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September 2012 | centralpennparent.com

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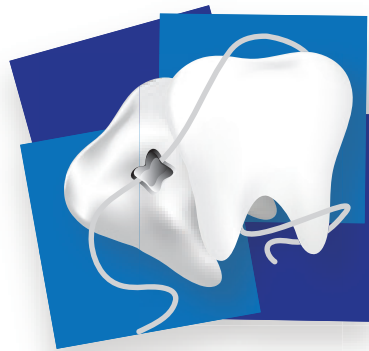


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# SEPTEMBER

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### ON THE COVER

The Kole family of Mt. Holly Springs includes mom, Jeannette, (standing, center) and (clockwise from Jeannette), Jerry, Joshua, Jasmine, Jianna, Jessica and Jacob. Dad, Jerry, didn't get to have fun during the photo shoot because he was working.

Cover photography by



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# dear readers

Karissa Zimmer Photography



## NEVER *enough time*

Ah, September. How did you get here so quickly? It seems like just yesterday, I was attending my daughter's high school

graduation and now, here I am, an empty-nester now that she's off to college. And before very long, that classic Earth Wind & Fire song will play in my head as I struggle to remember the 21st night (or any other) of September. Time flies!

This month, our issue focuses on work and parenting, and it's an issue I've personally always struggled with.

I've been both a stay-at-home mom and a working mom.

I recall very long days when it seemed like all I did was cook meals, clean up the kitchen and change diapers—and felt guilty because the house was still a wreck even though I was there all day to keep it cleaned up.

And then there were the many times I had no choice but to drag my first-grader to work with me and tried to keep her quietly entertained while I took notes on a controversial development plan, not to mention the times when she stayed home with her dad and, after peeling her off my legs as I left the house, I fielded phone calls about bedtime stories and dirty laundry—and felt guilty because I couldn't be there.

I personally believe whoever started the notion that parents can have it all was never a parent. Or maybe he or she was a writer for Disney.

But you know what? I don't think I'd change a thing. How boring would life be without a little bit of drama here and there?

So as you struggle with packing lunches or making sure school clothes are clean or speeding to get to practice on time to pick up your child, take a deep breath. Glance at your cell phone and note the date. Because odds are, before you know it, the school year will have passed and your child will be taking on new responsibilities and you will be facing new challenges.

And you'll wonder where on earth September went. Savor the moment. And lose the guilt.

*Happy Parenting!*

*Andrea*

Andrea Ciccocioppo ■ Editor

I personally believe whoever started the notion that parents can have it all was never a parent. Or maybe he or she was a writer for Disney.

### WE'VE GONE E-PARENT

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# on the web



**Editor's note:** Meet Kurt Bopp, *Central Penn Parent's* new assistant editor/web. An avid sports fan, Kurt has covered sports for more than four years for a pair of newspapers before joining our staff. As an Army brat, he's a fan of traveling by default, but he also enjoys movies, video games and playing sports. Although he's not a parent, he is the eldest of his two siblings and often felt like a parent to them, particularly his 16-year-old sister. He also always treated his

family's dog as if it were a kid, even though he's now 10 years old.

Check out this section each month to see what stories Kurt 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):

### CHOCOLATE TOWN GOES HIGH TECH

A Hershey mom has created a website and a Smartphone app designed to be a one-stop destination for everything Hershey. Chock full of restaurants, hotels, activities, entertainment and more, the accidental hobby is now a successful business.

### THIS AIN'T YOUR GRANDMA'S FRISBEE®

With the Olympics in the books, families got to see many rare and exciting sports on display. One that wasn't there but is a rare, exciting and spreading across Central Pennsylvania is disc golf. Matt Hamilton and his son, Tyler, discuss the sport and its rising popularity.

### KURT'S FABULOUS FOOTBALL PREVIEW

The start of autumn means football is finally back! Whether you're a casual or die-hard fan, check out our preview as we fill you in on how to prepare for and enjoy a game under the Friday night lights at your local high school. We'll also briefly preview a few of the area's best teams, including Cumberland Valley and Central Dauphin.

### BEATING THE ODDS

In winter of 2008, the Beltz family of Carlisle was dealt a crushing blow: They're 19-month-old son, Xander, was diagnosed with cancer. The family prayed and persevered and Xander beat myeloid leukemia. Four years later, we honor Childhood Cancer Awareness Month by checking in on Xander and his family as he is in remission.

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# newsworthy



## Family Favorites Awards contest winner announced

Congratulations to Elizabeth M. Anthony of New Cumberland. She was the winner of our Family Favorites Award drawing. Elizabeth won a family four-pack to Hersheypark.



Boehm's Cemetery in Lancaster is just one of a dozen venues that will celebrate Lancaster County Museum month with special hours, programs and offers.

## Boehm's Chapel and other Lancaster County museums celebrate Museum Month

**EVER WONDER ABOUT WHAT THE LIVES** of the people who are buried in a cemetery were like?

This month, you can hear the "stories behind the stones" at **BOEHM'S CEMETERY IN LANCASTER**, during a leisurely evening walk at 7 p.m. Sept. 9.

Notables laid to rest there include early Methodist leaders and circuit riders, Revolutionary and Civil War veterans and a member of the Pennsylvania State House of Representatives. Costumed characters will be on hand to add sustenance to the stories.

Then, at 3 p.m. Sept. 30, local historians Randolph J. Harris and Donald Walters will offer a PowerPoint presentation, "Methodism, Slavery & the Underground Railroad" at **BOEHM'S CHAPEL SOCIETY, 13 W. BOEHM'S CHURCH ROAD, WILLOW STREET**.

The special programs are just two being held in conjunction with Lancaster County Museum Month.

During September, visitors are invited to discover the world of history, science and the arts in Lancaster County museums, and take advantage of a variety of special offers, hours and programs. "Museums in Lancaster County are a local gateway to the fascinating world of history, science and the arts," said Margie Marino, executive director of the North Museum. "There is a common experience that people gain from museums, which they share across

generations and create lifelong memories. Museums also have established a strong connection to our past, as we strive to care for irreplaceable historic treasures that are held in trust for the public."

The goal of the event is to encourage visitors to discover, "The World in Their Own Backyard."

More than a dozen local museums and educational centers will participate in the event, including: the Amos Herr House, Boehm's Chapel, Conestoga Area Historical Society, Ephrata Cloister, Hands-on House, 1719 Hans Herr House & Museum, Lancaster County Historical Society, Lancaster Mennonite Historical Society, Lancaster Museum of Art, Landis Valley Museum, the Manheim Historical Society, National Toy Train Museum, New Holland Band Museum, North Museum of Natural History & Science, Railroad Museum of Pennsylvania, Ressler Mill Foundation, Rock Ford Plantation, National Watch & Clock Museum and Wright's Ferry Mansion.

The Museum Council of Lancaster County will offer drawings for a getaway prize package valued at over \$1,000.

For more information on Lancaster County Museum Month, a listing of all participating museums and special events, visit [WWW.LANCASTERCOUNTYMUSEUMS.ORG](http://WWW.LANCASTERCOUNTYMUSEUMS.ORG).

**READERS ARE ENCOURAGED TO SUBMIT THEIR NEWS TO CENTRAL PENN PARENT**

Please send press releases and information with the subject line "Newsworthy" to [editor@centralpennparent.com](mailto:editor@centralpennparent.com).



# A special place for moms

BY ANDREA CICCOCIOPPA

**WERE IT NOT FOR MOM'S HOUSE®**, Sonja Zimmerman wouldn't be able to complete her education.

The Lancaster woman is taking a full-time course load at Lancaster County Career & Technology Center to become a licensed practical nurse. But she's also a single mother to a 19-month-old son. "Daycare is really expensive," she said. "Without Mom's House, I wouldn't be able to go back [to school]."

