingenious idea on Pinterest to decorate your cake using coloring book pages. Check it out at [www.bit.ly/14awLfx](http://www.bit.ly/14awLfx). And for basic decorating, a simple cake decorating kit can be found for \$7 on Amazon.com. Or go to Michael's or A.C. Moore. Both often offer 40 percent off coupons in their weekly newspaper ads. Learn the basics of cake decorating by using the magic of the Internet.

### Dollar-friendly decor

The dollar store can be a great place to get cheap decorations. And to be honest,

why spend a ton of money on decorations to begin with?

My daughter is a Fourth of July Firecracker, so we have a built-in theme each year. If you prefer a character-themed party, try to incorporate them in your baked goods or through toys you already have around the house. And not everything needs to have the actual character(s) on them—use coordinating colors to keep the theme going.

In the months leading up to the party, keep an eye out for clearance items you could use; the dollar section at Target often has character plates, bowls and cups. Pinterest even suggests using temporary tattoos on cheap plastic cups.

The most important thing to keep in mind is that parties are meant to be fun. Kids ultimately won't care if they have fancy plates and the most lavish food. They just want to feel special and play with their friends (and get presents, of course!).

**CPP** Larissa Newton blogs as *Thrifty Mom* for *CentralPennParent.com*. She lives in Mechanicsburg with her husband and daughter, who just turned 2. For deals and specials throughout the week follow her on Twitter @ThriftyMomCPP and on Facebook at [www.facebook.com/ThriftyMomCPP](http://www.facebook.com/ThriftyMomCPP).

## Quick Look: Costs for the winners of our annual Family Favorites Awards

Company, address, phone, web	Cost (# of kids)	Cost per child
<b>BEST PARTY ENTERTAINMENT</b>		
<b>JoJo the Clown</b>		
Multiple locations		
<b>3 Monkeys Inflatables</b>	\$40-\$699	Varies
<a href="http://www.3monkeysinflatables.com">www.3monkeysinflatables.com</a> 717-650-7657 Serving York and Lancaster counties		
<b>Chuck E. Cheese</b>	\$129.90-\$229.90 (10)	\$12.99-\$22.99
<a href="http://www.chuckecheese.com">www.chuckecheese.com</a> Multiple locations		
<b>BEST PARTY FACILITY</b>		
<b>Chuck E. Cheese</b>		
<a href="http://www.chuckecheese.com">www.chuckecheese.com</a> Multiple locations	\$129.90-\$229.90 (10)	\$12.99-\$22.99
<b>Monkey Joes</b>		
<a href="http://www.monkeyjoes.com">www.monkeyjoes.com</a> 717-635-8300 3608 Hartzdale Drive, Camp Hill	\$149-\$189 (8) \$209-\$249 (16) \$269-\$309 (24)	\$18.63-\$23.63 \$13.06-\$15.56 \$11.21-\$12.88
<b>Bounce U</b>		
<a href="http://www.bounceu.com/annville">www.bounceu.com/annville</a> 717-828-0848 318 Taxiway Drive, Annville	\$159-\$199 (10) \$189-\$229 (15) \$209-\$259 (20) \$229-\$279 (25)	\$15.90-\$19.90 \$12.60-\$15.27 \$10.45-\$12.95 \$9.16-\$11.16
<b>BEST BIRTHDAY CAKE</b>		
<b>Giant Food Stores</b>		
<a href="http://www.giantfoodstores.com">www.giantfoodstores.com</a> Multiple locations	\$12.99-\$50.99	68 cents-\$1.62
<b>The Pennsylvania Bakery</b>		
<a href="http://www.pabakery.com">www.pabakery.com</a> 717-763-7755 1713 Market St., Camp Hill	\$25-\$140	Varies
<b>Dairy Queen</b>		
<a href="http://www.dairyqueen.com">www.dairyqueen.com</a> Multiple locations	\$20.99-\$35.99	\$1.21-\$2.39

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**Healthy Tip:** Sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by nine percent. *source: Let's Move!*

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# Taking a shot at PREVENTING ILLNESS

BY MARINA SHANNON

**EMMALEE MADELINE SNEHAL PARKER WAS** the missing piece her adoptive parents, Dr. Brian Parker and Erica Finkelstein-Parker of Littlestown, had been waiting for to make their family complete. Described as “healthy, beautiful, always moving,” Emmalee made friends easily and rarely missed a day of school.

Adopted from India, Emmalee was not given a common measles vaccination, but instead was exposed to the virus at a young age in India before her adoption. At only 8 years old, Emmalee’s life was cut short due to a rare and fatal complication of the measles virus called Subacute Sclerosing Panencephalitis, which had remained in her system after contracting measles.

Almost overnight a once vibrant and healthy Emmalee began showing disturbing neurological symptoms like tripping and falling and slumping down in her chair while eating. Six months later, Emmalee passed away. Now her family is working to educate others to know the importance of timely childhood vaccinations—something the Parkers say would have easily prevented Emmalee’s death.

## Why does everyone need to be vaccinated?

“Vaccines are one of the most successful and effective public health

interventions known,” said Pam Hartman, pediatrician at Ryder, Barnes & Associates. A vaccine helps the body to develop immunity by creating an imitation infection—although it does not cause illness, it makes the immune system to develop the same response that it would to a real infection so the body can fight off the real disease or virus in the future.

“Vaccines are important, not only because they protect our children from infection, but they protect the community and may lead to wiping out a disease completely. Vaccinating our children helps to provide herd immunity ... for herd immunity to occur, 95 percent of persons need to be vaccinated. If enough children are protected from these diseases, the disease may be forced to disappear,” Hartman said.

Some children are not able to have a vaccine due to allergic reaction or decreased immune function, but trends suggest more parents are opting out or delaying vaccines for other reasons. This worries health care providers. “Over the last few years, the media, internet discussions and opinions by celebrities have influenced a great many people not to vaccinate their children,” Hartman said. “Many of these websites are



misinformed, do not have the rigorous scientific background and research to back up their beliefs.”

## Putting others at risk

For many healthcare providers, taking the time to educate parents and caregivers is key—answering questions, sharing handouts and referring parents to educational websites to do research helps parents learn why vaccines are important. But when it comes down to it, parents need to know they are putting their own children—and other children in their community—at risk. “As a practice, we have it in our brochure that if they decide not to vaccinate or want to shot split, they are asked to find another pediatrician. Too many mistakes with vaccines are made when people do not stick to the recommended schedules,” Hartman said. “But most importantly, we want to give the best medical care to our patients, we are putting our other patients at risk if they are sitting next to someone who has never been vaccinated.

Babies do not start their vaccines until 2 months, if they are in the waiting room with an unvaccinated child who is sick, if it is an illness that could be prevented from a vaccine, this baby is susceptible to the illness. We are very strict on this policy, and patients are aware of this as soon as their child comes to our practice. We are children’s advocates and vaccines are a big part of their protection.”

## Future focused

Since losing Emmalee in 2011, the Parkers have created a foundation to honor their daughter’s memory and help educate and inform parents and healthcare providers of the importance of timely vaccinations. “What we are saying is we understand personal rights. But this is a public health issue,” Finkelstein-Parker said. “If my daughter had had a timely measles vaccine, she would be alive.”

**CPP** Marina Shannon is a freelance writer and married mom of two energetic boys in Waynesboro.

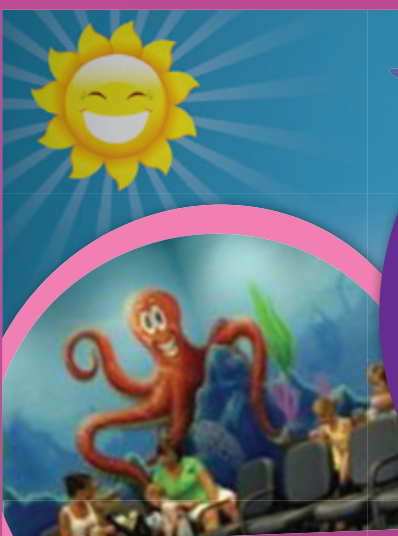
## Want more information?

“Vaccines can seem very scary to parents and rightly so since it is their child who is involved. Parents deserve to be well-informed in what is being given to their child,” said Pam Hartman, pediatrician at Ryder, Barnes & Associates.

Hartman recommends the following websites for parents who want to learn more.

- <http://www.cdc.gov/vaccines/vac-gen/default.htm>
- <http://www2.aap.org/immunization/>
- <http://www.cdc.gov/vaccines/acip/index.html>

For more information about Emmalee’s story visit [www.emmyshope.org](http://www.emmyshope.org).



### NoCavityClub (Harrisburg) August

- |                    |                   |                    |                       |                   |                              |
|--------------------|-------------------|--------------------|-----------------------|-------------------|------------------------------|
| Faith Daniels      | Brea Russell      | Kai Bowlfin        | Sara Minium           | Nova Mayer        | Makayla Holmes               |
| Addison Rosenberg  | Ryland Stevenson  | Izabella Leininger | Rylee Snyder          | Samuel Straub     | Gregory Gonzalez             |
| Shalal McLaughlin  | Ethan Kough       | Ryan Atkinson      | Raeann Miller         | Richard Greene    | Cody Lambert                 |
| Gage Andres        | Rylan Russell     | Dylan Luttrell     | Trevor Minium         | Magnus Rael       | Aidan Tinsman                |
| Khair Alexander    | Braydon Simpson   | Kyle Shoen         | Shayne Young          | Ella Starner      | Ciara Webb                   |
| Mackenzie Ayers    | Forrester Owen    | Dakota Campbell    | Mikayla Miller        | Courtney Davis    | Jorja Kidd                   |
| Endyah Saxbie      | Koya Gutshall     | Maryann Rave       | Shania Progris        | Noah Frick        | Lucas Whitcomb               |
| Tashiani Alexander | Ymir Clowe-Rucker | Ryan Shoen         | Ryan Greenawalt       | Lietta Rael       | Katherin Renard              |
| Daniel Ayers       | Adrianna Byers    | Christoher McClain | Miranda Miller        | Sterling Clark    | Lauren Renard                |
| Passionae Norman   | Timothy Snyder    | Alivia Blocker     | Juliana Amieva        | Makye Detwiler    | Rose Gonzalez                |
| Lila McCormick     | Deanna Anderson   | Kasey Frederick    | Mariah Greenawalt     | Lauren Renard     | Lonnasiah Thomas             |
| Gabriella Loffreda | Braelyn Pickler   | Kaden Arnold       | Erin Jo Simpson       | Ahmed Nagy        | Laveyah Muhammed             |
| Khaiden Saxbie     | Zoey Snyder       | Brianna Seeger     | De'Andre Oliver       | Maria Martinez    | Levi Stoudt                  |
| Isaiah Waldo       | Ada Cook          | Venna Hewes        | Dylan Messimer        | Haylee Myers      | Christopher Martinez         |
| Giovanni Napoli    | T'soni Ayala      | Makayah Hemperly   | Nathaniel Hippensteel | Madison Boyer     | Gabriela Rodriguez-Hernandez |
| Khloe Thompson     | Addison Barrett   | Junio Lopez-Ortiz  | Zachary Fetrow        | Madison Boyer     | Olivia Zotneck               |
| Elliott Tran       | Caleb Stitler     | Peyton Ratcliffe   | Elizabeth Messimer    | Vincent Boyer     | Sohia Zotneck                |
| Tristan Moir       | Anthony Byers     | Lauren Box         | Lauren Box            | Mason Rankin      | Marializ Crespo              |
| Hunter Thompson    | Caleb Richards    | Jessica Fetrow     | Lauren Box            | Haylee Myers      | Harrison Laman               |
| Joseph Wease       | Ella Bronson      | Elijah Lewis       | Benjamin Fetrow       | Pranav Anand      | Haylee Myers                 |
| Aubree Moir        | Andrew Ortiz      | Sophie Hunt        | Harlee Kushmanick     | Saanvi Anand      | Amanda Crum                  |
| Hannah Jacoby      | Alexander Box     | Zoey Bloom         | Daisy Owings          | Dylan Laman       | Selene Bhattarai             |
| Auraya Post        | Amani Agosto      | Kaylee Meisinger   | Cassidy Swartz        | Lauren Crum       | Amanda Crum                  |
| Grace Hartman      | Maddyson Nagel    | Wyatt Wadley       | John Ferster          | Selene Bhattarai  | Amanda Crum                  |
| Anthony Rossin     | Emiliano Dardozi  | Joseph Turner      | Gabriella Morrow      | Amanda Crum       | Amanda Crum                  |
| Evan Garber        | Andrew Laroque    | Julia Arnold       | Nazir Burnett         | Kenna Reichenbach | Kenna Reichenbach            |
| Benjamin Hartman   | Adrianna Ortiz    | Isaiah Auman       | Alany Shearer         |                   |                              |
| Abigail Flickinger | Riley Lowe        | Noah Hockenberry   | Terrence Steele       |                   |                              |
| Ryan McClain       | Ethan Angelo      | Ziyah Guerisi      | Rhiannon Worley       |                   |                              |
| Lily Roddy         | Brayden Grasley   | Hamza Eldohiri     | Abigail Jones         |                   |                              |
| Sara Bixler        | Ian Knight        | Savannah RATke     | Tadyn Worley          |                   |                              |
| Liam Mcnelis       | Dominic Angel     | Brandon Thomas     | Frank Jones           |                   |                              |
| Shieby Metzen      | Alize Clark       | Abhaiah Eldorhiri  | Lenox De La Cruz      |                   |                              |
| Jayden Getz        | Bryson Mckay      | Avery Staley       | Jamie Gourley         |                   |                              |
| Jason Shoemaker    | Eylian Torres     | Jah' Sir Collins   | Arianna Leto          |                   |                              |
| Gabriella Metzen   | Elijah Minning    | DAkota Cadieux     | Sarah Gourley         |                   |                              |
| Mikayla Getz       | Braylin Mckay     | Olivia Zuna        | Gina Leto             |                   |                              |
| Evelyn Nericcio    | Rashaan Dahal     | D'aonte Stern      | Miranda Stewart       |                   |                              |
| Madelynn Chmiel    | Madeline Graybill | Julian Hamil       | Kynelle Brown         |                   |                              |
| Devin Mabry        | Adrian Buckner    | Steven Jones       | Tyler Moffitt         |                   |                              |
| Ahjanay            | Natalie Powell    | D'amonte Porter    | Owen Hickey           |                   |                              |
| Williams-Alexander | Brittney Nace     | Dominic Melendez   | Taylor Allen          |                   |                              |
| Cadece Stevenson   | Kameron Bishop    | Melodie Corcoran   |                       |                   |                              |
| Cordelya Meade     |                   |                    |                       |                   |                              |