Mom's House®, Inc. is a God-centered, nonprofit, licensed childcare and resource center designed to help single parents achieve an education and find jobs so that they don't have to exist on welfare. Any eligible single mom who resides in Lancaster County can participate in the program, which is privately funded by churches and private and business donations.

The program was founded in 1983 in Johnstown, but has grown to include seven Mom's Houses® in four states, including one in Lancaster, founded 20 years ago.

The program is two-fold: it gives women the encouragement and support needed to improve their education and lives, and it offers quality daycare for their children.

"The biggest barrier [to success] for a working single mother is childcare," said Maryanne O'Neill, executive director. "Often, it's more than \$200 a week for an infant—that's a mortgage payment." When you remove that obstacle, it makes getting an education affordable.

Moms stay in the program through their graduation, plus two months. "A lot of our moms do go on for their bachelor's degree and some go on for their master's degree. We really do push them to do the most they can," O'Neill said.

There's also a clothing bank, tutoring, mentoring and referral program available. "We offer a variety of services based on the needs of the client," said O'Neill.

But the help doesn't come easy. Program participants must be enrolled full-time in a college or trade school and volunteer at least two hours a week to Mom's House®, helping with chores such as cleaning, office work and fundraising; attend weekly

life skill classes—budget management, positive parenting, etc. "This isn't a handout. We're here to support you, but it has to be your choice. We have dedicated, hard-working moms here."

Mom's House® is recognized as a Keystone Stars Level 2 childcare center, which includes an early learning curriculum. "My son loves it here," Zimmerman said. "All the teachers are nice and they teach him a lot. I don't have to worry about him while he's here."

For O'Neill, the benefits come from the success

stories. "Just seeing them being able to get off welfare and assistance and earn a living wage is great," she said.

 *Andrea Ciccocioppa is editor of Central Penn Parent.*

## FOR MORE INFORMATION

[www.momshouselancaster.org](http://www.momshouselancaster.org)  
415 S. Queen St., Lancaster  
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Mom's House® will host a golf tournament Sept. 17 at Overlook Golf Course in Manheim Township. For more information on how to participate, call 717-296-9130.







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## family pet



Angela's dog Sophie loves to play with her big red yoga ball in the yard.

## Fun things to do with Fido

BY ANGELA GORMAN

**ABOUT 10 YEARS AGO**, a trip to the local home improvement or pet store wouldn't include running into "Man's best friend" in the aisles. But these days, whenever I'm at our local Lowe's or PetSmart, I usually spot at least one furry friend.

Personally, I think this trend is great! I love dogs and seeing them in these stores always puts a smile on my face.

More businesses are beginning to allow pets, and there are websites which help you find stores, events, lodging, attractions and air travel where your dog is welcomed.

I'm always looking for pet-friendly places to go to so we don't have to leave our four-legged family member home alone.

I was thrilled to find two places close by that allow pets. One is the Stroudsburg Village near Adamstown. The Village has unique shops and dining. "We welcome pets," said Susan Russo, events venue chairperson. "We have a walkway around our village that is a pleasant stroll for a pet that has been in a car for a long time and needs to get out and stretch. We have clean-up stations along the walkway for convenience, and our café provides outdoor seating so your pet may stay with you as you dine."

The Promenade Shops near Allentown goes even further in accommodating dogs. Many of the shops allow dogs inside their stores, so your furry friend can actually shop with you. The Promenade opened in 2006 and has about 75 stores, restaurants and a movie theater (dogs are not allowed in the

theater). "We are a dog-friendly shopping center that allows leashed, well-behaved dogs. The stores that allow dogs display 'Dogs Welcomed' stickers on their windows. Also, we have doggie stations with pick-up bags available. Many shop owners also set out water bowls for your dog," said Melissa Dilazaro, marketing coordinator for the Promenade Shops.

Of course, you really do not have to leave your home to have fun with your dog.

One of my favorite activities with my dog, Sophie, is to walk her to the neighborhood dog park which sports a two-mile walking trail. And she loves to play fetch and chase in our yard. But her absolute favorite thing to do is play with a big red yoga ball. She pushes it around our yard with her nose and jumps at it when it bounces. Sometimes the best thing to do with your dog is just to watch them having fun!

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

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## How much homework help is too much?

BY PEGGY GISLER AND MARGE EBERTS



**OUR 11-YEAR-OLD DAUGHTER IS STARTING SIXTH GRADE THIS YEAR, HER FIRST IN MIDDLE SCHOOL. SHE HAS ALWAYS RELIED**

**TOO MUCH ON OUR HELP TO DO HER HOMEWORK. IS THERE A RULE OF THUMB ON HOW MUCH INPUT A PARENT SHOULD HAVE IN A SIXTH-GRADER'S HOMEWORK?**

— **CONCERNED**

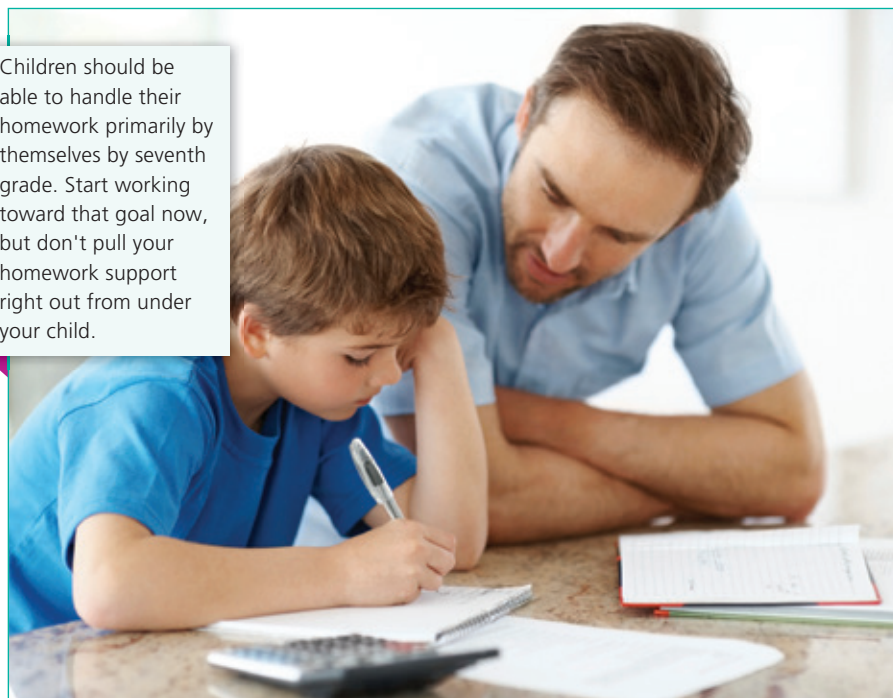


As a general rule of thumb, children should be able to handle their homework primarily by themselves by seventh grade. Start working toward that goal now, but don't pull your homework

support right out from under your child.

Begin by having your daughter read her nightly assignments out loud to you. Then have her explain how she is going to complete the work. Help her learn to plan the order in which she will tackle her assignments. Next, she should read and explain the directions of the first assignment to you. Not knowing exactly what is expected can cause confusion. Ask her if she has any questions about the first assignment. After answering them, either encourage her to complete this assignment independently or watch how she completes the first item to see that she does understand the directions. Follow the same steps, if necessary, for all the assignments.

Children should be able to handle their homework primarily by themselves by seventh grade. Start working toward that goal now, but don't pull your homework support right out from under your child.



When your daughter runs into a roadblock on an assignment, ask her to study the textbook examples or her notes before asking for your aid. Your aid should never include doing the work for her. Instead, you should pose questions that will help her figure out what to do.

Your daughter will actually take pride in doing her homework by herself. Praise her efforts.

**CPP** *The Dear Teacher column is written by retired teachers Peggy Gisler and Marge Eberts. Send your questions to them at [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com).*

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*Brandi Coldsmith, Big Spring Student*

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# Ranger Scratch® BACK TO SCHOOL BBQ

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## family finance



## Can you afford to live on **one income**? BY ROBYN PASSANTE

**SOME DO IT BY CHOICE**, some do it out of necessity. For others, living on one income is a risk they'd like to take but aren't sure they can pull off.

If your family would like to drop (or severely limit) one income, and you have the luxury of planning out such a lifestyle change, there are steps to take to make it possible—or to let you know it might not be:

### ■ **GET EVERYONE ON THE SAME PAGE.**

This is never going to work unless the whole family buys into the idea. Make sure the reasons for cutting an income (provided they're your own, not due to a job loss) are clear and worth it for all involved. There will be sacrifice, and when people feel pinched it's important to know the pain is worth it.

■ **BUDGET IT OUT.** Every finance plan revolves around the budget, and this one is no different. You must know exactly what you spend every month on:

**1. FIXED EXPENSES**, such as utilities and

car payments, gas and food, retirement savings and investments;

**2. SECONDARY EXPENSES**, including things you can live without (cable, gym memberships, eating out, travel);

**3. EMERGENCY EXPENSES**—a small cushion you need to have on hand for medical bills, car repairs and other unexpected hits to your bank account.

### ■ **FIGURE OUT THE COST OF WORK.**

How much do you currently spend to get the income you'd like to drop? Add up the amount you use on gas (or other commuting expenses), daycare, clothing, food and anything else you can think of (dry cleaning, office party contributions, etc.). When you have that total, subtract it from your current double income to see the viability of how big a gap there is between one income and two.

■ **GET THRIFTY.** Remember the sacrifice we talked about in Step 1? It's real. Can you live without cable? Without a Smartphone? Without your Friday night





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restaurant habit and your every-6-weeks haircolor? Think long and hard about the things every member of your family is willing to forego in pursuit of your goal.

■ **THEN GET REAL.** Cutting out your morning coffee will help a little, but it won't make up the difference lost from an entire income (unless you have a monster-sized caffeine addiction). Consider which big-ticket items you can slash from your budget. Can you sell the

second car? Rent out a room? Slash your credit card bills before making the leap to one income?

■ **SPEND A MONTH OR TWO WALKING THE WALK.** Chances are, you'll get used to the absence of some things after a short time, but might miss others terribly. This will tell you where to prioritize any extra money that comes your way (or that you can find in your lean and mean budget).

■ **DON'T GIVE UP TOO MUCH.** Remember,

if you give up too much you'll end up resentful and tempted to go on a spending binge that could hurt your progress and betray your goals.

■ **STOP LOOKING OUTWARD.** It's impossible to keep up with the Joneses when both Mr. and Mrs. Jones are working full-time. You might need to have a frank discussion with close friends you hang out with a lot, to let them know of your new lifestyle and that you're making

different choices than your once-implied Saturday night out together or expensive community pool membership.

Following these simple steps will give your family a clear indication of whether you can cut back to a single income with smiles and satisfaction.

**CPP** *Robyn Passante is a freelance writer and mother of two whose family just finished five months of unexpected single-income status. She can be reached at [rspassante@gmail.com](mailto:rspassante@gmail.com).*

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# Negotiating **AT HOME**

BY LAURIE PUHN

**AS A LAWYER, COUPLES MEDIATOR** and self-help author, people turn to me for my expert relationship advice. They assume that because I have all the answers, I must have a perfect marriage myself. The truth is that I have a happy marriage with good days and those less-than-perfect days that require me to put my own communication advice into practice.

You see, conflict is normal and expected, especially for parents, but how we choose to respond to it can either destroy or build love. For example, there was that time some years ago, when I had a Chinese take-out awakening:

My husband and I are a great team, but at times (like all couples) we were no match for the demands of our infant son. Stress from a little one can wear down anyone's patience and test any marriage.

It happened after I had a tiring day of work and my husband had his usual high-pressure day of work. The evening arrived and we fell into our typical routine. Our 11-month old son was on the verge of walking and he was trying to climb everything in sight. One of us, therefore, needed to pay very close attention to him at all times to make sure he was safe. As usual, it was me who ended up being on surveillance duty. My husband was nearby, but somehow I was the one "in charge." We had never verbally agreed to this division of power. It just happened. When I would use the bathroom or make a phone call, I had a nagging guilty feeling that I had to rush back to my duties.

On this seemingly uneventful night, we ordered take-out Chinese food and my husband announced that he would go pick it up. As I was left stranded at home—again—I became angry. "Darn it, I want to get out of the house for 20 minutes to get the take-out! I want to do the errands!" But I didn't say this to my husband because it felt wrong. After all, he was only trying to be helpful by doing the errand. And so I slept on it.

By the next morning I was prepared for a difficult conversation. I couldn't blame my husband for the situation; I had tacitly agreed to it. And the truth is, how could he know what I wanted if I never said it? Now was the time to re-negotiate our evening parenting



responsibilities. The de facto parenting split, 95 percent me, 5 percent him, was not acceptable. I took my own advice as a family mediator and I revealed my feelings without blaming him. I told him that I wasn't asking for him to be in charge all of the time, or even half of the time. I just needed him to spend a portion of each night as the truly responsible party, so I could have a chance to truly relax or pick up the take-out, knowing our son was well taken care of.

I'm not kidding when I tell you this: From that day forward, after our "child care negotiation," my husband stepped up to the plate. He created fun little games with our son that they play every night. They have their own sayings and jokes. When our son needed his diaper changed during the "daddy play period," my husband would do it without yelling for my help. As the days wore on, the nighttime fun turned into the bedtime routine, which my husband still does three years later. With a second child in the mix, daddy's participation is

even more valuable.

My suggestion: don't wait to ask for what you want. Re-balancing expectations, child care and household chores should be an annual event, at the very least. I offer simple tips to negotiate with your spouse in chapter 14 of my book, *Fight Less, Love More*, now out in paperback. Use the tips, and your own wisdom, to speak up with the goal of finding a solution, and you may find that your entire family is better off, for years to come.



**CPP** Laurie Puhn is a Harvard-educated lawyer, couples mediator and bestselling author of *Fight Less, Love More: 5-Minute Conversations to Change Your Relationship Without Blowing Up or Giving In*. Most importantly, she is a wife and mother to two young children. Visit her at [www.fightlesslovemore.com](http://www.fightlesslovemore.com).





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## Are **videos** the cause of your child's sleep troubles?

**STUDIES HAVE CONSISTENTLY SHOWN** an association between media use and children's sleep problems. A new study, "The Impact of a Healthy Media Use Intervention on Sleep in Preschool Children," tested whether changing the type of videos and television shows watched by 3- to 5-year-old children improved their sleep.

In a random trial involving 565 families in the Seattle area, half of the families received a home visit and several follow-up phone calls and mailings from a case manager, who tried to help the family find ways to replace violent and age-inappropriate media content with educational and pro-social media content. Parents were also encouraged to watch TV and videos alongside their children.

The control group of families received nutrition-related mailings instead. Researchers then assessed children's sleep, including how long it took for them to fall asleep, night wakings,

nightmares, difficulty waking and daytime tiredness.

Study authors found children who received the healthy media use intervention had significantly lower odds of sleep problems, and that this effect persisted across the intervention year, but faded six months after the program ended.

According to the study authors, the results of the trial suggest the relationship between media use and child sleep problems is indeed causal in nature, and that health care clinicians and parents should consider healthy media choices in the prevention or treatment of child sleep problems.

CPP Source: *The American Academy of Pediatrics*



## Got pets?

### Your child may benefit

Children who live with a dog or cat or are around dogs and cats during the first year of life are reported to be healthier and have fewer respiratory infections than children without contact to these animals.