### NoCavityClub(Lancaster) August

- |                      |                     |                    |                      |                    |                    |
|----------------------|---------------------|--------------------|----------------------|--------------------|--------------------|
| Owen Zimmerman       | Noah Staley         | Donavan aMoyer     | Uriah Warner         | Dylan Denlinger    | Lauryn Clawges-    |
| David Witmer         | Shiloh Meevers-     | Carler Bowman      | Charles Fritz        | Jessy Reider       | Hoberg             |
| Ada Nelson           | Scholte             | Maenzie Yang       | Ariene Rangel-Soto   | Daniel Jacoby      | Evan Esterbrook    |
| Sarah Hassan         | Demetrius Diaz      | Branden Chant      | Elizabeth Miles      | Cole Denlinger     | Elijah Vazquez     |
| Jasmine Elliott      | Devaya Graham       | Sophia Jenks       | Paul Treviso         | Paige Ross         | Samantha           |
| Ellis Nelson         | Landon Yang         | Gilberto Guiterez  | Paul Treviso         | Savannah Kreiser   | Esterbrook         |
| Shaquan Clanton      | Dominic Diaz        | Wilfredo Lozano    | Cooper Graham        | Katie Splain       | Alexis Robinson    |
| Donya Hawk           | Kevin Perez         | Jose Garcia        | Nancy Nelson         | Noelle Wolski      | Jellynnie Cantero  |
| Nancy Nelson         | Aijanae Jamison     | Eric Smith         | Harmoni Kyncker      | Cassidy Poor       | Christian Ross     |
| Emmanuel Legarreta   | Charlotte Kelley    | Briona Eshelman    | Emmanuel Legarreta   | Samuel Wolski      | Dakota Robinson    |
| Janelle Smith        | Darnell Pearson     | Samuel Wolski      | Janelle Smith        | Bannon Green       | Myles Smith        |
| Danika Winters       | Darren Stoner       | Brooke Stoltzfus   | Danika Winters       | Emily DeJesus      | Parker Minnis      |
| A'lay Brubaker       | T'soni Ayala        | Brooke Stoltzfus   | A'lay Brubaker       | Tevon Rosado       | Emanuel Rivera     |
| Wyatt Smith          | Duncan McKay        | Emily DeJesus      | Wyatt Smith          | Mark Rosania       | Madison Moyer      |
| Haylen Lyncker       | Sebastian Fernandez | Amanda Thao        | Haylen Lyncker       | Shea Dejesus       | Elliot Smith       |
| Ilyana Brubaker-     | Anthony Byers       | Olivia Stoltzfus   | Ilyana Brubaker-     | Drayton Green      | Zachary Moyer      |
| Banks                | Leah McKay          | Jolin Zimmerman    | Banks                | Sophia Leary       | Luis Garcia        |
| Caitlin McMichael    | Grace Holmes        | Chandler Smith     | Caitlin McMichael    | Shylah Searfoss    | Hunter Gilbert     |
| Landon Vassallo      | Andrew Ortiz        | Antonio Forte      | Landon Vassallo      | Nathan Comp        | Caleb Beck         |
| David Groff          | Xyrahia Martinez    | Tyran London       | David Groff          | Olivia Leary       | Dawson Gilbert     |
| Lillian Spolum       | Macmillian Holmes   | Damian Lopez       | Lillian Spolum       | De Leon            | Emirelis Torres    |
| Kristal Arias Orozco | Maddyson Nagel      | Nathan Hartrant    | Kristal Arias Orozco | Nakiaha Yeaglin    | Azzura Degliuomini |
| Wesley Groff         | Ella Lamoreaux      | Carson Gockley     | Wesley Groff         | Jaymien            | Luis Gaston        |
| Logan Coover         | Vieth Meng          | Jaelynne Horn      | Logan Coover         | Barrera-Reeves     | Devin Sanchez      |
| Jermiah Mays         | Adrianna Ortiz      | Yuren Cisneros     | Jermiah Mays         | Rigo Gabriel       | Eli Olivera        |
| Alexis Sheaffer      | Koran Thompson      | Eddiean Naphthal   | Alexis Sheaffer      | Hernandez          | Joanna Horst       |
| Gwynnevere Keperling | Jaydyn Adams        | Dean Long          | Gwynnevere Keperling | Austin Coover      | Christian Costello |
| Shawn Mays           | Ethan Angelo        | Santino Raffa      | Shawn Mays           | Santino Raffa      | Franklyn Colon     |
| Bentley Zayas        | Kalysha Williams    | Diego Cisneros     | Bentley Zayas        | Diego Cisneros     | Zuhely Colon       |
| William Mcclung      | Serenity Gillespie- | Jaden Myers        | William Mcclung      | Jaden Myers        | Jaidan Morales     |
| Alyssa Cancel        | Adams               | Angel Paredes      | Alyssa Cancel        | Angel Paredes      | Carlos Morales     |
| Jameson Mazy         | Dominic Angel       | Allyyah Hubbard    | Jameson Mazy         | Allyyah Hubbard    | Mark Graybill      |
| Mackenzie Weirich    | Tru Weaver          | Janara Creary      | Mackenzie Weirich    | Janara Creary      | Daniel Lane        |
| Brayan Figueroa      | Hope Jayne          | Jonwilliam Clifton | Brayan Figueroa      | Jonwilliam Clifton | Anthony Le Rosado  |
| Jewels Mazy          | Eylian Torres       | Ja Naya Larue      | Jewels Mazy          | Ja Naya Larue      | Connor Coxe        |
| Aislynn Aponte       | Eden Weaver         | Drew Adams         | Aislynn Aponte       | Drew Adams         | Michael Rodriguez  |
| Gianna Pagan         | David Martinez      | Henry Romero-      | Gianna Pagan         | Henry Romero-      | Sanchez            |
| Dominic Frescatore   | Olivia Dotson       | Sanchez            | Dominic Frescatore   | Sanchez            | Sophia Anson       |
| Samantha Randler     | Lysis Twyman        | Sophia Anson       | Samantha Randler     | Sophia Anson       | Dominic Keenan     |
| Dexter Gardner       | Dakoda Thomas       | Bryce Wann         | Dexter Gardner       | Dakoda Thomas      | Bryce Wann         |
| Taligan Wolf         | Layda Moyer         | Danisha Echevarria | Taligan Wolf         | Layda Moyer        | Danisha Echevarria |
| Ethan Fury           | Katherine Gasteion  | Cassidy Reider     | Ethan Fury           | Katherine Gasteion | Cassidy Reider     |
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## special needs



Something as easy as helping the family with dinner is a great way to provide support.

## 7 easy ways to help a family with special needs

**THIS MONTH'S FEATURE IS DEDICATED** to all the families who have a child with special needs.

We asked the fans of our Capabilities Facebook page to weigh in on what they could really use help with. Here's what they told us:

■ **BABYSIT FOR FREE!** We spend a fortune every month for babysitters since we have no family close by.

■ **ARRANGE A PLAY DATE.**

■ **JUST BE AVAILABLE TO LISTEN WITHOUT JUDGING.** Sometimes we just need to vent to a safe place.

■ **DON'T BE AFRAID TO ASK HOW OUR CHILD IS DOING.** We like to talk about

their progress, ups and downs, just like any parent.

■ **WE'D LIKE ONE NIGHT'S DINNER.**

■ **HELP WITH AN OUTING.** Go with us to the movies, the park, the zoo ... be an "extra hand."

■ **DONATE FREE TIME.** Even just an hour to attend an exercise class, focus on the other siblings or hit the grocery store goes a long way and will be appreciated.

Join the conversation on our Facebook page <https://www.facebook.com/capabilitiesmagazine>.

Read the Spring 2013 Edition of **Capabilities: A Resource for Parents of Children with Special Needs** on [centralpennparent.com](http://centralpennparent.com).





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*Top 5 Transition Tips!*

**Read books together about going to school**

**Have your child visit his or her new classroom with you before the first day**

**Make sure your child gets enough sleep! Practice a new bedtime/ wake time a few weeks before school starts if necessary**

**Have your child pick out a special outfit or "lovey" for the first day**

**Most importantly, exude confidence that your child will be fine and can handle this new experience!**



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## A SUCK DECISION: Baby bottles or mama's breast?

BY JENNA FAUST

**CHOOSING BETWEEN BREASTFEEDING** and formula feeding is one of the most pressing decisions all expectant parents face. But it's not always an easy one. Analyzing the pros and cons of both methods can help parents make a well-informed decision on what is best for their baby.

Breastfeeding provides babies with a number of health benefits. "It helps build their immune system. Each mom has breast milk specifically tailored for her baby," explained Liz Gliot, leader of La Leche League of Harrisburg/Mechanicsburg.

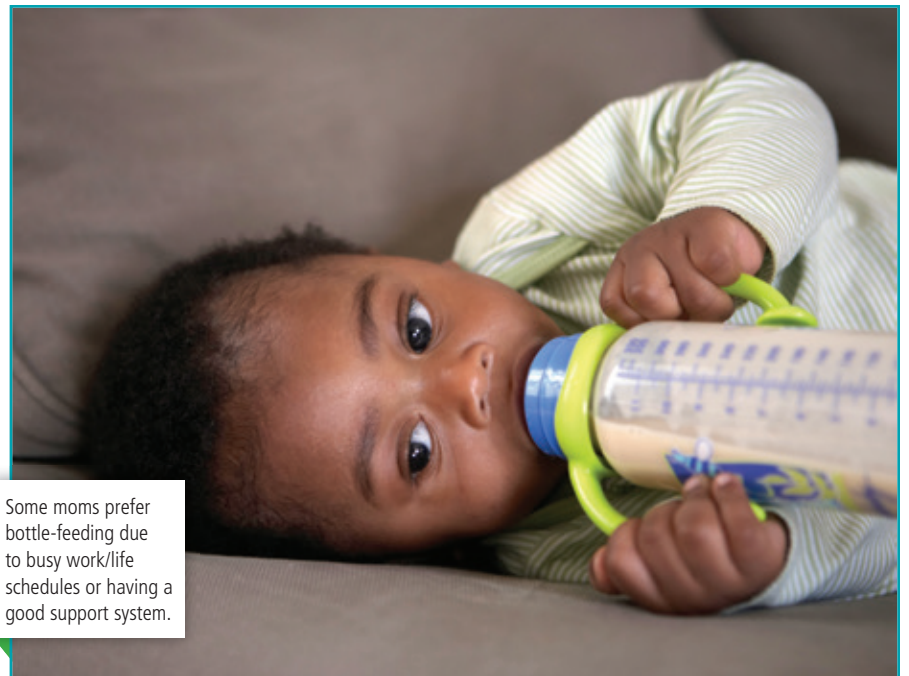
When a breastfed baby gets sick,

Some moms prefer bottle-feeding due to busy work/life schedules or having a good support system.

special antibodies are released into breast milk and aid in a quick recovery. "There is an enzyme in baby saliva that talks to the breast and boosts flu antibodies and is passed back to the baby," said Gliot.

Other common ailments, such as allergies and ear infections, are minimized in breastfed babies.

"Breastfeeding reduces the risk of allergies and ear infections. Breast milk provides the sole nutrition a baby needs and it is easily digested," said Jayne Sorber, registered nurse and International Board-Certified lactation consultant at Gettysburg Hospital. "It also helps prevent diarrheal issues and dehydration."





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Breast milk is also adaptive to seasonal changes that help keep baby full and comfortable all year long. “When it is really hot out, breast milk thins out and becomes more hydrating as opposed to breast milk in the colder seasons,” said Gliot.

Moms also find breast feeding is advantageous when it comes to their own health. “Breast feeding helps mom by reducing the risk of breast and ovarian cancer. To some extent, it helps prevent osteoporosis through the baby weaning process,” said Sorber. “It also helps mom get back to her pre-pregnancy weight faster and helps to prevent Type 2 diabetes.”

Another argument made in favor of breastfeeding is the cost. Breast milk is free and that can be optimal for families on a budget.

According to the American Pregnancy Association, formula can cost a family between \$54 and \$198 a month, depending on the brand.

Breastfeeding, however, is not the preferred method for every mom. “There are some women who just do not like the feel of a baby sucking. Others do not want to take the time or have a good support system,” said Sorber. “There is definitely a segment of women who just

say they do not want to do it.”

Some people and cultures view formula feeding as a sign of prominence. “Back in the ‘60s when formula became popular it was a sign of wealth. We still have certain cultures that think formula is prestigious and they often use both forms of feeding,” Sorber said.

Some working moms have found that breastfeeding becomes more challenging once they return to the workplace.

“There are women that quit when they go back to work because of pumping demands and a limited support system,” Sorber said.

There are numerous resources, groups and baby classes to help parents make the decision that is best for their particular situation. “I would tell expectant parents to do their research and attend a breastfeeding class so an informed decision can be made.

“Whatever choice a mom makes, she needs to be comfortable and feel supported,” said Sorber. “Babies are very intuitive and if a mom feels pressured into one or the other she may not have the best experience and a baby can sense that.”

 Jenna Faust is a freelance writer and mom from York County.

Babies are very intuitive and if a mom feels pressured into one or the other she may not have the best experience and a baby CAN SENSE THAT.

**Jayne Sorber**  
registered nurse and  
International Board-Certified  
lactation consultant at  
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Breastfeeding can be good for a mom's health. Studies show breastfeeding decreases a woman's risk of breast and ovarian cancer.



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# REACH FOR WHAT'S NEXT

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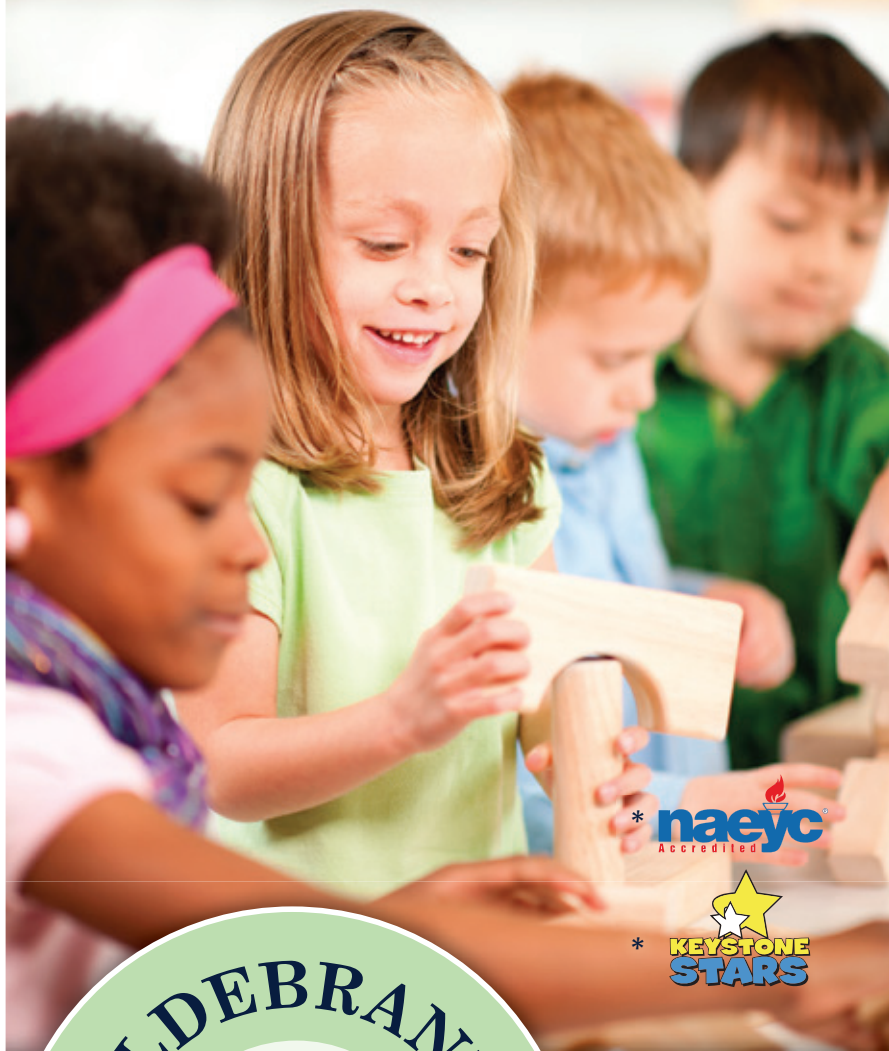
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## ages & stages



There is no evidence that computers and tablets lead directly to poorer eyesight, however it does lead to a diminished blink rate, which can result in eye injuries.