In the study, "Respiratory Tract Illnesses During the First Year of Life: Effect of Dog and Cat Contacts," researchers followed 397 children in Finland from pregnancy to the age of 1 year and reported the amount of dog or cat contact they had each week.

Researchers found that even though respiratory infections and infectious symptoms are frequent during the first year of life, children with early dog contact seem to have fewer respiratory infectious symptoms and diseases, especially ear infections, and needed a shorter course of antibiotics. Cat ownership also showed a protective effect on infants, but not as strong as dogs. Children living in homes in which dogs spend indoors temporarily or often had the lowest risk of infections and respiratory tract infections.

Both the average weekly and yearly contact with dogs were associated with less morbidity in general, leading the authors to conclude that animal contacts may have an influence on the maturation of the immune system in infancy, leading to shorter duration of infections and better resistance to respiratory infections during early childhood.

CPP Source: *The American Academy of Pediatrics*







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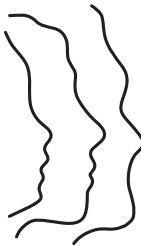


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# Safety recalls

## Innovage Discovery lamps

**THE U.S. CONSUMER PRODUCT SAFETY COMMISSION** and Innovage LLC have recalled about 300,000 Discovery Kids animated marine and safari themed lamps sold at Bed Bath & Beyond, Bon-ton, JC Penney, Kohls and Toys "R" Us stores nationwide, as well as the online retailers Amazon, Ideeli, JC Penney, Kohls, Macy's and Overstock from June 2010 through March 2012. Cost of the lamps was \$10-\$20.

The recall involves lamps that feature rotating films with marine or safari scenes. The words "Discovery Kids" are printed on the front top-left corner of the product.

The placement of internal wires near the circuit board inside the lamps can cause electrical short-circuiting and sparking, posing a fire and a burn haz-



ard to children. While no injuries have been reported, Innovage has received 11 reports of short circuiting.

The recalled products have both an 11-digit batch number that begins with either 584894 or 10128 and a model number of 1628626, 1642433, 1641522, 1641523, 1645729, or 1645853. Batch numbers can be found imprinted in the plastic underneath the lamps and on the bottom of the packaging. Model numbers can be found on stickers placed underneath the lamps and on the bottom of the packaging near the barcode.

Consumers should stop using the lamps immediately and contact Innovage at 888-232-1535 for instructions on how to obtain a refund. **CPP**



model number

batch number





## My Clothes Children's Pajamas




**THE U.S. CONSUMER PRODUCT SAFETY COMMISSION** and the Alabama-based clothier My Clothes Inc. are recalling about 1,100 sets of children's pajamas, which fail to meet the federal flammability standards for children's sleepwear, posing a risk of burn injury to children. No injuries have been reported.

Two types of pajamas are being recalled: a long-sleeved nightgown and a set consisting of a long-sleeved shirt and long pants. The long-sleeved nightgown, Style 14, is cotton knit with multi-colored polka dots. The sleeves and hem are ruffled. The shirt and pants set, Style 15 or Style 314RG, is cotton with a red and white gingham print pattern and white piping on the collar, sleeves and

pant legs. The shirt has four buttons. The garments were sold in sizes 12 months through size 14. The style number and the words "PJs by My Clothes" are printed on tags sewn into the center back of the gown, the neck of the shirt and the rear waistband of the pants.

The pajamas were sold at children's boutiques and specialty retailers and online nationwide from August 2011 through December 2011 for between \$35 and \$45.

Children should stop wearing the pajamas immediately. Parents can return the pajamas to the retailer where they purchased the pajamas for a full refund, exchange or store credit. 

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Depending on the severity of the child's condition, treatment can include Intensive Outpatient Services (IOP) for adolescents during structured sessions, one to three evenings per week. Throughout this program, adolescents aged 13 to 18 will receive mental health treatment in an intensive outpatient setting. The group therapy sessions address individualized goals established by the therapist together with the adolescent, which focus intensively on coping skills and problem solving.

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— Joy M., Client's mother



BAYADA Nurse Chris Pacifico with her client Isaiah M.

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# BRAIN-BASED testing

BY WAYNE TROTTA

## THINGS AREN'T ALWAYS WHAT THEY SEEM,

and in the case of a child's learning, it's often good to take a closer look at a problem.

A mother from Annville discovered her daughter's Individualized Education Plan "just didn't seem to be working. Her teachers were great, but the teaching methods they were using just weren't reaching my daughter," she said. So she turned to neuropsychology.

In the field of school psychology, a new specialty—known as school neuropsychology—has been growing steadily since the 1990s.

## A new way of thinking

Psychologist Daniel Miller of KIDS, Inc. in Dallas, Texas, has trained school neuropsychologists across the country, many from Central Pennsylvania. According to Miller, the advantage of a school neuropsychology evaluation is that it provides "a comprehensive assessment of a student's strengths and weaknesses that helps to guide more precise interventions."

In short, it means new ways of assessing how kids learn, think and remember.

After the Annville student's neuropsychology evaluation, "We added some things to the IEP that made it more suited to her needs," the mother said.

Hershey psychologist Mary Roman specializes in pediatric neuropsychology. "Most of the time the traditional school evaluation is adequate, but some situations are more complicated and call for a brain-focused assessment," she said.

Students, for example, who have seizure disorders, brain tumors, head injuries, or who are recovering from neurosurgery, may have memory problems that require looking at all components of the memory process to be fully understood, Roman explained.

In her practice, Roman has seen many kids with attention problems that are serious, yet not immediately obvious. When kids are hyperactive, that's easy to see, but attention problems can fly below the radar. Some kids can focus, but they will have difficulty dividing their attention between two activities, such as listening to the teacher while copying an assignment from the board. Others have trouble shifting attention from one task to another, something elementary kids are required to do about every 20 or 30 minutes throughout the school day.

For these kids, their problem may not be noticed until you put some tests of learning, memory, problem-solving, and so forth in front of them, Roman said.

## The brain and behavior

Students who have a reading difficulty,

such as dyslexia, may also benefit from a brain-based evaluation. According to Tom Bowers, of Penn State Harrisburg and Family Development Services in Camp Hill, children with dyslexia often have difficulty processing auditory information such as the individual sounds in speech, and this can be hard to discern in a regular evaluation.

"The goal," Bowers said, "is to understand the relationship between the brain and behavior. Maybe the child can process what he sees better than what he hears. There may also be a problem with motor weakness or speed that requires occupational or physical therapy. Those can be easy to overlook."

## Beyond test scores

Lee Ann Grisolano is a pediatric neuropsychologist and a certified school psychologist who practices in Hershey. In her opinion, a neuropsychological evaluation gives you something that goes beyond test scores. "A score is just a product," she said. "What we really want to know about is the process—how did this particular student come to get that particular score? Two students may get exactly the same score, but they may have used very different strategies to get there."

Like adults, kids vary widely in how they organize information and how they approach a problem-solving task. "We want to know if a child approaches a problem randomly or not," Grisolano explained. "Do they just jump in and try something or do they stop and think about it first? Does the child formulate a problem-solving strategy? Can they keep track of their strategy to tell if it is working or not? If it isn't working, are they able to change to a new approach?"

For the most part, the traditional school evaluation is designed to tell whether or not a child is eligible for special education services. But Grisolano suggests taking it a step further. "We also need to know what specific interventions will be helpful to that child," she said.

**CPP** Wayne Trotta is a licensed psychologist and nationally certified school psychologist in private practice in Mechanicsburg.



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Read the Spring 2012 Edition of *Capabilities: A Resource for Parents of Children with Special Needs* on [centralpennparent.com](http://centralpennparent.com)



## community news

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# A "Home from school" Treat



### BUTTERSCOTCH FUDGE

#### INGREDIENTS

- 1 11-oz. pkg. butterscotch morsels
- 1 14-oz. can sweetened condensed MILK
- 10 large marshmallows
- 1/2 cup smooth peanut butter
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt



Combine morsels, milk, and marshmallows in top of a double boiler. Plave over boiling water, stir occasionally, until melted and smooth. Remove from heat, stir in peanut butter, vanilla and salt. Put into greased 8-inch square pan. Chill until firm. Cut into squares. Yield: about 2 1/2 pounds.

The following students were inducted into **Harrisburg Academy's 2012 National Honor Society**: (left to right) Ann Stanton, sophomore; Abigail Moyer, sophomore; Gregory Gaudio, junior; Hannah Shea, sophomore; Michael Waters, sophomore; Chloe Picchio, junior; and Mackenzie Pickford, sophomore.



**Dallastown High School Teacher Christine Emig** was selected Brown's Orchards Teacher of the Month. She was nominated by students D.J. Sweitzer, Erick McNealy and Cherilyn Walsh. The students said Emig is cool, nice and helpful. Emig is pictured with Dave Brown, general manager of the orchard.

**Harrisburg Academy fourth-grader Kate Connelly** presented Massachusetts during the school's States' Fair.



**Harrisburg Academy fourth-grader Orion Dinh** presented Washington during the school's States' Fair.

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CENTRAL PENN  
**Parent**



# Moms, amp up your blogs **FOR FREE!** BY JOE BARRY

**IT SHOULDN'T BE A NEGATIVE LABEL**, but the term "mommy blogger" has garnered a negative association with moms gabbing about their kids. While a vast number of moms do blog—more than 3.9 million according to a recent study conducted by Scarborough Research—many have interesting content that deserves to be shared, but gathering a following can prove difficult.

With a bit of writing talent, fresh content and a mixture of the right tools however, moms can take their blogging hobby to the next level and give all the mom-blog naysayers a reason to bite their tongue.

## Here are our top 6 picks for the best free blogging tools:

■ **WORDPRESS.** It began as a simple blogging platform, but has now evolved into a powerful website development tool that many serious bloggers rely upon. What makes this tool so effective is the sheer number of plug-ins available to enhance a reader's experience. According to the Word-

Press organization, "thousands of different WordPress plug-ins, themes and widgets" are currently available. Learn more about getting started with WordPress at [www.wordpress.org](http://www.wordpress.org).

■ **STOCK.XCHNG.** They say a picture is worth a thousand words. On the web, it's probably worth two thousand. Images are an important for capturing a reader's interest and keeping them on your blog website. Stock images can be expensive however and pulling images off of Google's image search results can land bloggers in trouble due to copyright infringement. If you're in need of images, check out [www.sxc.hu](http://www.sxc.hu) for an assortment of free professional stock photos and illustrations.

■ **FACEBOOK & TWITTER.** A blogger could produce the highest quality, most original content around and still have a sparse following of readers. Marketing yourself is a vital step in creating a successful blog. Facebook, Twitter and other social networks

can help new bloggers spread the word about their content and get to know their reader-base. Sharing links to your content with followers and friends on a regular basis can also boost numbers of returning readers.

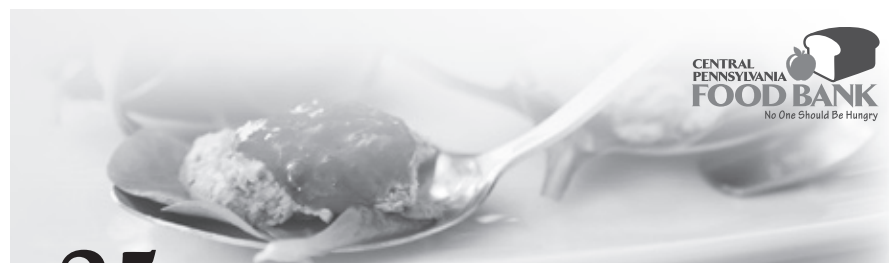
■ **VISUAL.LY.** Perhaps even more valuable than pictures, infographics are a great way to pull readers into a blog and layout numbers and statistics used for content in an interesting way. To create your own free infographics or search for pre-made infographics, Visual.ly provides several layouts to make the process easy. Visit [www.visual.ly](http://www.visual.ly) to try making your own.

■ **FLICKR.** Speaking of images, Flickr is a great tool for getting your photos onto the web, without costing you any money. Flickr simplifies the process of uploading and storing images online, and can easily be integrated into most blogging platforms including WordPress. If nothing else, it also serves as a great method for organizing the droves of family photos that suck up space

on home computers. Flickr is a free service offered at [www.flickr.com](http://www.flickr.com)

■ **FEEDBURNER.** Today's blog readers might be accessing your blog on their Smartphones one minute and their laptops the next. This can make delivering and displaying your content a challenge, but RSS feeds provide a simple solution. By setting up an RSS feed, you create a uniform way that your stories, blog updates and other content can be distributed to and subscribed to by readers. Google's Feedburner, is a handy and simple tool for setting up feeds and can be found at [feedburner.google.com](http://feedburner.google.com). CPP Joe Barry is a web developer at *Journal Multimedia*.

**ARE YOU INTERESTED IN STARTING A BLOG, BUT DON'T KNOW WHERE TO START?** Check out our bundle of creative bloggers at [www.centralpennparent.com](http://www.centralpennparent.com) or subscribe to *Central Penn Parent's* blog feed at <http://www.centralpennparent.com/feeds/All-Blogs>.




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**CENTRAL PENN Parent**



# GREEN

## your skincare routine

FROM FAMILY FEATURES

### MANY EXPECTANT MOTHERS WORRY

about the chemicals they are exposed to and the medications and additives they put in their bodies, but they often forget about the chemicals they may be using to pamper themselves.

According to the Environmental Working Group, the average woman applies 200 chemicals to her skin each day.

Especially during pregnancy, women

may want to re-evaluate what they are slathering on their skin.

Inspired by her grandmother's natural approach to skincare, Lexie Masterson, former actress, model and sister of Mary Stuart Masterson, founded Clairvoyant Beauty, an all-natural and vegan line of aromatherapeutic products based on the skin-soothing recipes her grandmother cooked up in the kitchen. Masterson has

### SAY WHAT?

The average woman applies 200 chemicals to her skin each day.



built upon her grandmother's knowledge, updating her products to incorporate new discoveries in skincare science. "I wanted to provide women with a more natural alternative to taking care of their skin, without using harsh chemicals," Masterson explained.

HERE ARE A FEW TIPS FOR DEALING NATURALLY WITH COMMON SKINCARE ISSUES:

### Dry Skin

For dry skin, Masterson turns to rich avocado. "The unsaturated fatty acids



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soften your skin, while stimulating natural oil production. Apply to clean skin for 15 minutes before rinsing with warm water,” Masterson said.

## Oily Skin

To reduce oil production, Masterson recommends whipping up a mask using strawberries, an egg white and honey. “The strawberries, rich in salicylic acid, are great for treating acne and the honey hydrates the skin, while delivering antibacterial properties,” she explained. To make, add 1/2 cup of fresh strawberries, one egg white and 2 teaspoons of honey to a blender and mix. Apply to your face and neck for 20 minutes, then rinse with cold water.

## Irritated Skin

“For red, puffy skin, turn to cucumbers, which are mildly astringent, and yogurt, which delivers key nutrients such as protein, calcium and vitamins to soften your skin,” Masterson suggested. To alleviate irritation, Masterson mixes 1/2 cup plain, organic yogurt and 1/2 cup grated cucumbers in a blender. Apply the mixture to your face for 15 minutes before rinsing with cool water. CPP

For red, puffy skin, turn to cucumbers, which are mildly astringent, and yogurt, which delivers key nutrients such as protein, calcium and vitamins to soften your skin.