## 7 TIPS FOR protecting young eyes

FROM FAMILY FEATURES

**WHETHER IT'S A TABLET WITH AN** educational purpose or a big screen displaying the latest video game, the use of electronic technology is skyrocketing among kids. In fact, according to the Kaiser Family Foundation, children ages 8 to 18 spend more than seven and a half hours with electronics every day.

But that screen time can cause eye fatigue, and ultimately have an impact on your child's overall vision and eye health.

Although there is no scientific evidence that computers and handheld electronic devices directly cause vision problems, intense focus on a video screen can lead to a diminished blink rate, which can result in eye injuries.

### Here are a few tips to protect your child's vision:

**1** Limit screen time to 2 hours or less a day (including watching TV, playing video games and using mobile phones). Prolonged use of electronic devices can exacerbate underlying eye conditions.

**2** Encourage intentional blinking while electronic devices are in use to help refresh eyes with natural moisture that helps prevent bacterial infections, dry spots and corneal breakdown.

**3** Manage glare from windows and use low-watt bulbs in light fixtures.

**4** Keep computer screens 20 to 28 inches away from the face.

**5** Practice a rule of 20s to give eyes a rest. Every 20 minutes, ask your child to look at least 20 feet away for 20 seconds before refocusing attention up close again.

**6** Move around and change positions periodically while using a device.

**7** Watch for signs of eyestrain while electronic devices are in use, such as squinting, frowning at the screen or rubbing eyes.

If vision problems or discomfort arise, schedule an appointment with an eye doctor for a professional evaluation.

**CPP** For additional information and tips for managing eyestrain while using electronics, visit [www.ameritasinsight.com](http://www.ameritasinsight.com).

# CT SCANS not without risk

FROM FAMILY FEATURES

**THE NUMBER OF COMPUTED TOMOGRAPHY** scans being performed on children is rising, but many parents aren't aware of the potential risks involved in the procedure, according to the American Academy of Pediatrics.

In a recent study, "Parental Knowledge of Potential Cancer Risks From Exposure to Computed Tomography," researchers interviewed parents whose children visited the emergency department with a head injury. Researchers were interested in determining how many parents were aware of the potential for an increased lifetime risk of malignancy after a child was exposed to ionizing radiation from a CT of the head.

Of 742 parents, 357 were aware of the potential risks, largely due to recent

increased media coverage on this topic. After parents were informed of the potential risks, willingness to proceed with a head CT if the doctor recommended it decreased from 90.4 percent to 69.6 percent.

Most parents also thought that the radiation exposure from a head CT were similar to a regular X-ray, but in fact the radiation exposure from a head CT is 60- to 80-fold greater than that of a plain X-ray. Almost all parents expressed a preference to be informed of these risks prior to proceeding with imaging, and for about 95 percent of respondents, knowledge of these risks would not likely affect the getting the CT scan if the doctor thought it was necessary.

Most parents equilate CT scan radiation to that of an X-ray. However, it is 60- to 80-fold greater.



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### TACO CASSEROLE

#### INGREDIENTS

1 lb. ground beef  
1/2 tsp. garlic powder  
1 (8 oz.) can tomato sauce  
1 c. COTTAGE CHEESE  
2 c. shredded CHEDDAR or MONTEREY JACK CHEESE

1 small onion  
1 env. taco seasoning mix  
1 c. low-fat SOUR CREAM  
2 c. crushed tortilla chips

#### DIRECTIONS

Preheat oven to 350°. Brown ground beef; drain off excess liquid. Add onion, garlic powder, taco seasoning and tomato sauce; mix and set aside. Combine sour cream and cottage cheese, set aside. Place half the crushed chips in bottom of 2 1/2 quart casserole dish that's been well greased. Add enough mixture to cover chips, then cover meat with half sour cream mixture. Sprinkle with half the shredded cheese. Repeat layers. Bake uncovered for 30-35 minutes until cheese melts and casserole is heated through.



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## family law

# GYPSIES, TRAMPS & thieves

## Avoiding the scams and perils of traveling abroad

BY CARLA ARP

**EDITOR'S NOTE:** *The information contained in this column is for informational purposes only and not for the purpose of providing legal advice. You should contact your family attorney to obtain advice with respect to any particular issue or problem. If you have a general question about how the law relates to your family, let us know! We cannot respond to specific legal cases and situations.*

### TRAVELING ABROAD CAN BE AN

educational, thrilling and life-changing experience.

And although it's not always as easy or as safe as it once was to travel internationally, you can still have an amazing—and safe—experience. You just need to be educated and take some precautions.

### When in Rome ... or Reykjavik

When travelling in a foreign country, you must obey the laws of that country, even if they are not the same laws we follow in the U.S. For example, you can be sent to prison in Thailand for speaking badly about the Thai monarchy. (In America, you are free to trash the government without repercussion, courtesy of the First Amendment.)

Also, some rights afforded in America are not necessarily the rights provided to citizens in other countries.

In the U.S., we have a bail system and our citizens receive the benefit of the “speedy trial” requirement in criminal cases. However, in China, bail is rarely granted and you can be held in jail for many months before you receive a trial in criminal matters.

Political consultant Michael Reagan suggests that parents who allow their children to study abroad first watch replays with them of the Amanda Knox case.

In 2009, Knox was a 22-year-old college student studying in Italy. She and her boyfriend were convicted of murdering her roommate. Amanda even confessed to the murder, though later claimed that her confession came only after days and days of relentless question-

ing by police, extreme exhaustion and being struck in the head repeatedly by Italian authorities.

It was determined that there were so many flaws with the way the trial was handled that, in 2011, the court of appeals overturned the conviction and released Amanda and her boyfriend. Unfortunately, by that time, they had already spent four years in jail.

### Pack your homework

So, how do you avoid the perils of the judicial system in another country?

First, become familiar with the laws and customs in that country *BEFORE* you travel.

The Smart Traveler Enrollment Program is a free service provided by the U.S. government to U.S. citizens who are travelling to or living in a foreign country. Enrollment notifies local U.S. embassies and consulates of your whereabouts and signs you up for periodic information about dangers in the foreign country.

For example, if you were travelling to Aruba, the U.S. government would alert you to avoid the very popular entertainment district of San Nicolas where foreigners are often the victims of petty crimes by locals.

If you are planning a trip abroad, look into the STEP program at <http://step.state.gov/step/>.

Next month, we'll talk about con artists, pick pockets and other scams in foreign countries, as well as who do you call in an emergency?

**CPP** *Carla Arp is an attorney and mom of three from Cumberland County. Email your questions or column ideas to [editor@centralpennparent.com](mailto:editor@centralpennparent.com).*

**For more information on family law, visit [www.pafamilyatt.com](http://www.pafamilyatt.com) or [pafamilylaw.com](http://pafamilylaw.com).**



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## household harmony



# When the birds and the bees sting

BY VERN HYNDMAN

**NOT MANY PARENTS ARE COMFORTABLE** talking about sex. And, frankly, no one wants to talk about less-than-satisfying sex, particularly at the risk of damaging the heart or ego of a beloved mate.

But sometimes, a talk about the birds and the bees may be needed when the bloom seems to have fallen off the rose.

While there may be a huge range of issues around sexuality, there is a simple, yet unspoken killer of passion and joy in sex: When sex becomes a transaction—a routine or a reward—something vital is lost.

When mowing the lawn becomes a regular precursor to sex, when a quid

pro quo becomes part of foreplay, what was intended as a celebration becomes a transaction.

Transactional relationship is a part of our DNA as Americans; we go to work and trade our hours for money. It's not that transactional relationship is inherently bad, but marriage was not intended to be transactional—and sex even less so.

Rarely do couples consider that the bartering system might have negative consequences or that a reward system that involves sex could somehow backfire.

But before we realize what's happened, intimacy has become about a deal, not

about our partner. Like most relationship issues, there's usually a gradual slide; no one really stopped to evaluate the state of sex between them, and over time, a couple may find the act less than satisfying.

Sometimes, miscommunication has unintended results. A partner may believe he or she has to earn sex, even if there is no such expectation.

But what if we could talk about what works and what doesn't work for the other?

Having a conversation about sex can be difficult to start and involves risk and vulnerability. How the topic is broached is critical.

For a wife: "Hey honey, do you ever feel like you have to do things that please me before we have sex?" might be good opener.

For husbands, ask your wife if she ever feels like you're purposefully doing chores or performing in some way that she thinks is intended to make her feel indebted sexually. (Remember that if she may feel this way even if it's not something you're intentionally doing.)

Explore the conversation. Listen to your partner. Watch what happens. **CRP** *Vern Hyndman is a husband, father to four, engineer, pastor and founder of the nonprofit Heartforge.*



## APICELLA LOREI Orthodontics

The specialists at Apicella & Lorei Orthodontics want to make your child's back to school experience pleasant and fun. **Here are some survival tips to help them care for braces at school:**

- Pack braces-friendly lunches, think of food soft enough to eat comfortably without damaging appliances
- Pack a travel toothbrush for after lunch and snacks
- Bring a small mirror to check for trapped food
- Buy floss made for orthodontic care
- Bring along your retainer travel case to keep it clean and safe
- Have a mouth guard for sports to not only protect your teeth, but the other participants!
- Have extra elastics/rubberbands on hand. (why not keep some in your back pack!)

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## family pet



## Pampered pooch!

BY ANGELA GORMAN

### GROWING UP, OUR FAMILY HAD A

white toy poodle named Pippi. Back in the '70s, my mom would never have dreamed of taking Pippi to a groomer for his haircuts. She was a hairdresser with her own shop and considered it an insult if we even suggested taking Pippi to a professional groomer.

Everyone in my family came to understand that Pippi's grooming day meant gloom and doom for the rest of us. My sister and I would have "holding duty," which meant we were to hold Pippi still through the ordeal—with all the fluffy white hair getting in our eyes and up our noses.

I have to confess even those childhood memories of flying fur didn't stop me from trying my hand at grooming my dog, Sophie.

I purchased a pretty good pair of clippers years ago when I had my Golden Retrievers. I used to shave them down for the summer which was actually quite easy. They would just pretty much lie on the garage floor and let me give them a nice summer 'do.

But Sophie is no Golden Retriever. The first time I tried to give her a haircut, she wriggled and tried to escape. So, of course, I gave my son the old "holding duty," which he loved about as much as I did when I was his age.

Between Sophie trying to escape, my son's hands trying to hold onto her, the clipper's cord getting in the way and her hair flying everywhere, it was a disaster! I called it quits not even completing her haircut. She looked like she had a mohawk with big bald patches throughout. Needless to say, I called a local groomer

and scheduled an appointment for the next day.

I'm a pretty protective dog mom and I really hated the idea of dropping Sophie off with strangers for her haircut. She's a rescue and was passed around a lot before we were fortunate enough to adopt her. I imagine her thinking that I'm leaving and never coming back.

Fortunately, PetSmart has an express service in which you are able to wait in the store (benches provided) while your pet is being pampered. I take Sophie about every 6 weeks for her grooming. She doesn't seem to mind it at all. I think it really helps that she can see me.

Not all groomers allow customers to wait in the grooming area. "I really think it's a distraction for the dogs. I prefer my customers drop off their pets, or they can wait outside in the parking lot," said Michele Pulaski, owner of Happy Paws Pet Salon in Chambersburg.

Pulaski said that the grooming process can take anywhere from 2 to 4 hours depending on the size, temperament and hair of the dog. "I'd say about 80 percent of the dogs I see really like being groomed," she said.

My mom still insists on being the sole groomer for her dog, Kipper, a Cocker Spaniel mix with LOTS of thick, curly, fast-growing hair. And he really hates being groomed. I have to hide a little smile every time I hear my dad complaining about having to hold Kipper while mom clips him and how all that hair gets in his eyes and up his nose.

**CPP** *Angela Gorman, a freelance writer based in Fayetteville, is a married mom of one teenage son and one rescued Shih-poo.*

## A cultural mix of cuisine with this easy recipe

FROM FAMILY FEATURES

**FLAVORS FROM SOUTH OF THE BORDER** are always a crowd favorite. They're also a quick, easy way to get dinner on the table in a hurry. "As a chef with a young family, I love creating delicious dishes that are quick and easy to prepare," said celebrity chef Aarón Sánchez. "My new Ortega recipes bring that flavor and simplicity together. Enjoy."

To find more great recipes, visit [www.ortega.com](http://www.ortega.com).

### MEXICAN LASAGNA

**SERVINGS: 8**

**PREP TIME: 10 MINUTES**

**COOK TIME: 35 MINUTES**

#### Ingredients:

- 1 Tbsp. vegetable oil
- 1 medium yellow onion, thinly sliced
- 2 cloves garlic, minced
- 1 1/2 lbs. lean ground beef
- 1 (1.25 oz) pkg. Ortega Taco Seasoning Mix
- 1/2 c. water, divided
- 1 (16 oz) can Ortega Refried Beans
- 9 Ortega Flour Soft Tortillas
- 2 (10 oz) cans Ortega Mild Red Enchilada Sauce
- 1 (16 oz) jar Ortega Thick and Chunky Salsa
- 8 oz. shredded Monterey Jack or cheddar cheese



#### Directions:

- Preheat oven to 350°F. Heat vegetable oil in large skillet over medium heat and cook onion and garlic for 4 minutes or until softened. Add ground beef and cook for 4 min. or until browned. Stir in taco seasoning and 1/4 c. water.
- Cook for 2 min. or until sauce thickens.
- Heat refried beans in microwave or small saucepan and stir in remaining 1/4 c. water to thin slightly.
- Cut one tortilla in half and fit cut ends at either end of a 9-by13-inch baking dish. Arrange two tortillas, slightly overlapping, to cover the bottom. Layer 1/3 refried beans, 1/3 meat mixture and 1 can enchilada sauce. Repeat to make a second layer.
- Repeat to make a third layer using salsa instead of enchilada sauce. Sprinkle with cheese. Bake for 20 min. or until lasagna is bubbling and cheese is melted. Let stand 5 min. before cutting.
- If desired, top servings with sour cream and diced green onion.



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## Color pop necklace

BY CARRIE BARLUP

**ADD A POP OF COLOR TO ANY OUTFIT AS** you enjoy the final lazy days of summer. Dress up a sundress by adding this bold, statement necklace. The ribbon closure makes it easy to adjust the necklace from a choker-length to any longer length you wish. To get your kids involved, try making matching necklaces or incorporate some sea shells from summer beach combing for a different look.

### SUPPLIES:

- Two 18" pieces of satin ribbon
- Beads in three or four different colors (We used 24 medium-sized pink beads, 12 large clear orange beads, 12 medium-sized pearl beads and 18 small gold beads.)
- Two ¼" metal jewelry rings
- Three 12" pieces of flexible beading thread
- Scissors

### DIRECTIONS:

**1** Tie one end of the three strands of beading thread to the metal jewelry ring.

**2** Determine the color order for the beads on your necklace. Then begin stringing the beads into the beading thread. For each of the three strands of thread we repeated a color-block pattern of pink, clear orange, pearl and gold beads.