## CHEMICALS to avoid

According to EWG, it is recommended that the following ingredients be avoided when shopping for cosmetics, body and skincare products:

■ **PHTHALATES.** Used as a solvent in many cosmetic products, these are known as “endocrine disruptors,” because they mimic the body’s hormones and can cause reproductive and neurological damage.

■ **PARABENS.** A common preservative in many shampoos, moisturizers, etc., they imitate the hormone estrogen, which has been found to play a role in the development of breast cancers.

■ **PETROCHEMICALS.** These chemical products are derived from petroleum and include toluene, which is often used as a liquid solvent and can cause allergic reactions or skin.



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## The science behind **the swings**

BY ANDREA CICCOCIOPPO

**DRIVE ALONG ROUTE 322 IN HERSHEY** and it's hard not to notice the colorful behemoth that looms aside the highway. There are slides and mazes and tunnels and climbing structures galore.

But this isn't just another Chocolate Town amusement.

It's a cleverly designed teaching tool that

is unique to Central Pennsylvania, and one of the first of its magnitude in the U.S. It's the playground at the new U-GRO Learning Centre.

"Anywhere you go in Central Pennsylvania, there's nothing like it," said Greg Holsinger with a proud grin. "Children learn through play at this age. From the ground up,

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everything is built for and geared to children.”

Holsinger is CEO of U-GRO, a business his mother started as a nursery school in Palmyra in 1973, and he takes the business of play very seriously—he invested \$650,000 into the playground.

“It’s one of the biggest investments in a playground that I’ve seen,” said Kerrin Smith, president of KOMPAN, Inc., the worldwide leader in playground equipment that designed the playground.

KOMPAN, based in Denmark, knows all about the business of play. They have a division called the KOMPAN Play Institute which is comprised of an international network of play and child specialists who research and monitor how societal trends influence children’s development and opportunities to play. You could say they are the experts on how kids learn through play and what attracts them to play structures.

If the scale of the U-GRO project made it unique, it wasn’t by happenstance. “The playground is usually always the afterthought [to an educational institution],” said Jay Cooke of KOMPAN.

“Here, it was very apparent it came first.”

In fact, the entire 16,000-square-foot Hershey U-GRO center was built around the playground, so that each classroom has a doorway to the outdoors.

The play space at the center includes three outdoor age-appropriate custom playgrounds, a sport court—all which encourage gross motor and large muscle activities—plus a 1,800-square-foot indoor play area for those days when outside play isn’t an option.

U-GRO Learning Centres operates 12 facilities total in Cumberland, Dauphin, Lancaster, Lebanon and York counties.

**To read more about the new center, visit our website to see columnist/ blogger Jane Suter’s take on it at [www.centralpennparent.com/plain-jane/August-2012/Playground-demystified-and-desired/](http://www.centralpennparent.com/plain-jane/August-2012/Playground-demystified-and-desired/).**

CPP *Andrea Ciccocioppo is editor of Central Penn Parent. She used to love the monkey bars as a child, but sadly, has lost the strength and agility to navigate them as an adult.*

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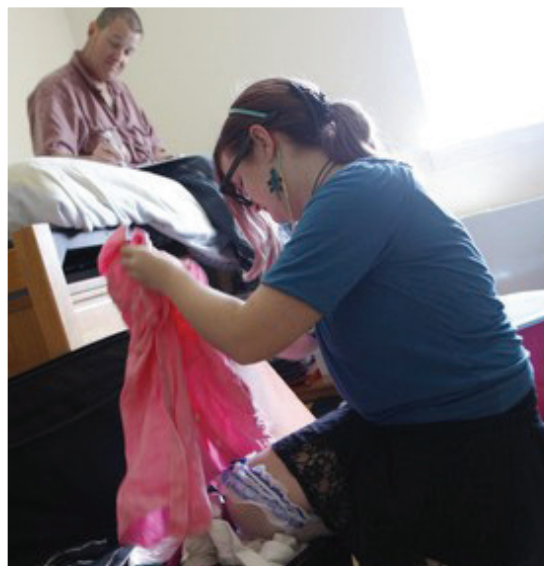


### Nap and play time:

The new U-GRO Learning Centre's infant room/nursery (above); To the right is just one section of the expansive outdoor state-of-the-art age-appropriate play yard.







**Not your average teenager:**

While most 15-year-olds are playing XBOX and getting into Algebra I, Aria Dougherty is studying in the Program for the Exceptionally Gifted at Mary Baldwin College in Staunton, Va.



## College life—at 15 years old

BY ANGELA GORMAN

**ARIA DOUGHERTY WILL WALK ACROSS** the stage with her high school class at Lower Dauphin in 2013. But unlike her classmates, she will have already finished her freshman and sophomore years of college.

Last year, at the age of 15, Aria, of Hummelstown, enrolled as a freshman at Mary Baldwin College in Staunton, Va., through the Program for the Exceptionally Gifted. The program for girls ages 12-16 who are academically exceptional, motivated and mature, allows students to bypass some or all of their high school classes.

The girls live in a residence hall of PEG students supervised by Mary Baldwin staff 24 hours a day. The PEG students take classes with the traditional students and are able to participate in all of the college's clubs and athletics.

"Aria is an unusual case for Lower Dauphin," explained her high school guidance counselor, Lori Beaver. "We may have had a couple of students over the years decide to enter college early, but it is rare. Aria loves to learn. She is one of those students who always wanted to take more classes than would fit into her schedule—she wished we would have had a longer school day. When she heard about this opportunity at Mary Baldwin, she was so excited. She wanted the opportunity to expand her horizons academically and take different types of courses than are typically offered in high school."

According to her mom, Katryn, Aria was always an avid reader and was really good in math.

In fifth grade, Aria was able to make a Sudoku puzzle challenging enough for the class to use, which

gave teacher Jane Lightner the idea of having Aria tested for the gifted program. "Aria was always inquisitive and showed interest in problem-solving and many abstract ideas," Lightner recalled. And, while most 7th graders sit around playing the Xbox or watching T.V. over their summer vacations, Aria (along with her younger sister, Callisto) would do math and reading workbooks and study for SATs.

Aria, who made the Dean's list with a 3.57 GPA, is majoring in math and plans to be a cryptologist for the FBI. "I really enjoy doing puzzles," she said. And the apple didn't fall far from the tree. Both of her parents are into math—her mother was a math teacher and her dad, Sean, has a computer science degree.

For Aria, an early jump on her

college education has been a great thing. "It's been a positive experience that's challenged me and made me step up to my capabilities," she said.

Beaver added, "I think the real benefit to this situation doesn't have to do with trying to get out of college early to become gainfully employed and start making money before the rest of your classmates. Aria is a mature young lady who wanted a unique experience for her age, and I believe that's what she's getting. I think she was excited about the challenge of being in college at a younger age and pushing herself academically."

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





# Get a **kick** out of sports

BY ANDREA CICCOCIOPPA

With childhood obesity on the rise, it's never too soon to teach kids that exercise can be fun. And that's where Soccer Shots comes in.

Soccer Shots is a nationwide program designed to teach the fundamentals of the sport to children ages 3-8. It also emphasizes character traits helpful in sports, with lessons in honesty, sharing, helping, respect, self-control and attitude.

*continued on page 32* ►



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Linglestown United Methodist Church	

#### Lower Dauphin School District Elementary Schools

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Nye Elementary  
South Hanover

#### Steelton Highspire School District Elementary Schools

Steelton Highspire Elementary

#### Susquehanna Township Elementary Schools

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Sara Lindemuth Elementary

### Northern Dauphin County Branch YMCA

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Halifax Elementary

### West Shore Branch YMCA

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**The FUNdamentals:**  
Soccer Shots coaches reach children at their age-appropriate level to offer a hands- (and foot-) on experience in the fundamentals of the game.



continued from page 31 ►

Soccer Shots is offered in four seasons each year in daycares and communities throughout Cumberland, Dauphin, Lancaster, Lebanon and York counties.