**3** Repeat the same color pattern for all three strands of beading thread to achieve the color-block effect.

**4** After you have strung all of the beads onto the thread, secure the other end of the thread to the second metal jewelry ring. Be sure to tie a double knot and then cut off any extra thread.

**5** To finish the necklace, tie the end of one piece of the ribbon to one metal jewelry ring. Then, tie the other piece of ribbon to the other jewelry ring. Tie the loose ends of the ribbon in a bow around your neck to wear the necklace.

**CPP** Carrie Barlup is an artist, graphic designer and eco-crafter in the Harrisburg area. Besides a colorful necklace, her other go-to summer accessory is a fun pair of sunglasses. 





# HARRISBURG ACADEMY

## **HAVING A BALL: The vital importance of early childhood physical education**

Anyone who has ever spent time with a small child understands the advantages of physical activity in his or her daily routine. Children's behavior and attention spans are directly impacted by the times in which they are able to move. That is why Harrisburg Academy continues to make physical education (PE) an important part of its preschool (HATS, or Harrisburg Academy Threes), Junior Kindergarten (JK), and Kindergarten students' school day.

"I love the energy they bring," says physical education teacher, Chris Clark, speaking of the Early Childhood students she teaches. "They just don't stop! From basic physical skills to sportsmanship to reinforcing classroom lessons, PE is so important to early childhood development."

The main focus of learning in preschool PE class is cooperation and exposure to as many new activities as possible, including the basic forms of movement and different types of sports equipment. In JK PE class, students start to use their skills in organized, cooperative games. Fair play and sportsmanship come first in this class. According to Clark, "Not a week goes by that we don't stop an activity and talk about sportsmanship. It is so important to learn how to win graciously as well as lose graciously." In Kindergarten, students start completing units in activities such as soccer, kickball, basketball, handball, T-ball, tennis, volleyball, and hockey. This is the age at which students begin participating in the Academy's decades-long tradition of Field Day, and they have the opportunity to learn the event's activities before competing — with unbridled enthusiasm — for the Blue or Gold team. Clark loves that she is able to teach the same students over the course of their 15-year educational journey, and sees value in the students' continued experience through their first years at school. "As the class progresses, I'm able to introduce organized games so much earlier because they all have mastered the basic skills."

Beyond the "rules of the game" and sportsmanship, Early Childhood students learn other important lessons in PE class. They learn about science through study of motion, and they learn about health and fitness. But most importantly, they are receiving a well-rounded education through a school-wide commitment to educating the "whole child." And they're having a ball while doing it!

This was initially posted in Harrisburg Academy's Spring/Summer 2013 NewsMagazine. An independent school for students age 3 through 12th grade, the Academy is committed to strong academic outcomes, dynamic classroom experiences, and the character development of its students. Now offering hands-on lab science starting in Kindergarten and merit scholarships for middle and high school students. To read more from the school's bi-annual magazine, please visit: [www.HarrisburgAcademy.org/magazine](http://www.HarrisburgAcademy.org/magazine)

**Interested in learning more about Harrisburg Academy's Early Childhood program for your own child? Contact the Admission Office: [www.HarrisburgAcademy.org](http://www.HarrisburgAcademy.org) or 717-763-7811**

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# School days, school days, dear old golden rule days



It's that time of year again when outfits are planned, backpacks are packed and a new weekday routine begins.

There's plenty of things to look forward to: new schools and teachers, afterschool activities, fall sports and, of course, friends new and old.

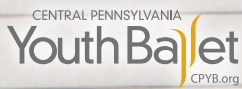
And then there's the dreaded homework.

We'll introduce you to local families preparing for a new school year. They're getting physicals, shopping for clothes and practicing activities that will balance the demands of education.

You might recognize a neighbor or two. And you might get ideas for creative ways for your children to have fun while learning.

## Make it a super school year!

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# David Horton-Sibble

8, of Carlisle • Third-grader at St. Patrick School

**TIME SPENT DANCING:** two hours a day,  
five days a week

**MOTIVATION:** "We get to do fun stuff!"

**FUTURE PLANS:** to be an artist or a  
professional ballet dancer

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# Gianna Horton-Sibble

11, of Carlisle • Sixth-grader at St. Patrick School

**TIME SPENT DANCING:** four hours a day,  
five days a week

**MOTIVATION:** "I love it!"

**FUTURE PLANS:** to be a ballerina or a  
photographer or an artist

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# Trinity Thomas

12, of York • Seventh-grader at West York Middle School  
Level 10 gymnast

**FAVORITE EVENTS:**

beam and floor exercises

**WHAT SHE WANTS YOU TO KNOW:**

“It takes a lot of time and determination to get where you want to be. Don’t ever give up on your dreams. Keep working hard.

It’s not impossible.”

**FUTURE GOALS:** To make the National Team and compete in the 2020 Olympics and to be a doctor.



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# Taylor Gibson

14 • Cumberland Valley High School freshman

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**FAVORITE THING TO SHOP FOR AT THE MALL:** I like to shop for cute shirts—flowy, cutesy shirts.

**FAVORITE STORES:** American Eagle and DSW

**WHAT'S EXCITING ABOUT THE UPCOMING SCHOOL YEAR?** I'm looking forward to being on the dance team, and excited to do football games and go to competitions. I'm excited to meet new people and make new friends.

**ACTIVITIES:** Dance and Young Life.



# Bradley Gibson

4 • Silver Spring Presbyterian Church Preschool

**ARE YOU EXCITED TO BE GOING TO SCHOOL?** No.  
**FAVORITE SCHOOL ACTIVITY:** play basketball in the gym  
**IS GREAT AT:** Soccer—for South Middleton Soccer Association and has been participating in Soccer Shots.



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Sarah Weinstein

8 • Third-grader at Silver Academy

**FAVORITE SUBJECT:** Art.

“When I am in art, I feel like I can be alone, painting and being creative.”

**IN HER SPARE TIME SHE CAN BE FOUND:**

Reading a book, singing or dancing.

**A TALENT SHE HAS THAT HER SISTER DOESN'T:**

Doing cartwheels.

Chloe Weinstein

5 • Starting kindergarten at Silver Academy

**WHAT SHE LOOKS FORWARD TO AT SCHOOL:** Art.

“Everytime I do art I get better and better!”

**FAVORITE SPORT:** Tee ball.

**A TALENT SHE HAS THAT HER SISTER DOESN'T:**

She can roll her belly.

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# Gabrielle Weber

13, of Whitehall • Eighth-grader



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**FAVORITE SUBJECT:** My favorite subject is science because it is very interesting. I like learning about plants and animals, the weather, earth and space.

**FUTURE PLANS:** My plan when I graduate is to go to college and study to become a zoologist. I really love animals and learning about them and I think this would be a great occupation.

**IN HER FREE TIME:** When I am not in school or studying I love to draw. A few months ago, I started to take horseback riding lessons and spending time at the farm learning about how to care for the horses. And recently, I purchased a guinea pig that I love to death. Her name is Princess Leia.

# Taylor Feltman

15 • Junior at Penn Manor High School  
(pictured with Amanda Thomas, radiologic technologist,  
at MedExpress Urgent Care Facility, Lancaster)



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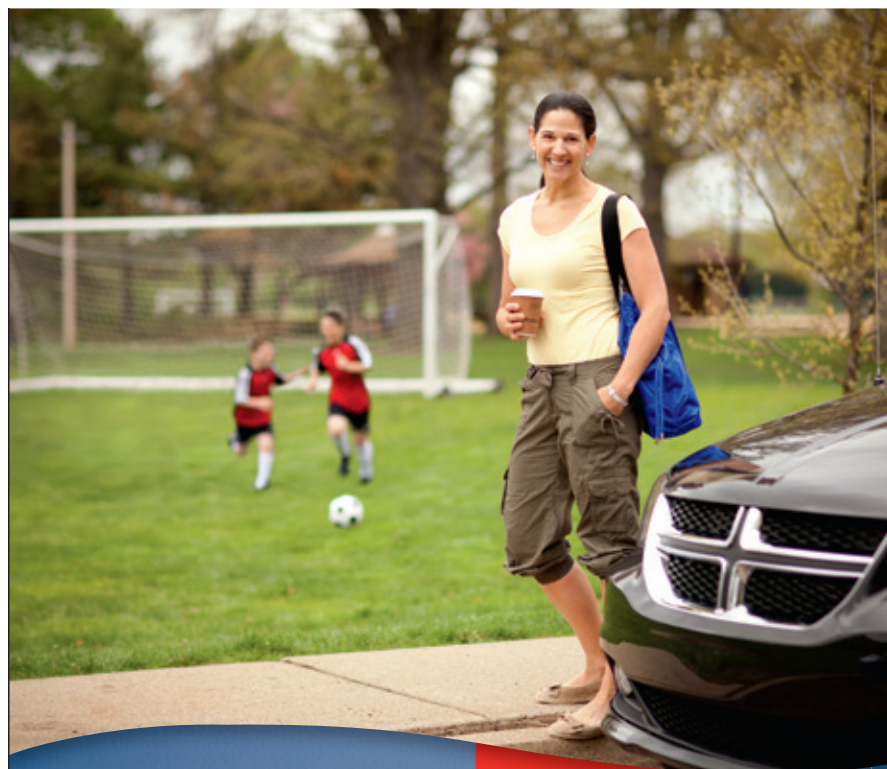
**FAVORITE SUBJECT:** Math

**FAVORITE SPORT:** Cheerleading

**FUTURE PLANS:** To go into the medical field

**SECRET TO STAYING HEALTHY:**

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# Christian Labarbara

10, of Landisville  
Attends Hempfield School District

**FAVORITE SUBJECT:** math

**FAVORITE SPORTS:** baseball and basketball

**EXCELS AT:** baseball

**WHAT MAKES A GREAT GAME:** good competition

**FAVORITE THING TO DO WHEN NOT ON THE FIELD:**  
hang out with friends



## FALL YOUTH PROGRAMMING

### NO INITIATION FEE AFTER SCHOOL CAMP

Sign up for the After School Camp in the month of August & have the initiation fee waved. Limit one per household. Redeem online with promo code "FallAfter2013" or bring this coupon to the Nook!

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During the month of August, book a birthday party for any month in 2013 to receive 15% off. Contact Marissa Goss, Birthday Party Coordinator at marissag@nooksports.com or 717-945-7087 ext. 236. Dates based on availability.

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Nook Summer  
Camps Kids  
(Pictured right  
to left)  
Luke Fountain  
Adam Gibson  
Caleb Noden



# Summertime Checklist



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of Lancaster County at Eden Park

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Referrals for consultations accepted from parents, relatives, doctors and midwives.

Call our registration staff at 717-569-8518 for more information.

With summer quickly slipping away, it's always a good idea to plan ahead for Back-To-School to avoid the last minute rush.

Central Penn Parent is providing this Summertime Checklist to get your family ready for fall. Post this in a handy place and make yourself feel good by checking off the items before that first day of school!

### Vaccination Requirements

(Source: Pennsylvania Department of Health)

For attendance in all grades, children need the following:

- 4 doses of tetanus\*  
(1 dose on or after the 4th birthday)
- 4 doses of diphtheria\*  
(1 dose on or after the 4th birthday)
- 3 doses of polio
- 2 doses of measles\*\*
- 2 doses of mumps\*\*
- 1 dose of rubella (German measles)\*\*
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) vaccine or history of disease

\*Usually given as DTP or DTaP or DT or Td

\*\* Usually given as MMR

Children attending 7th grade need the following:

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) [if 5 years has elapsed since last tetanus immunization]
- 1 dose of meningococcal conjugate vaccine (MCV)

These requirements allow for medical reasons and religious beliefs. If your child is exempt from immunizations, he/she may be removed from school during an outbreak

For a complete list of medical screenings recommended from birth through age 17, as well as helpful resources, visit [www.centralpennparent.com](http://www.centralpennparent.com), click on the HEALTH tab and visit the Eden Park Pediatrics section.

- Fall Sports Physicals
- New Student Orientation Dates/  
Tours on Calendar
- If Appropriate, Talk to your School about an  
Individual Education Plan
- Plan for Before and After School Childcare
- Enroll in After School Lessons
- Go Shopping for Back-To-School Supplies
- School Lunch Program Paperwork Submitted
- Prepare a Quiet and Organized Study Area for  
Homework
- Find New and Nutritious Recipes for Lunches and  
After School Snacks
- Receive Classroom and Bus Stop Information  
from School
- School Vaccinations

- Charge the Camera for that All Important First  
Day of School Picture!

CENTRAL PENN  
Parent

road trip



# 24 hours in National Harbor

BY ANDREA CICCOCIOPPO

**LOOKING FOR A SHORT GETAWAY WITH** plenty to do for either the whole family or just a parents' retreat?

Head south to National Harbor along the Potomac River in Maryland (not to be confused with Inner Harbor in Baltimore).

**National Harbor** ([HTTP://NATIONALHARBOR.COM/](http://nationalharbor.com/)) is a 300-acre multi-use waterfront development on the shores of the Potomac River in Prince George's County, just south of Washington, D.C. off the Woodrow Wilson Bridge.

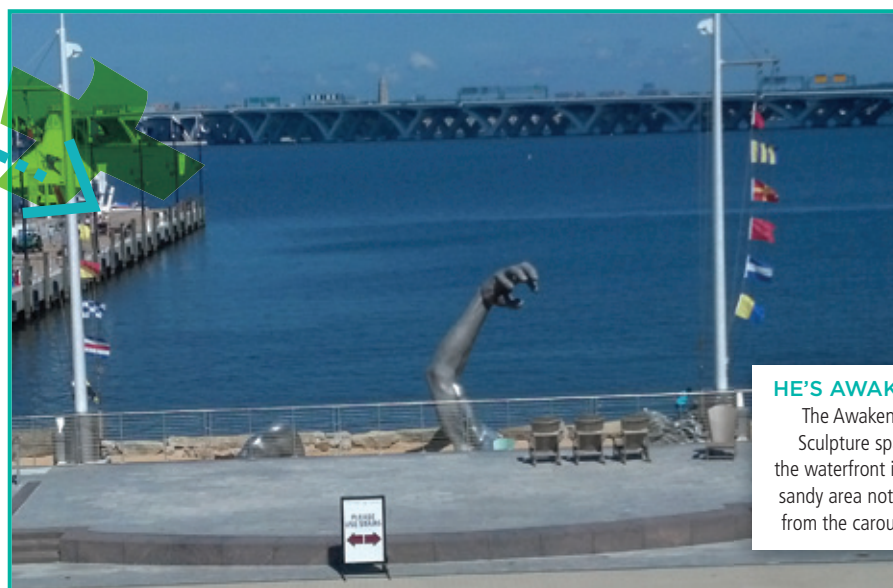
With six hotels, more than 40 retailers in the downtown area (and a Tanger Outlets center will open later this year),

plus more than 30 restaurants, there's enough to do in and around the town to spend a weekend or several days, but it's also a great place for a quick trip that feels like a lifetime away with not more than a two-hour drive from Central Pa.

## For families

### ■ THE CAROUSEL AT NATIONAL HARBOR.

Entering National Harbor from the Woodrow Wilson Bridge is a 36-foot Americana-themed carousel that features a herd of whimsical creatures and sits right along the river. The area includes a newly-built playground, toddler play area and picnic tables. Admission is \$5 for an all-day pass or \$3 for a single ride. Parents



### HE'S AWAKE!

The Awakening Sculpture spans the waterfront in a sandy area not far from the carousel.

ride free with purchase of admission for children. A parking lot is adjacent to the carousel. The carousel is open daily from noon to 8 p.m. through Sept. 8, weather permitting.

■ **THE AWAKENING SCULPTURE.** Walk from the carousel along the waterfront to a small sandy park area with a giant five-piece cast iron sculpture depicting the arousing of a bearded giant with a head, hand, outstretched arm, bent knee and foot arranged to suggest that the giant is

breaking free from the earth. (You really need to walk up the stairs to street-level to get a view of this). The sculpture was designed by J. Seward Johnson Jr. and was originally part of a citywide public art exhibition in 1980 in Washington, D.C. Kids can run off steam in the sandy play area.

■ **PEEPS® & CO.** Yes, the bright yellow marshmallow treat of childhood has its own store. This one features a glowing 5-foot Peeps® Chick surrounded by

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■ **THE NATIONAL CHILDREN'S MUSEUM.**

This world-class cultural and educational center ([www.ncm.museum](http://www.ncm.museum).) inspires children to care about and improve the world. Exhibits and programs focus on six core content areas: the arts, civic engagement, the environment, global citizenship, health and well-being and play. Admission is \$10 for adults and children over age 1. Hours are 10 a.m. to 4 p.m. Tuesday through Saturday and noon to 4 p.m. Sunday.

■ **FAMILY MOVIE SUNDAYS.** Through Sept. 1, the Harbor offers movies under the stars. Meet at the Plaza's big screen for free family-friendly PG-rated films. Movies begin about 20 minutes after sunset.

### For couples

■ **CRUISE AWAY.** Take in the view of our nation's monuments and the city of Washington during a narrated cruise on the Potomac ([www.potomacriverboatco.com](http://www.potomacriverboatco.com)). Cruise includes landmarks such as the Lincoln Memorial, Jefferson Memorial, Washington Monument and the JFK Center. There's also a cruise to Mount Vernon where you can disembark ship to tour George Washington's estate. Or hop a water taxi to Alexandria for a night in Old Town where you can stroll cobblestone streets and take a history or ghost tour.

■ **GO EXPLORING.** Take a Metrobus or shuttle to Union Station or the Old Post Office Pavilion in D.C. and venture into Chinatown or one of the other unique areas the capital city has to offer.

■ **ENJOY THE NIGHTLIFE.** There are plenty of waterfront establishments in National

Harbor to dine or have drinks and many offer nightly entertainment.

■ **GET ACTIVE.** Rent a pedal boat or kayak and work out on the river. There's also free waterfront yoga (every other Saturday at 9 a.m.).

■ **AMERICAN MARKET.** If you're in town on a Saturday, check out this upscale farmers market. Sample goods grown from local farmers, specialty foods and unique hand-crafted gift ideas. Everything is locally grown or handmade. The market is open from 10 a.m. to 4 p.m. Saturdays through October between Waterfront and Fleet streets.

### Quick tips

■ **PARKING.** National Harbor is just off the Capital Beltway. Parking is available in several garages (\$5 for 1-2 hours to \$11 for 4-12 hours or \$13 for 24 hours); in a public lot near the carousel (\$5 for 1-2 hours to \$11 for 4-12 hours) and on the street (\$3 per hour).

■ **TAKE A CREDIT CARD.** Not all parking venues accept cash.

■ **TRANSPORTATION.** If you take an excursion via shuttle or water taxi, make sure to check the schedule before you go. You don't want to find yourself stuck past the time of a return trip.

■ **LODGING.** Most of the National Harbor hotels offer special packages and deals to either loyalty club members or visitors to their online websites. Check them out before you book.

■ **PACKING.** Pack comfortable shoes. Chances are, you'll be doing a lot of walking.

■ **CPP** *Andrea Ciccocioppo is editor of Central Penn Parent and is always looking for a great getaway.*



**NIGHTLIFE**

For a couple's getaway, enjoy the fast-paced nightlife of the National Harbor.

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# Lessons learned in SCHOOL SAFETY

BY DAVID F. SALTER

**WHEN WE SEND OUR KIDS OFF TO SCHOOL** in the morning, we take for granted that they will return home safely. Unharmed. Undamaged. Just like when they left the house that morning. Even today, with all that's gone on in our schools across the nation during the past decade, we still have that expectation. That's not an unreasonable wish. But we sometimes wonder if it's just that.

We all can, unfortunately, recite the school tragedies that have happened over the past 14 years, and we not only have events like Columbine and Sandy Hook,

but also we have those closer to home like Red Lion (2003) and West Nickel Mines School in Lancaster (2006).

If you do a Google search, you'll discover that many more school tragedies occur than get reported in the national media. Many go overlooked other than by the folks in the immediate community.

School safety and security continues to evolve, and each school district has in place a strategy to address those events. The proactive districts are planning how to prevent them from happening at all.



#### SCHOOL ZONE

Safety and security continues to evolve and each school district has plans on how to prevent tragedies from happening.

### Preparation is key

As a parent, it is a great idea to inquire either to your school leader or to the district to find out what plans are in place. Many schools and districts keep parents in the communication loop on such matters, but it never hurts to have a check-up to find out the latest plans.

Joe Stroup, principal at Newport Middle School said that the district has

a list of items that students are banned from bringing into school. That includes all weapons and anything that closely resembles one of the 15 items on that list. Students are not permitted to carry their backpacks from class to class. They have them first thing in the morning, and then must leave them in the locker till the end of the school day.

Like many local districts, Newport also

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The other reason we want to get into the schools is so that our officers get to know the layout of the school. That's another piece. If you're in law enforcement and you're not training in your schools, you're missing the boat.

GEORGE SWARTZ

CHIEF OF POLICE IN SPRING GARDEN TOWNSHIP

has the AlertNow telephone notification system, so if there is a scenario that the parent needs to be informed about, messages will be transmitted to every parent that has provided a contact number to the school administration.

And students are being prepared for emergencies, too. "We have more conversations and rehearsals with the students to be better prepared. We have two assemblies a year where we talk about these things and why we must do some of the things we're doing. The teachers do a great job of carrying that message to the classroom. We also conduct two lockdown drills per year to drill in the event that we have a catastrophic situation," Stroup said. "That's the lesson that came out of Sandy Hook. The kids in the building were prepared and that saved lives. Their preparedness and rehearsals and practice, and talking about them, saved lives and prevented what could have been a greater catastrophe. That's the biggest change."

### Know your community

Stroup has a smaller school and one of his goals is to have a personal conversation with each of his 266

students at least once a year. He also indicates that they do a more vigorous job screening visitors to the school.

Like many schools, Newport has a buzz-in system and an exterior camera in front of which a visitor must stand to be identified. They then proceed to a waiting access area, where they must sign in and inform the secretary what is their business at the school. Stroup says that adults cannot gain access to the building and walk freely unless they are a parent volunteer with all appropriate clearances on file.

"Compared with 20 years ago, schools are much safer than ever before," Stroup said. "In light of some of these recent events, we have to be safer. Some things we go through may seem like an inconvenience to parents, but there are those individuals out there, despite the upgraded safety, that still want to take advantage of schools."

### The power of enforcement

Another resource that schools and districts can tap into is local law enforcement personnel. Police departments often are a tremendous source of knowledge and experience, as well as having the most up-to-date information on strategy and tactics.

"We go into schools to look at the physical layout and to offer suggestions on how to harden the facility to people who are not welcome," said George Swartz. Swartz has been the chief of police in Spring Garden Township since 2001, and his department is responsible for the York Suburban School District. "The other reason we want to get into the schools is so that our officers get to know the layout of the school. That's another piece. If you're in law enforcement and you're not training in your schools, you're missing the boat. Police departments are doing a lot of training in schools in their jurisdiction. We really want to know how the classrooms are configured and how the schools are laid out."

Swartz said that the mission of his department is to make the schools as secure as possible with the understanding that they are public facilities. His goal is to create an environment of safety. They not only do training with their officers, but also will train school personnel.

*continued on page 44* ▶

# CENTRAL PENN Parent

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## education

*continued from page 43* ▶



### STAYING ALERT

Typically teachers tend to be making calls, text messaging or answering messages on their cell phones. They need to be alert and aware of the surroundings of themselves and children on the playgrounds.

“The actual first responders in a school are the school staff,” Swartz said. “They are the first point of contact with someone coming into the school, whether it’s an intruder or a visitor. What we’re attempting to instill is to challenge these people coming in, especially if they do not have credentials. On a regular basis they need to be aware of who’s in and around the school.

“Sometimes it’s simple things,” Swartz went on. “For example, when kids are on the playground, you have staff on the playground that is supposed to be monitoring the students. But typically, teachers can be found text messaging, answering messages, or talking on their cell phones. They need to be looking around, seeing who’s coming on to campus, who’s leaving, be aware of the surroundings. And if you see something out of the ordinary, bring it to the attention of other staff.

That’s fulfilling the safe environment we’re talking about.”

Swartz also is in regular contact with agencies like Homeland Security, and he and his officers can utilize this information and training with school staff and personnel. He encourages school districts to reach out to their local law enforcement officials for assistance in planning and training.

“The communications, the discussions and the training are always evolving,” Swartz said. “It’s a situation that I hope I never have to respond to.”

For information on how your school district manages safety, consult district officials.

**CPP** *David F. Salter is a freelance writer based in York, a father of three daughters and blogs at [www.fathersagainstdaughtersdating.com](http://www.fathersagainstdaughtersdating.com)*

# Grant legislation may mean more officers

**IF GOV. TOM CORBETT SIGNS INTO LAW** a piece of legislation that was passed onto his desk with unanimous approval from both the state Senate and the state House, more school districts in the state will have the opportunity to have the similar advantage that the Derry Township School District has enjoyed for 13 years.

Legislation was created to install a new grant program that will enable schools and districts to hire resource officers and police officers, as well as fund other safety and security measures. The state House voted 202-0 on July 1 after the Senate passed it 49-0 in April.

Grant money would be targeted to schools and districts that use police or resource officers that have completed training related to interaction with children in a school setting. The final dollar amount is not yet determined, but it appears that bill sponsor Joe Scarnati (R-Jefferson County), was able to secure \$8.5 million in the final budget agreement for school safety grants. He would like to

have \$10 million for the program.

“This is our 13th year having a full-time resource officer,” said Dan Predinnick, communication director for Derry Township schools. “We have a memorandum of understanding with the Derry Township police department to provide a full-time police officer.

Mary Kepple has been with us since the inception of the agreement. During the school year, the bulk of her time is spent on campus, and our buildings are her patrol. The police department is her employer, and in the summertime she returns to them as a full time officer.”

Kepple is not an employee of the school district, but based on the agreement between the two parties, the school district pays 50 percent of the officer’s expenses, which include salary, benefits, equipment costs and uniform costs. Kepple is a fully trained, armed municipal police officer. She carries a department-issued handgun as well as a taser.

“The role of the resource officer is




## MORE FORCE

The new grant program will enable schools and districts to hire resource officers and police officers, as well as fund other safety and security measures.

just that,” Predinnick said. “In our case she does everything from talking to elementary students about playground safety to conducting canine searches. But it’s the community police officer approach at its best. The students see her in uniform, but they know she’s there to help and talk with them, not someone who’s looking to get them into trouble or arrest them.”

Predinnick believes that if Corbett signs the legislation, it could make a difference for school districts that

currently might not have room in their budget for a similar position.

“We’re fortunate in that regard,” Predinnick said. “As our budgets started getting tighter, we were contemplating cutting that position two years ago. The parent community didn’t think we should cut that. Our community told us pretty clearly that that position is a priority. The availability of funding will make a huge difference for some districts that are on the fence.” 

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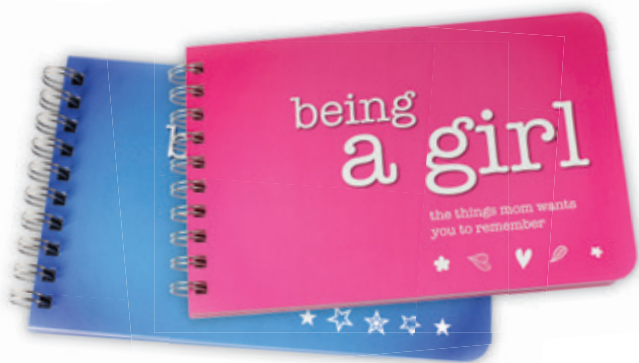


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The pack includes: the Wild Notes Black Notebook and Metallic Pen set, which lets kids write in wild, metallic colors; and the Twistables Colored Pencils Kit, a colorful collection of Crayola Twistables Colored Pencils and paper in a durable, portable carryall case. \$6.99 and \$12.99.

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Slightly tacky to the touch, Wikki Stix allow kids from Pre-K to middle school to be creative. They stick with just fingertip pressure and are easy to peel up and reposition. They are non-toxic and conform to all CPSIA regulations. Made in the USA. The Big Count Box offers 468 Wikki Stix in 13 colors, all in a flip-top box that is perfect to decorate with Wikki Stix and use for storage. Also includes 12-page fun booklet of Arts & Crafts ideas. Suggested Retail: \$29.95.



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# back-to-school GIVEAWAY



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# 7 secrets to great mornings

## A tale of two mothers

SARA KENDALL **VS** ANDREA CICCOCIOPPO



### The night before

#### 1 Come up with a lunch plan

**Sara says:** Most school systems have lunch menus available online. Look up what's on your kids' school lunch menu. Find out who wants to buy and who wants to take their lunch. You may not be able to make their lunch the night before, but you can fill up their drink bottles, get their lunch boxes out and decide on snacks, saving precious time the next morning and setting you up for a quick lunch-making process.

**Andrea says:** Glance at the stack of school papers on the kitchen counter. Admit there is no way you're gonna find the school lunch menu. Check the refrigerator to see if there are leftovers that can be eaten without being nuked. If there are, open the Tupperware cupboard or drawer. After you pick up the containers and lids that fell all over the countertop and floor, find one that will hold the right amount of food AND will fit in the lunchbox. Fill the containers and shove them into the refrigerator. Put a Post-It note on the fridge door to remind you to get them out in the morning. If no leftovers are to be had, plunk the peanut butter jar and bread on the counter for morning sandwich making. Then, check all the usual spots for your kid's lunchbox—near the door, kitchen counter, in the car, etc. Set the lunchbox on the counter with the sandwich stuff. Stick a Post-It note on the bathroom mirror to remind you to make

**FOR A FAMILY WITH SCHOOL-AGE CHILDREN,** weekday mornings can be a tricky balancing act—scrambling to find homework, rushing to make breakfast and solving fashion disasters—as the clock ticks away.

But your mornings don't have to be chaotic. Whether you're a parent who plans or a fly-by-the-seat-of-your-pants parent, here are a few ways to mitigate morning mania:

the sandwich in the morning. Or, shake your purse so the loose change falls to the bottom. Sort through gum wrappers, store receipts and half-used tissues to see if you have enough change for lunch money. Grab a plastic zipper sandwich bag and deposit loose change in the bag. Put it near the door to hand to child as she heads out to catch the bus. Put a Post-It note on the door to remind you to give kid money in the morning.