Sessions are once a week for 8-10 weeks. "We're not a league. We're not a competitive program. We don't form teams," explained Jason Webb, who co-founded the program about a dozen years ago.

#### TEACHING THE FUNDAMENTALS

The benefits of Soccer Shots come just as much from what it's not as what it offers. "It's not a fast-track to a District I scholarship and playing professional sports," explained Justin Bredeman, a franchise partner in Lancaster.

"We're not trying to develop players and identify the prodigies," Webb added. "Let them enjoy the simplicity of what we're doing. Let them enjoy soccer for what we're doing at this age."

The Soccer Shots coaches work with the children to teach them basic fundamentals of the sport, as well as the concepts of sportsmanship. Each age-appropriate session includes warm-ups, a skill of the day and, often, scrimmaging.

"The kids are getting activity, exercise and learning to cooperate in a small group," Webb said.

And Soccer Shots doesn't turn away children with special needs. "We've found ways to include kids with Autism, Asperger's and Down Syndrome," Webb said.

"We run this as a program designed for children to get the most out of their experience," Bredeman said.

#### A KICK START

Although it's become a national

franchise, Soccer Shots Franchising LLC, got its start locally and its headquarters are based in Lower Swatara Township, Dauphin County.

Webb, Bredeman and Jeremy Sorzano were teammates at Messiah College in the mid 1990s. Webb and Sorzano played for the Charlotte Eagles after college and both got involved in coaching off-season. While Sorzano stayed in Charlotte, Webb returned to Central Pa. to play for the Harrisburg Heat. Both men started community-based soccer programs in their respective locations and a few years later decided to franchise the program, which now reaches more than 30 states and 50,000 children.

And life experience has helped improve the program.

Webb and his wife, Mandy, of Hummelstown, have two daughters, Ella, 6, and Clara, 3. "It was in my DNA to be a teacher and coach, but now that I'm a parent, I have a deeper understanding of what a parent might expect from a program that cares for their kids," Webb said.

Bredeman and his wife, Sally, of Lancaster, have three children of their own—Ethan, 10, Annika, 8, and Caden, 5.

"To me, one of our goals is not to improve the popularity of soccer in America," Webb said. "It's to provide kids with an extremely positive experience through sports."

**CPP** Andrea Ciccocioppo is editor of *Central Penn Parent* and has only played soccer in a middle school gym class.

#### FOR MORE INFORMATION

To find out more about Soccer Shots or locate a program near you, visit [www.soccershots.org](http://www.soccershots.org).



## Local teen makes professional stage debut

BY KURT BOPP

### THEATER IS IN VICTORIA LIEBETRAU'S

**BLOOD.** Born to an actor and costume designer, the Carlisle native has been performing her entire life, and she's known since she was the lead in her kindergarten play that acting is her passion.

She's appeared in local productions at Messiah College and the Whitaker Center for Science and the Arts.

But this summer, Victoria, 14, was over the moon about her latest path to stardom—performing in *Moon Over the Brewery* at Totem Pole Playhouse in Fayetteville.

The theatre is nationally known for offering professional summer theatre, often featuring actors who have graced the small or big screens.

In *Moon Over the Brewery*, Victoria had a lead role. The play focused on a young girl in a Pennsylvania coal mining town as she struggles to accept her single mother's need for romantic attachment. "I love it so much," Victoria said. "I want to [act] all the time. All the people there are amazing, and the shows are so much fun."

But treading the boards in a professional theatre was a bit more difficult than the rising Carlisle High School freshman expected. The crew rehearsed six hours per day for two weeks before opening in July.

The play was directed by Carl Schurr, who Victoria took many notes from that she expects to use the rest of her life. She's also taken plenty of advice from her parents.

Her father, Jon, and mother, Lisa, are both on the faculty of the Theatre Department at Dickinson College, and each has

worked for Totem Pole in the past, as an actor and costume designer, respectively. As a costume designer, Lisa had Victoria in a baby seat or strapped to her back since she was a baby as she worked on costumes, so Victoria absorbed the backstage presence of the theater. "[Victoria's] been performing since she was born. It's hard to be in a theater family and not go down that road," Lisa said. "She's never been shy. She always had that performer air about her. She also has a real talent for visualizing the lines. Some people have that gift for visualizing those lines, and she has it."

When the curtain went up on opening night, Victoria was a little bit nervous—but once she got on stage she, didn't want to leave. "I have a short period where I'm not on, and I just wanted to get back on because I feel like the audience and I are old friends," Liebetrau said. "I feel like that every night."

Although some kids may struggle with working with adult professionals, Victoria thoroughly enjoyed the rest of the cast. "They're so much fun," she said. "They don't treat me like I'm any different. They're just a bunch of kids. They joke around with me, and they're not afraid to make fun of me in a friendly kind of way."

And the feeling was mutual.

"She's great," said Totem Pole vet Rex Daugherty, who has a history of both teaching and appearing with child actors. "I don't treat her any differently than any of the others. Well, I'm a little hesitant to push her around on stage, which my character has to do. But other than that, she's just one of the cast."

Victoria encourages young people to go to theater productions for a much different experience than with TV and movies. "It's live theater, you get an experience you can't get from a movie or anything," she said. "The people are actually there talking to you and they work hard."

The talented ingénue frequently invites her friends out to her performances, and they enjoy what they see. "You learn so much from it and many people find out they like it themselves," Victoria said. "That helps it grow. It is very important that younger people start coming, because we'll need a new crowd."

**CPP** Kurt Bopp is assistant editor/web of Central Penn Parent. He's never acted, but would love to see Spiderman on Broadway.



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**THIS SEASON IS PRIME TIME** for buying apples at local fruit stands and farm markets.

From Gala and Golden Delicious to Honeycrisp and Jonagold, there are many varieties to choose from, and each farm market has its own selection—some markets may carry as many as 30 varieties during a season.

For a quick and easy way to locate farm markets around the state, check out [WWW.PENNSYLVANIAAPPLES.ORG/HOME/WHERETOBUYPAAPPLES.ASPX](http://WWW.PENNSYLVANIAAPPLES.ORG/HOME/WHERETOBUYPAAPPLES.ASPX).

**Here are tips for enjoying apples:**

- Choose apples that are firm to the touch, have a smooth skin and are bruise-free.
- 1 peck is about 10-12 pounds

- 1/2 bushel is about 20-22 pounds
- 1 bushel is about 42-45 pounds

When you get your apples home you should store them in a cool place for maximum flavor and freshness. “By putting them in the crisper drawer of your fridge, you can extend an apple’s shelf life up to ten times longer than if you leave them out,” said Karin Rodriguez, executive director for the Pennsylvania Apple Marketing Program. “A properly refrigerated apple can keep anywhere from four to six weeks, and if you buy in bulk, just store them in a plastic bag and occasionally mist them.”

*Source: The Pennsylvania Apple Marketing Program*



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**Ingredients:**

- 4 medium Pennsylvania apples, each peeled, cored and sliced
- 1/2 c. water
- 1/3–1/2 c. sugar, if desired
- 1/4 tsp. cinnamon

**Directions:**

Heat apples and water to boiling over medium heat; reduce heat. Simmer uncovered until apples are tender (at least 5-10 min.), stirring frequently to break apart the apples. Add cinnamon. Add sugar to taste.





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### Make a family organization station

BY CARRIE BARLUP



**EDITOR'S NOTE:** Welcome to our new feature! We've heard the cries of "I'm bored," and, in this age of technology, we know how hard it can be to find something creative to do. That's why each month, we'll offer a handy craft that you can do with your kids (or for a girls' night out) and have something great to use or admire!