#### 2 Got milk?

**Sara says:** While in the kitchen, select what's on the breakfast menu. Place all the non-perishable breakfast food items like cereal, granola bars and bagels on the counter. Line up bowls, plates and the necessary utensils. Having all the choices sitting on the countertop, your older kids can easily see what is available, and it will prompt them to make their own breakfast.



**Andrea says:** Shake the milk jug. If it feels low, text husband and tell him to plan on stopping at the

drive-thru on his way to work instead of having his regular bowl of mini-wheats so that there's enough milk for the kids' breakfast. Set the toaster on the counter in hopes that somebody is content with toast and Pop-Tarts in the morning—just in case.



#### 3 Get 'em organized

**Sara says:** Get your kids into the habit of packing their backpacks the night before. For younger kids, do a double check for homework, permission slips, books and school papers. The packed lunch boxes, drink bottles, and snacks can be added in the morning. If there is no lunch to add, consider putting their backpacks in the car, so they are ready to go.

**Andrea says:** Trip over half-opened backpack on the way out of the kitchen. Pick it up, zip it up and drop it near the door. Hope that the cat didn't crawl into it before you zipped it up.



#### 4 Prepare to take on the day

**Sara says:** Check the school's activity calendar for each of your children, review your work schedule and don't forget the weather report. If it's library day tomorrow, have your child find the book tonight to avoid a last-minute scramble as you're heading out the door. Your big project presentation is tomorrow. Get everything ready, so you can breathe easier in the morning. The forecast is calling for possible rain. Prepare by laying out rain gear for the whole family.

**Andrea says:** Check your Outlook reminders or day planner and look at the weather forecast on your Smartphone. Notice you have 17 e-mails and four Facebook messages. Decide to deal with e-mail in the morning, then scroll through your Facebook newsfeed. Post a few comments. See the notification reminding you of your turn on Scramble or Words with Friends. Take your turn. Ohmygosh! It's nearly midnight! Wonder what you were gonna do when you picked up the phone. Put phone on charger and head to bed. Tomorrow is another day!

#### 6 Time is of the essence

**Sara says:** Pad your morning time by adjusting bedtimes and alarm clocks by 10 minutes. Go to bed 10 minutes earlier, so everyone can get up 10 minutes earlier. These 10 crucial minutes gives you the extra cushion if an unexpected delay occurs from burnt toast to missing car keys. **Andrea says:** Check to make sure alarm is set. Resolve to not hit the snooze in the morning.



#### 5 Ponder fashion

**Sara says:** Since you have checked the weather report, wardrobe decisions can be made by your kids. Inform your kids about the next day's weather, so they make their choices and lay out what



they want to wear on their dresser. Clothing choices are a way a child can showcase their individual style, so this could lead to multiple outfit changes. Making this important decision at night will save precious morning minutes.

**Andrea says:** Since you've just crawled into bed and suddenly realize neither you nor the kids has anything clean to wear the next day, get up, go to the hamper, find all the dark pants and shirts you can find and throw them into the washer. Put a Post-It note on the bathroom mirror to remind yourself to put them into the dryer in the morning. Go back to bed and say a quick prayer that there are shirts and pants to match for everyone.

#### And ... in the morning

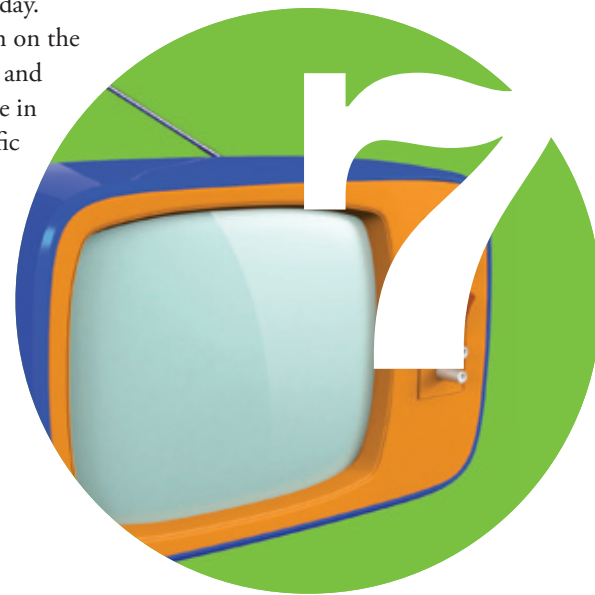
#### 7 Keep it quiet

**Sara says:** Restrict the television, computer and video games in the morning. Kids tend to zone out in front of the television or get totally engrossed in winning a game on an electronic device. Play relaxing music instead so everyone has a calmer state of mind to start their day.

**Andrea says:** Turn on the bedroom (or kitchen) and living room TVs. Tune in to local news and traffic on the bedroom or kitchen TV. Put on a PBS kids' show or

kids' DVD on the living room TV. Tell the children as soon as they are dressed and ready, they can watch TV. When they hit the couch, hand them each a bowl of dry cereal. Whichever kid complains about it being too dry to eat gets the last of the milk. Finish getting dressed in peace while kids are occupied.

Now take a deep breath and get ready ... set ... go!



# afterschool & enrichment

Searching for an afterschool activity? Here are some venues that offer programs:

## CUMBERLAND COUNTY

**Art Center School & Galleries**  
www.mechanicsburgartcenter.com  
18 Artcraft Drive, Mechanicsburg  
717-697-2072

**Carlisle Arts Learning Center**  
www.carlislearts.org  
19 N. Hanover St., Carlisle  
717-249-6973

**Carlisle Family YMCA**  
www.carlislefamilyymca.org  
311 S. West St., Carlisle  
717-243-2525

**Central Penn Youth Soccer League**  
www.cpyssl.net  
4075 Lisburn Road, Mechanicsburg  
717-697-1002

**Central Pennsylvania Youth Ballet**  
www.cpyb.org  
5 N. Orange St., Carlisle  
717-245-1190  
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**Half Moon Handwerks inside Third Street Gallery**  
www.halfmoonhandwerks.com  
214 Third Street, New Cumberland,  
866-584-2280  
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**JW Music**  
www.jwmusic.com  
331 Market St., Lemoine  
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127 N. Hanover St., Carlisle  
717-258-6765

**Pennsylvania Regional Ballet**  
www.prballet.org  
211 N. Enola Drive, Enola  
717-732-2172  
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**The Studio**  
www.summerdaledance.com  
427 N. Enola Road, Enola  
717-418-9258

**Studio 91**  
www.studio91.com  
712 Grantham Road, Mechanicsburg  
717-691-5567

**West Shore YMCA**  
www.yimaharrisburg.org  
410 Fallowfield Road, Camp Hill  
717-737-9622

## DAUPHIN COUNTY

**Artistic Sports Academy Plus**  
www.artisticsportsacademyplus.com  
20 Bradford Blvd., Harrisburg  
717-540-3547  
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**Follow Me! Christian Child Care Center**  
www.followmechildcare.com 6003  
Jonestown Road, Harrisburg  
717-540-0707  
*Offering afterschool programs through fifth grade as well as Kindergarten enrichment programs.*

**Friendship Community Center**  
www.friendshipcntr.com  
425 Prince St., Harrisburg  
717-657-5635

**Gymnastics Center of Hershey**  
www.gymnasticscenterofhershey.com  
3001 Elizabethtown Road, Hershey  
717-534-1881

**Jewish Community Center**  
www.jewishharrisburg.org  
3301 N. Front St., Harrisburg  
717-236-9555

**José Johnson's Chinese Arts & Wellness Center**  
www.dowellness.com  
2233 Paxton Church Road, Harrisburg  
717-540-5345

**Kim's Institute of Martial Arts**  
www.kimausa.com  
26 Briarcrest Square, Hershey  
717-909-5566

**Korean Integrated Martial Arts School (KIMADO Karate)**  
www.kimadokarate.com  
2200 Woodview Drive, Harrisburg  
717-608-6626  
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**Mike Louie's TaeKwon-Do Schools**  
www.mikelouietkd.com  
Hempfield Area Recreation Commission  
950 Church St, Landisville  
717-898-3102

**One Broadway**  
www.onebroadwaydancecentre.com  
38 W. Granada Ave., Hershey  
717-533-1111

**Open Stage**  
www.openstagehb.com  
223 Walnut St., Harrisburg  
717-232-6736

**Richie School of Dance**  
www.richieschoolofdance.com  
515 Mountain Road, Harrisburg  
717-652-7806  
679 Second St., Highspire  
717-939-5378

**State Street Academy of Music**  
www.ssamusic.org  
110 State St., Harrisburg  
717-236-1366

**Tap'n'Arts Dance Studio**  
www.tapnarts.com  
4439 Mars Ave, Harrisburg  
717-652-1476

## LANCASTER COUNTY

**Elizabethtown BIC Church**  
www.etownbic.org/afterschool/  
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**Ephrata Recreation Center**  
www.ephratarec.com  
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717-738-1167

**Lampeter-Strasburg YMCA**  
www.lancasteryymca.org  
800 Village Road, Lancaster  
717-464-4000

**Lancaster Youth Soccer Club**  
www.lysc1.com  
Lancaster  
717-393-7339

**North Museum of Natural History & Science**  
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## LEBANON COUNTY

**Marty's Music Store**  
www.martys-music.com  
1245 E. Main St., Annville  
717-867-1000

**Paramount Sports Complex**  
paramountsportscomplex.com  
21 Landings Drive, Palmyra  
717-838-0330

**SPLAT™ Studios**  
http://splatstudio.com  
21 E. Main St., Annville  
717-279-1802

## YORK COUNTY

**Dillsburg Area Soccer Club**  
www.dascoccer.org/  
Dillsburg  
717-502-0521

**Dream Wrights Youth and Family Theatre**  
www.dreamwrights.org  
100 Carlisle Ave., York  
717-848-8623

**Gymnastics of York**  
www.gymnasticsoforyork.com  
2615 Course Road, York  
717-378-0101

**Red Land Soccer Club**  
www.redlandsoccer.org/  
250 Old Quaker Road, Etters  
717-932-7887

**Spring Grove Soccer Association**  
www.springgrovesoccer.com  
50 N. East St., Spring Grove  
717-225-6638

**YMCA of York & York County**  
www.yorkcoymca.org  
90 N. Newberry St., York  
717-812-0119

**York Jewish Community Center**  
www.yorkjcc.org  
2000 Hollywood Drive, York  
717-843-0918

**York Soccer League**  
www.yysl.org  
York  
717-741-3861

## AROUND THE AREA

**Boy Scouts of America**  
www.scouting.org  
Keystone Area Council  
1 Baden Powell Lane, Mechanicsburg  
717-766-1591

**Capital Area Soccer Association**  
www.capsoccer.org  
6003 Jonestown Road, Harrisburg  
717-652-3676

**Girls Scouts of the USA**  
www.gshpa.org  
350 Hale Ave., Harrisburg  
717-233-1656

**Soccer Shots**  
www.soccershots.org  
717-616-8587

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- [2. office@etownbic.org](mailto:office@etownbic.org)
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# My child just said WHAAAT?!

BY JANE SUTER

**BASED ON THE ABOVE TITLE, YOU ALL** know where this story is going. I'm not proud, nor am I ashamed. Shocked? Yeah. That's the precise word I would use. Utterly shocked. Especially because my boys are forbidden to even use the word "stupid" in our house, let alone a big, fat, furry swear word.

Yet, from the vast list of 180 thousand English words in use today, my son culled from the herd a doozy to try out at my friend's house.

But I'm getting ahead of myself.

We were at a picnic. We were there for several hours and everything was

going great. As the children played tag in the yard, I took advantage of the rare opportunity to sit down and talk with my girlfriends. My husband was, I thought, in charge of watching the kids. Turns out he wasn't doing that. (As I've come to expect, my brief ecstasy of engaging in adult conversation came with a price.) Within minutes my oldest son came blasting up to me with a story so horrifying it made my highlights stand on end.

Like all epic tales retold by children, there was great passion and a Biblical overtone of right -vs- wrong. To add to



the drama is a squeaky voice which rises and falls octaves to match the furious action of the heroes and villains. Simply riveting!

Based on the long, rambling account, I gleaned this: A few older boys at the party were playing with the younger ones. This must have affronted their "mature" senses because one of the big guys snapped and threw a small girl to the

ground. Then he laughed. Then he shot off a few curse words. My youngest son witnessed the fury.

What the big dude didn't understand was that my little guy is tough. He has to be. He has an older brother and we all know what older brothers are like. Anyway, when he saw the altercation, he snapped, too—lost his little boy mind. He let loose the sailor-speak and

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charged, full speed, towards the bully, who promptly shoved my son to the ground, too.

When my oldest finally got to the cussing part of the story, my adult ears were struck by my tiny man's obvious misuse of the expletive. Not being a professional potty-mouth, he had used the word entirely wrong. Amusingly so. In fact, I almost laughed. But I didn't. I must look stern. However, this made me feel terrific. Had he used the word in perfect context I would have been shrink-shopping-worried, yet he used it in a way that didn't even make sense. Woot!

Unfortunately I was now left with a conundrum:

On one hand, I had to admire my son's grit. He stood up for a little girl. "That's my boy," I thought. Nevertheless, he did volley a curse word that is totally unacceptable and, because I'm the mom, I had to exact judgment.

I began with an interrogation: "I heard you said a bad word." "Umm, yeah ..."

"Do you know what that word means?"

"It's baaaad." "But do you know what it means?" "I'm not sure. But it made him stop ... Till he shoved me to the ground"

"Where did you hear that word?"

"He said it first!" (Thank God! because I was absolutely sure he was going to say he heard it from daddy, and

then what was I gonna say?)

"I love that you stood up for your friend, but using bad language only makes you look stupid."

"Mommy, stupid is a bad word. You just swore!"

"I know. (Sigh) I'm sorry. I guess we both have a lot to work on. Just remember, swearing is **BAD**. So is losing your temper. Will you promise to never use bad words, again? Ever."

"OK Mommy."

And that was that.

Based on his tears, I knew he had learned his lesson. In addition, because

the crime was commissioned during an act of good samaritanship, I didn't think he deserved further punishment. I hope I made the right decision.

In the final analysis, I expect I'll have many more occasions to discuss swearing with my kids. I hear it happens to everyone these days. My only concern is how to impress upon my children that the very words they use show other people who they are. Language, indeed, defines us all. And I hope,

in the future, they grow up to be smart, clean-mouthed adults and realize using curse words make them look stupid. I mean dumb. I mean ... well, you know what I mean.

**CPP** Jane Suter, a Hershey mother of two, is a freelance writer and an award-winning columnist.

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"That's my boy,"

I thought. Nevertheless, he did volley a curse word that is totally unacceptable and, because I'm the mom, I had to exact judgment.

**readers:** **WRITE TO JANE!** Email her at plainjane@centralpennparent.com. For more plain jane, visit her Tuesday blog at www.centralpennparent.com.

## Fishburn Flock Christian Child Care & Early Learning Center



**\*Kindergarten**  
Open Registration

Each student receives a **FREE Kindle!**

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**"Follow Me!"**

Christian Childcare Center

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**(717) 540-0707**

www.followmechildcare.com

We are proud to serve families with infants through 5th grade where children can experience Jesus' love.

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for our Fall 2013-2014

School year and

receive **FREE registration!**

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• Busing Available



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We think learning should be fun.



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**YORK COUNTRY DAY SCHOOL**

Scholars. Artists. Athletes. Citizens.

*York Country Day School is an affiliate of York College of Pennsylvania*

# Calendar

august

## Lemonade Day


Second Street Community Center, 2nd & Orange Streets, Northumberland, 11 a.m.-4 p.m. Bringing young entrepreneurs together for food, games, music, contests, raffles, a petting zoo and lemonade stands.

570-473-3414

[www.17857.org](http://www.17857.org)




### THURSDAY, AUGUST 1

 **Know Your eReader.** Lancaster Public Library East Leola Branch, 46 Hillcrest Avenue, Leola, 6 p.m. A session demonstrating how to download ebooks from Overdrive and instruction on the neat features of your eReader. FREE.

717-394-2651x119 • <http://lple-ereader2.eventbrite.com>

### FRIDAY, AUGUST 2

 **Dirt Movers.** Lancaster Public Library, 125 North Duke Street, Lancaster, 10:30 a.m. Hear stories about construction vehicles and then make a dump truck from LEGOs. FREE.

717-394-2651 • <http://lpl-dirtmovers.eventbrite.com>

### SATURDAY, AUGUST 3


**3rd Annual Keystone Cruise-In.** Entrance to Leola Ball Field, 39 East Main Street, Leola, 10 a.m.-3 p.m. Antique, classic and street rod cars along with trucks, fire apparatus and motorcycles, plus dunk tank, door prizes and music. Admission by donation, proceeds benefit the Upper Leacock Fire Company and the Keystone Majorette Corps.

717-666-4386 • [www.keystonemajorettecorp.weebly.com](http://www.keystonemajorettecorp.weebly.com)

 **5th Annual Afram Celebration.**

Harrisburg Military Post, 1400 Calder Street, Harrisburg, noon-5 p.m. African American businesses, performers, entrepreneurs, public agencies, youth groups and more are showcased. Rain or shine. FREE.

717-503-2242 • <http://www.mahoganyleader.com>

 **Open House.** Korean Integrated Martial Arts School, 2200 Woodview Drive, Harrisburg, 11 a.m.-3 p.m. Information on classes, martial arts demonstration, activities for kids and more. FREE.

717-608-6628 • [www.kimadokarate.com](http://www.kimadokarate.com)

**Lemonade Day.** Second Street Community Center, 2nd & Orange Streets, Northumberland, 11 a.m.-4 p.m. Bringing young entrepreneurs together for food, games, music, contests, raffles, a petting zoo and lemonade stands.

570-473-3414 • [www.17857.org](http://www.17857.org)







**Bling Fling Weekend.** *North Museum of Natural History and Science, 400 College Avenue, Lancaster.* Join the diamond experts from Warren Jewelers and local geologists for a journey from rocks to riches with hands-on demonstrations and children's activities. Included in the price of general admission. 717-291-3941 • [www.northmuseum.org](http://www.northmuseum.org)

**Brainstorming and the Writing World of Debbie Dadey.** *Lancaster Public Library, 125 North Duke Street, Lancaster, 10:30 a.m.* Meet Pennsylvania author Debbie Dadey. Registration is encouraged. FREE. 717-394-2651 • [www.lancaster.lib.pa.us/AuthorSeries-2013/](http://www.lancaster.lib.pa.us/AuthorSeries-2013/)

**Family Flying Fishing.** *Gifford Pinchot State Park, 2200 Rosstown Road, Lewisberry, 2-7 p.m.* Learn basic fishing skills like knot tying, casting, baiting the hook, and taking a fish off the hook. Families can fish with no fishing license required. All equipment provided. Sponsored by the PFBC. Registration required. 717-486-7352 • <http://fishandboat.com>

**Yummie's Birthday Party.** *Kitchen Kettle Village, 3529 Old Philadelphia Pike, Intercourse, 11 a.m.-1 p.m.* Kids of all ages will enjoy this birthday bash for Yummie, the Kitchen Kettle Village mascot. Best suited for children 10 years old and under. FREE.

### SUNDAY, AUGUST 4

**Bling Fling Weekend.** *North Museum of Natural History and Science, 400 College Avenue, Lancaster.* Join the diamond experts from Warren Jewelers and local geologists for journey from rocks to riches with hands-on demonstrations and children's activities as you unearth the story behind world's most glorious gem. Activities are included in the price of general admission. 717-291-3941 • [www.northmuseum.org](http://www.northmuseum.org)

# CENTRAL PENN Parent

Our favorite events this month



## Little League World Series

Little League World Series International Complex, South Williamsport. Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE. <http://www.littleleague.org/worldseries/index.html>

## Make your own Terrarium

Lancaster Public Library East Leola Branch, 46 Hillcrest Avenue, Leola, 4 p.m. Plant a miniature garden or forest enclosed in its own little world. Bring your own small glass or plastic container (clear is preferred). Plants and soil will be provided. Ages 8-12. FREE. 717-394-2651 • <http://ple-terrarium.eventbrite.com>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

august

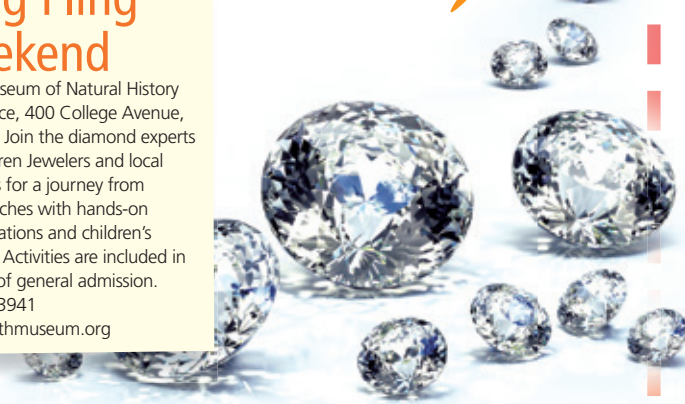
## Concerts by the Creek: The Rogues

Grater Park, Cocalico Street, Ephrata, 6:30 p.m. Voted No. 1 in the Stangford Lough Brewing Company's Battle of the Celtic Bands in Ireland, The Rogues have performed for millions of people. Rain or shine. FREE. 717-738-9291 <http://www.concertsbythecreek.org>



## Bling Fling Weekend

North Museum of Natural History and Science, 400 College Avenue, Lancaster. Join the diamond experts from Warren Jewelers and local geologists for a journey from rocks to riches with hands-on demonstrations and children's activities. Activities are included in the price of general admission. 717-291-3941 [www.northmuseum.org](http://www.northmuseum.org)



**Jim Gaffigan.** *Sovereign Performing Arts Center, 136 North Sixth Street, Reading, 7 p.m.* Best-known for his stand-up comedy, acting and writing, Jim's clever, quiet style has made him one of the top five most successful touring comedians in the country today. \$49.75, \$39.75. 610-898-7200 • <http://www.sovereigncenter.com>

**MONDAY, AUGUST 5**

**"The Bus for Us".** *Lancaster Public Library East, Leola Branch, 46 Hillcrest Avenue, Leola, 10:30 a.m.* Explore this selected book along with themed-related concepts and activities and other teaching tools to stretch children's exploration and learning. Ages 2-6. FREE. 717-394-2651 • <http://lpl-busforus.eventbrite.com>

**TUESDAY, AUGUST 6**

**Cylo Visit.** *Lancaster Public Library, 125 North Duke Street, Lancaster, 10:30 a.m.* Meet and greet with Cylo from the Barnstormers. FREE. 717-394-2651 • <http://lpl-cylo.eventbrite.com>

**Sensory Sensitive Tuesdays at the North Museum.** *North Museum of Natural History and Science, 400 College Avenue, Lancaster, 3-5 p.m.* Experience everything the museum has to offer in a sensory-comfortable setting. Sensory picture maps help guide families through points of interest such as Mystery Box activities, low-volume planetarium shows where children are welcome to talk or walk around, and quieter time to explore exhibits. \$7.50 for adults, \$6.50 for children. 717-291-3941 • [www.northmuseum.org](http://www.northmuseum.org)

**WEDNESDAY, AUGUST 7**

**Raising a Vegetable Garden.** *Ephrata Public Library, 550 South Reading Road, Ephrata, 6:30 p.m.* Join Master Gardener Michele Pique and learn how to make a vegetable garden. Registration required. FREE. 717-738-9291 • [www.ephrapubliclibrary.org](http://www.ephrapubliclibrary.org)

**Take Me Out to Meet Cylo.** *Lancaster Public Library West Mountville Branch, 120 College Avenue, Mountville, 11 a.m.* This baseball storytime features an opportunity to meet and greet Cylo, the wonderfully friendly Barnstormers' mascot. Ages 2 - 7. FREE. 717-285-3231 • <http://lplw-cylo.eventbrite.com>

**Teen Movie: Sherlock Holmes.** *Lancaster Public Library, 125 North Duke Street, Lancaster, 5:30 p.m.* Light refreshments served. (128 min, PG-13) Ages 13-20. FREE. 717-394-2651 • <http://lpl-teenmovies.eventbrite.com>

**THURSDAY, AUGUST 8**

**Make your own Terrarium.** *Lancaster Public Library East Leola Branch, 46 Hillcrest Avenue, Leola, 4 p.m.* Plant a miniature garden or forest enclosed in its own little world. Bring your own small glass or plastic container (clear is preferred). Plants and soil will be provided. Ages 8-12. FREE. 717-394-2651 • <http://lpl-terrarium.eventbrite.com>

submit calendar items online at [centralpennparent.com](http://centralpennparent.com)  
**Deadline: Noon, First Friday of the month prior to the event.** For an updated listing of events, visit [centralpennparent.com](http://centralpennparent.com).

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lancasterpa@gymboreeclasses.com

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# pinboard

THIS MONTH FROM CENTRAL PENN PARENT

**"Back to School" Open House**  
August 3rd  
11am-3pm

## KIMADO KARATE

**Korean Integrated Martial Arts**



Our son, Jack Bosak, started at KIMADO almost 4 years ago. We wanted Jack to learn self control, increased coordination and have a form of routine exercise. Our experience at KIMADO with Master Hyung has been irreplaceable. He takes extra time to ensure every child is learning, enjoying and getting the most out of their experience. You can go every day and the lessons never lose their appeal. We are so happy with KIMADO and what it has done for our son!

Dr. and Mrs. Michael Bosak

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www.kimadokarate.com • kimadokarate@gmail.com  
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201 West Main Street, Hummelstown, 717-583-1820 | 665 Market St., Lemoyne, 717-731-5400  
www.thedancerspointepa.com

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www.sandcastlecounseling.com

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For a limited time enjoy deep discounts on age appropriate styles for your fashionista!

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Lancaster, PA 17602 • 717.396.7860

**Gettysburg Outlet:**  
1863 Gettysburg Village Drive, Suite 680  
Gettysburg, PA 17325 • 717.398.2717

## Julius Sturgis PRETZEL BAKERY

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- Find out how a bakery operated in the 1860's
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## thrifty mom

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[centralpennparent.com](http://centralpennparent.com)

CENTRAL PENN  
**Parent**

# pinboard

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*an elegant baby and children's boutique*

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\*drawing runs from August 1, 2013 - August 29, 2013. Winner will be drawn August 30, 2013. See rules at the mall office.

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## SATURDAY, AUGUST 10

**Family Adventure Race.** *Adams Ricci Park, Enola, 10 a.m.* Fun, messy, challenging obstacles. Prizes awarded. Registration begins at 9 a.m. All kids ages 3-12 welcome to participate with partner (8 and younger require adult). Sponsored by Narrow Road Church. FREE. 717-275-4674 • [www.thenarrowroadchurch.com/adventure-race.html](http://www.thenarrowroadchurch.com/adventure-race.html)

**Vegetarian Cooking Class.** *Ephrata Public Library, 550 South Reading Road, Ephrata, 10 a.m.* Prepare and enjoy a complete vegetarian meal during this hands-on cooking class led by Kelly Wisner of the Herbal Peasant. All materials will be provided. Feel free to bring containers so that you can take home your leftovers. Registration required. FREE. 717-738-9291 • [www.ephrapubliclibrary.org](http://www.ephrapubliclibrary.org)

## MONDAY, AUGUST 12

**Story Time with the Big Yellow Bird.** *Ephrata Public Library, 550 South Reading Road, Ephrata, 10 a.m.* Learn about saving, sharing and spending from our favorite big yellow bird. Children will get to learn all about money and will make a wallet to take home with some play money so they can continue to learn about money at home. Ages 3-5. Registration required. FREE. 717-738-9291 • [www.ephrapubliclibrary.org](http://www.ephrapubliclibrary.org)

## WEDNESDAY, AUGUST 14

**Doula Workshop: Baby-wearing.** *Lancaster Public Library, 125 North Duke Street, Lancaster, 1 p.m.* Explore the comfort of baby-wearing, including benefits to you and your baby, safety tips, and enjoy an opportunity to sample many different styles of safe carriers. FREE. 717-394-2651 • <http://lpl-doulaworkshops.eventbrite.com>

## THURSDAY, AUGUST 15

**Sunbury River Festival.** *Downtown Sunbury, Sunbury.* Plenty of top-notch entertainment, fabulous food, crafted items and annual car cruise-in, plus games, rides and fun with something for everyone. FREE. 570-286-7768 • <http://sunburyriverfestival.com/>

**Little League World Series.** *Little League World Series International Complex, South Williamsport.* Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE. <http://www.littleleague.org/worldseries/index.html>

## FRIDAY, AUGUST 16

**Sunbury River Festival.** *Downtown Sunbury, Sunbury.* Plenty of top-notch entertainment, fabulous food, crafted items and annual car cruise-in, plus games, rides and fun with something for everyone. FREE. 570-286-7768 • <http://sunburyriverfestival.com/>

**Little League World Series.** *Little League World Series International Complex, South Williamsport.* Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE. <http://www.littleleague.org/worldseries/index.html>

## SATURDAY, AUGUST 17

**Curator Club 2.** *The Oakes Museum of Natural History, 1 College Avenue, Mechanicsburg, 1:45 p.m.* The program provides science education on a variety of topics in a fun learning environment. This week's topic is What's in the Water? Explore the Yellow Breeches and Trout Run. Pre-registration and pre-payment are required and space is limited. Walk-ins will be accepted on the day of the activity as space allows for \$18; \$15. 717-691-6082 • [www.messiah.edu/oakes](http://www.messiah.edu/oakes)

**Theresa Caputo.** *Sovereign Performing Arts Center, 136 N. 6 Street, Reading, 7:30 p.m.* Psychic medium and star of the hit TLC show *Long Island Medium* will give interactive readings to audience members throughout the show and will also share personal stories about her life and her unique gifts. \$39.75, \$49.75, \$69.75, \$99.75. 610-898-7200 • [www.sovereigncenter.com](http://www.sovereigncenter.com)

**Sunbury River Festival.** *Downtown Sunbury, Sunbury.* Plenty of top-notch entertainment, fabulous food, crafted items and annual car cruise-in, plus games, rides and fun with something for everyone. FREE. 570-286-7768 • <http://sunburyriverfestival.com/>

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submit calendar items  
online at  
[centralpennparent.com](http://centralpennparent.com)  
Deadline: Noon, First Friday of  
the month prior to the event.  
For an updated listing of events,  
visit [centralpennparent.com](http://centralpennparent.com).

Congratulations to  
Mark McGuire of Enola  
winner of the Sofas Unlimited

# FUNNIEST DAD

## Contest

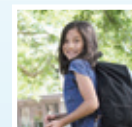


Mark was nominated by his family for filling their days with laughter.



Mark won an incredible massage recliner courtesy of Sofa Unlimited!

Watch for our next contest –  
“Back to School Photo Contest”  
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CENTRAL PENN  
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NTTM0000

**TUESDAY, AUGUST 20**

**Concerts by the Creek: The Rogues.** Grater Park, Cocalico Street, Ephrata, 6:30 p.m. Voted No. 1 in the Stangford Lough Brewing Company's Battle of the Celtic Bands in Ireland, The Rogues have performed for millions of people. Rain or shine. FREE.  
717-738-9291 • <http://www.concertsbythecreek.org>

**Little League World Series.** Little League World Series International Complex, South Williamsport. Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE.  
<http://www.littleleague.org/worldseries/index.html>

**THURSDAY, AUGUST 22**

**Spend, Save and Share with Miss Maggie.** Ephrata Public Library, 550 South Reading Road, Ephrata, 10 a.m. Miss Maggie Sings! presents an educational and fun show geared towards pre-K children, incorporating original and traditional songs to teach money management. Registration required. FREE.  
717-738-9291 • [www.ephrapubliclibrary.org](http://www.ephrapubliclibrary.org)

**Centre County Grange Fair and Encampment.** Centre County Grange Fairgrounds, Centre Hall. The Nation's Most Unique County Fair includes concerts, rides, food, games and more. 866-236-3247 • <http://www.grangefair.net/>

**Little League World Series.** Little League World Series International Complex, South Williamsport. Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE.  
<http://www.littleleague.org/worldseries/index.html>

submit calendar items online at [centralpennparent.com](http://centralpennparent.com)  
**Deadline: Noon, First Friday of the month prior to the event.** For an updated listing of events, visit [centralpennparent.com](http://centralpennparent.com).



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August 10, 2013  
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**4** **Grown Local.**  
 Family Farms. Fresh Daily.  
 Enjoy the taste of local produce! Stauffers of Kissel Hill has partnered with over 20 local family farms to provide you with the freshest homegrown fruits & veggies.  
 The juiciest peaches, the sweetest corn, the most flavorful tomatoes, and field-ripened watermelons and cantaloupes... picked at the peak of flavor and delivered to us the same day.  
 The Shenk Family The Schwalm Family The Martin Family  
**Stauffers of Kissel Hill.**  
 Rohrerstown 301 Rohrerstown Rd. 397-4719 [www.skh.com](http://www.skh.com)  
 Lititz 1050 Lititz Pike 627-7654  
 Lancaster 1850 Oregon Pike 569-2688  
 Connect with Us

**2** Receive a weekly delivery of fresh, organic produce from mid-April to mid-December  
**FRESH ORGANIC PRODUCE DELIVERED WEEKLY**  
**Spiral Path farm**  
 Join Today! 3 CSA Share Options  
 1.) Total Season - mid-April to mid-December  
 2.) Summer Share - June to September  
 3.) June Sampler - month of June  
 Full or Medium CSA Share Sizes Available  
 Local Family Farm, Celebrating Our 20th CSA Season  
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 Adams, Cumberland, Dauphin, Franklin, Perry & Lebanon Counties  
 (717) 789-4433 [www.SpiralPathFarm.com](http://www.SpiralPathFarm.com)

**5** **MARKETS AT SHREWSBURY**  
 Don't miss our upcoming events including  
**PEACH DAYS! SATURDAY, AUGUST 3RD**  
 STOP IN FOR LOCAL PEACH TREATS FROM ALL OF OUR VENDORS  
**5TH ANNUAL SOUTHERN YORK COUNTY BBQ COOK-OFF**  
 FRIDAY, 9/6 - 11:00 AM - 9:00 • SATURDAY, 9/7 - 10:00 AM - 5:00  
 STARTING SEPTEMBER 13TH THRU OCTOBER 26TH...  
**CHILDREN'S STRAW ADVENTURE MAIZE**  
[www.MarketsatShrewsbury.com](http://www.MarketsatShrewsbury.com) 717-235-6611  
[www.PennDutchStructures.com](http://www.PennDutchStructures.com) 717-227-3841

**3** **Fresh from the Farm to You**  
 IN SEASON IN JULY:  
 Sweet Cherries, Tart Cherries, Sweet Corn, Tomatoes, Cantaloupes, Watermelon  
 Our own peaches and apples coming soon.  
**Masonic Village FARM MARKET**  
 Hours: Mon. - Sat., 8 a.m. to 5 p.m. Sun., Noon to 4 p.m. (through August)  
 (717) 361-4520 • [MVFarmMarket.com](http://MVFarmMarket.com) • 310 Eden View Rd., Elizabethtown  
 Located on the grounds of the Masonic Village • We accept FNMP checks

**\$100 OFF**  
 A Dozen Sweet Corn  
 Valid only at the Masonic Village Farm Market. Offer expires July 31, 2013.  
**\$100 OFF**  
 A Cherry Pie  
 Valid only at the Masonic Village Farm Market. Offer expires July 31, 2013.

**6** **Royal Peach Day—Sat., Aug. 17th**  
 Family fun event! 10am-2pm FREE!  
 Come dressed like a prince/princess for our Royal Peach Day & enjoy:  
 • Peach & Royal games & crafts • Whispering Farms rescue pig  
 • Sunset Fields Alpacas • Kids Gardening  
 • Wholesome Tummies • And more!  
 • Makin' Faces face painting (\$)  
 8892 Susquehanna Trail S., Loganville, PA  
 717-428-2036  
**[www.brownsorchards.com](http://www.brownsorchards.com)**  
**BROWN'S Orchards & Farm Market**



## FRIDAY, AUGUST 23

**Centre County Grange Fair and Encampment.** *Centre County Grange Fairgrounds, Centre Hall.* The Nation's Most Unique County Fair includes concerts, rides, food, games and more. 866-236-3247 • <http://www.grangefair.net/>

**Little League World Series.** *Little League World Series International Complex, South Williamsport.* Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE. <http://www.littleleague.org/worldseries/index.html>

## SATURDAY, AUGUST 24

**American Idol Live Tour.** *Sovereign Center, 700 Penn Street, Reading, 7:30 p.m.* The season's talented top finalists perform. Tickets available at [www.AmericanIdol.com/tour](http://www.AmericanIdol.com/tour) and [www.aeglive.com](http://www.aeglive.com). \$66, \$46, \$33.50. 610-898-7200 • [www.sovereigncenter.com](http://www.sovereigncenter.com)

**Centre County Grange Fair and Encampment.** *Centre County Grange Fairgrounds, Centre Hall.* The Nation's Most Unique County Fair includes concerts, rides, food, games and more. 866-236-3247 • <http://www.grangefair.net/>

**Little League World Series.** *Little League World Series International Complex, South Williamsport.* Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE. <http://www.littleleague.org/worldseries/index.html>

## SUNDAY, AUGUST 25

**Centre County Grange Fair and Encampment.** *Centre County Grange Fairgrounds, Centre Hall.* The Nation's Most Unique County Fair includes concerts, rides, food, games and more. 866-236-3247 • <http://www.grangefair.net/>

**Little League World Series.** *Little League World Series International Complex, South Williamsport.* Watch the best teams in Little League Baseball battle it out for the top spot in this incredible worldwide event. FREE. <http://www.littleleague.org/worldseries/index.html>

# CENTRAL PENN Parent



submit calendar items online at [centralpennparent.com](http://centralpennparent.com)

**Deadline: Noon, First Friday of the month prior to the event.** For an updated listing of events, visit [centralpennparent.com](http://centralpennparent.com).

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4509 Union Deposit Rd  
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[www.kidsdentaloffice.com](http://www.kidsdentaloffice.com)

### Women First Obstetrics & Gynecology, PC



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Andrew Perrotti, M.D. • Emma Cargado-Leynes, D.O.  
Parul Krishnamurthy, M.D. • Richard Crispino, M.D.  
Krista Rebo-Massara, D.O. • Gerald F. Maenner, M.D.  
Katharyn L. Kraemer, CNM • Elaine Y. Greene, CNM  
Sharon L. Jones, CRNP • Karen Stilp, CRNP

Obstetrics & Gynecology • Laser Surgery • Bone Densities • Normal And High Risk Pregnancy • Adolescent & Geriatric Gynecology • Infertility • Female Urinary Incontinence • Robotic Surgery  
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### EDUCATION

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Mention: **Central Penn Parent** for Free Registration (330+ New Families Only)  
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[www.fluentkids.com](http://www.fluentkids.com)  
Email: [scremo@fluentkids.com](mailto:scremo@fluentkids.com)  
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ENROLLING NOW FOR PRESCHOOL 2013  
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[www.stpaulspreschoolyork.com](http://www.stpaulspreschoolyork.com)

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[www.CarlisleFamilyYMCA.org](http://www.CarlisleFamilyYMCA.org)

### LOCAL HEROES

**CAPED CRUSADERS**  
Parent  
Meet Central Penn Parent's Caped Crusader for August!  
**Alexander Iula of Dallastown**  
See page 66.  
PRESENTING SPONSOR:  
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New Story HILDEBRANDS HARRISBURG ACADEMY

# CENTRAL PENN Parent Caped Crusader!

## Making a difference one hour at a time

BY ANDREA CICCOCIOPPO

Each month, *Central Penn Parent* recognizes a child who is doing great things in their schools, places of worship and throughout their communities. They are a blessing to those around them—yet their efforts often go unrecognized. We want to thank them for a job well done! For a video clip of the Crusader, visit [www.centralpennparent.com](http://www.centralpennparent.com) or [www.abc27.com](http://www.abc27.com).

### ALEXANDER IULA JUST GRADUATED FROM HIGH

school, but he's already learned the secret to doing it all: "It's just time management," he said. "I normally do multiple projects at once."

When Alex, 18, refers to "multiple projects," he's not exaggerating. He played the Marimba in the Dallastown Area High School band, was the sound manager for the school's musical, was a coordinator of Homecoming, helped a volunteer fair, participated on the Diversity Team, served on the No Place for Hate board and was an altar server at St. Joseph Church.

Oh, and in his spare time, he helped raise more than \$150,000 for the Cystic Fibrosis Foundation.

That money is crucial to finding a cure for the disease. "Ninety cents of every dollar goes into research to find a cure," said Adrienne Mitford, executive director, Cystic Fibrosis Foundation, Central Pennsylvania Chapter.

As president of the Volunteer Club, Alex led fundraising activities such as a Team Pizza Eating Challenge, Frisbee Tournament and a "Down and Dirty Team Challenge," to name just a few.

Mitford said she likes the way Alex has encouraged his school to help. "They are very creative," she said. "We see throughout (the school) events, the entire community gets involved."

Getting others involved is key, Alex said. "A lot of my best friends are the people I work with," he said. "I'm basically surrounded by people who are already self-motivated."


Alex honed his volunteer spirit by attending the Future Leaders of York Program sponsored by Leadership York.

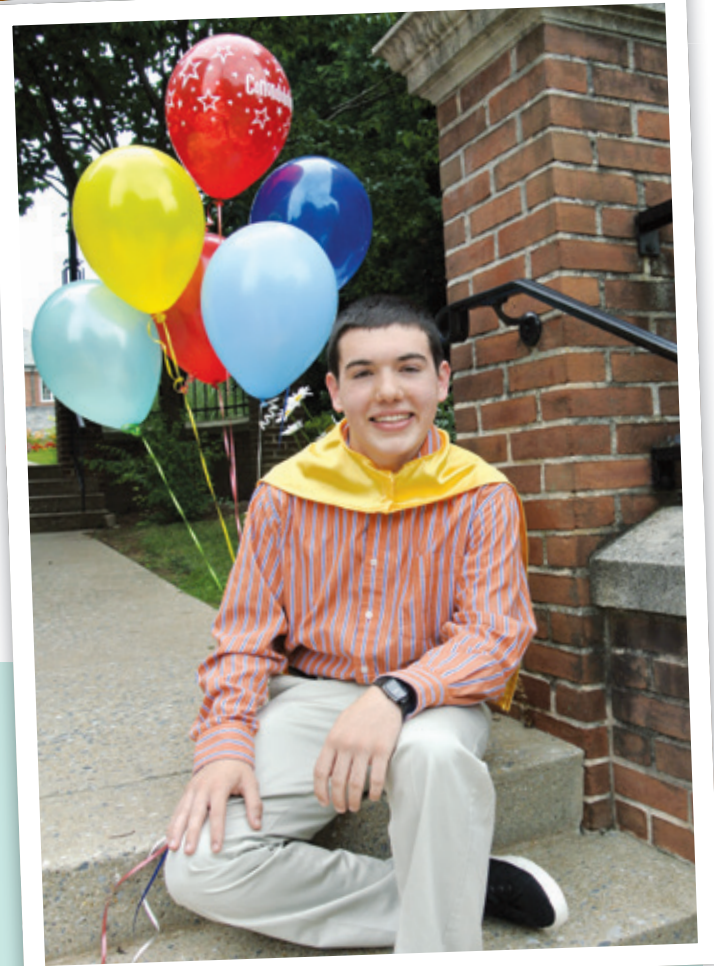
The year-long program, which is focused on community needs and designed to teach leadership skills, coaches about 35 students each year from across York County who were recommended by their schools.

"Alex attended our program during his junior year," said Kristine Marino. "He is an amazing kid who is very involved in his school and community."

Alex said one of the most important things he's learned over the years is that every little bit you can do to help makes a difference. "Any time you can give is valuable. Even an hour is so helpful when you're trying to run an event."

Now that he's graduated high school Alex plans to continue his education at York College studying hospitality management and tourism. And multi-tasker that he is, Alex plans to stay involved in his community. "I'll probably always volunteer," he said with a grin.

 *Andrea Ciccocioppo is editor of Central Penn Parent.*



Photos by Tara Peffley

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If you know a youngster who lives in Central Pennsylvania that you think deserves to be recognized, let us know! Drop us a line at [EDITOR@CENTRALPENNARENT.COM](mailto:EDITOR@CENTRALPENNARENT.COM).

# YOU'RE INVITED TO PA CYBER'S OPEN HOUSE



**TUESDAY, AUGUST 13**  
**5 p.m. to 8 p.m.**

Harrisburg Support Center  
479 Port View Drive, Building C-38  
Harrisburg, PA 17111

Please join us to see why more students choose PA Cyber than any other cyber charter school in Pennsylvania.

- Learn more about programs and activities available at our satellite offices and support centers.
- See our comprehensive, standards-based curriculum, including our Virtual Classroom and self-paced options.
- Meet our experienced, certified faculty and staff.
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Fun for everyone with vendors,  
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Free to attend!*

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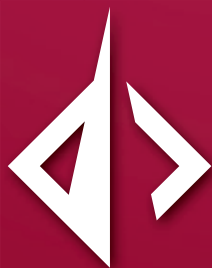
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