#### WHETHER YOU ARE A WORKING PARENT

or a stay-at-home parent, it can be tough to keep track of your family's schedule. Between sports practice, rehearsals, recitals, dinners with family, meetings and appointments how do you keep everyone coordinated for rides and meals? Try this simple solution: Keep everyone's schedule in one, easy-to-access place with this handy family organization station. It's a cinch to make, even for beginning crafters. And since it can hang on your refrigerator, it gives everyone easy access to the schedule.

#### YOU WILL NEED:

- Ruler
- Scissors
- Pencil
- 1.5 to 2 inch wide ribbon
- 1 piece of poster board (standard size 22"x28")
- Duck tape
- Dry erase markers
- Permant markers
- Washi masking tape (available at most craft stores)
- 4 sheets of adhesive magnetic paper

#### DIRECTIONS:

**1** Measure the side of your refrigerator where you'll plan to hang the organization station and cut your plastic board to fit. (Ours was cut to approximately 22 inches wide by 21 inches tall.)

**2** Using a ruler and pencil, measure out a grid on the poster board, 7 squares wide by 5 squares tall, leaving about 3 inches of extra space at the top and bottom and ½ inch of extra space along both sides. For our board each square was 3-by-3 inches.

**3** Stick the Washi masking tape along your pencil lines to mark out the grid on your calendar.

**4** Cut the two pieces of ribbon to fit the width of the plastic board, leaving enough room to wrap the edges of the ribbon around the back of the board. Use duct tape to secure the sides of the ribbon to the back of the board. Tape the two ribbons on top of each other to create a pocket for storing receipts, tickets or any items you need to keep track of.

**5** Cut the magnetic paper into 31 squares. Use a permanent marker to write numbers 1 through 31 on the magnets or use a word processing program to make printout of the numbers and stick them to the adhesive side of the magnets.

**6** Put the organization station on the front or side of your refrigerator by putting one of the extra circle magnets in each corner. Arrange the numbered magnets on each square of the grid according to that calendar month.

**7** Use permanent marker to write the days of the week above the top seven squares.

**8** Use dry-erase marker to write in the name of the month at the top of the calendar and then add in any other info in the corresponding square of the calendar.

**CPP** Carrie Barlup is graphic designer for Journal Multimedia, the parent company for Central Penn Parent. She has a passion for upcycling and recycling almost everything. Check out more of her crafts at [www.yellowbearstudios.etsy.com](http://www.yellowbearstudios.etsy.com).





## Easing into THE SCHOOL YEAR

BY DAVID F. SALTER

**ALMOST EVERYONE IS AFRAID OF IT.** Many avoid it at all costs. Few embrace it. The thought of it makes CEOs cringe.

Change.

But what about our children? How are they supposed to cope with the biggest changes in their young lives—the transitions they are making at the beginning of the school year; from grade to grade and from school to school?

How do our children cope with moving, say, from elementary school to middle school, or from junior high school to the frighteningly big high school?

### CH-CH-CH-CHANGES

These transitions can present to our children a whole new social dynamic: physically larger environment, new people, new groups or cliques, new opportunities, new cafeteria routine. They also pose new academic challenges like larger homework loads, more rigorous subject matter, and new teachers. Not to mention the desire to avoid getting stuffed into a locker by an upperclassman.

“Some of the things I tell parents, is that it’s a gradual release of responsibility,”

said Anne Hoover, principal at Palmyra Middle School. “Give up some of that parental control and slowly release that to your child. We’ve got a great system where parents can track student’s academics electronically. Those kinds of discussions ... giving the child some more responsibility, setting up schedules, especially with after school activities. Organization is big.”

Many school districts have formal and informal programs scheduled, both for students and for parents, which are aimed at easing these transitions.

“We try to minimize the fear of change,” said Sue Cathcart, principal at Dallastown Middle School. “We believe that approaching change in a positive way minimizes fear or concerns a student may have. Parents are able to bring a child into the school and have a chance to walk around the new school. Visualization is always important. ‘This is where you get off the bus; you’re going to walk down these hallways.’ Parents can have those opportunities during the summer. It does a lot to minimize that transition at the beginning of the year.”

Dallastown and Palmyra offer programs that are similar to those in many

districts. When students are in fifth grade, they will have an opportunity to visit the middle school or junior high school. They’ll get a tour of the school from current students, they’ll hear talks from guidance counselors, teachers and administrators and, most importantly, they’ll have lunch so they can learn the new cafeteria routine.

Additionally, open houses are held for parents of these transitioning students so they, too, can meet new teachers and administrators, see the new school and have their questions and concerns addressed.

### DON’T TELL THEM TO GROW UP AND OUT OF IT

One of the other challenges for both students and parents is the social aspect of the new school or grade. Students can become comfortable with a certain group of friends and activities. The move to a bigger environment presents the potential for new friends (or enemies), and more clubs, organizations and activities.

“It’s important to have open and honest communications with your child,” Hoover said. “They are meeting new groups of friends. They are changing physically, emotionally, hormonally, so keeping the lines of communication open is critical. Students are going to be challenged in a lot of ways by their peers. Tell your child to stay strong.”

### TIME MAY CHANGE YOUR STUDENT

Finally, and not the least important, is the academic challenges students will encounter while moving up a grade or changing schools.

“Certainly the intensity of coursework, and the expectation of homework is greater,” said Cathcart. “The expectations of homework as part of the school day and the school year, particular in the math end of things, increases. The academics will be more rigorous as they should be. This is something as a teacher I stress; it’s not going to be anything you’re not prepared for. The growth continues. Yes, it’s more rigorous, yes it’s harder, but your teachers have given you the foundation to move to

the next grade. It’s certainly something a student is prepared for.”

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

### TRANSITIONING TO HIGH SCHOOL

Perhaps the most challenging transition for our students is that of moving from middle school or junior high to high school. Will your old friends be in your new classes? What if you don’t know anybody in your homeroom? What if an upperclassman is giving you the evil eye?

Whitney Seltzer has been an assistant principal at Cocalico High School for 11 years. In her experience, the academic rigors of this transition present the greatest challenge. So she and her colleagues have taken steps to ensure their new ninth-graders have success.

“We set up a committee this summer, of teachers, and we ended up making smaller class sizes for ninth grade homeroom so it could be more personalized. All the homerooms will be more geared toward looking at student’s grades. If they are doing well, we want to acknowledge that, and if they are struggling, we want to make sure we help them. The teacher and the student will talk about what they can work on. The homeroom teacher will give a paper to the student, who goes to the teacher in the class in which he’s struggling to come up with a plan to improve his grade.

“They were taught through the team concept in the middle school,” Seltzer added. “The teams meet more frequently, and students go through teams for their coursework. In high school the schedule is individualized so a student could be in a class with 9-12th graders. They are a smaller fish in a bigger pond. They have to be a self-advocate to seek help if they need it. The Power School Access System also allows parents to see their child’s progress, and it provides quicker communication with parents when grades are dropping.”



# More moms are

# DROPPING OUT

# of the workforce

By Lysa Christopher

## The statistics are intriguing.

According to the Bureau of Labor and Statistics, only one in five women want a full-time job; 60 percent want a part-time position or the ability to work at home; 20 percent do not want to re-enter the workforce.

Unemployed women hit an all-time high of 53,321,000 last year, according to the BLS. In the past few months alone, 324,000 women have dropped out of the

nation's civilian labor force. The reasons are varied why women seem to be leaving the workforce in droves, but according to the BLS, many women are leaving the workforce due to economic necessity. If that sounds like an oxymoron, it's not as crazy as it sounds.

"When childcare for our three children became too expensive and working out of the home was no longer cost effective, my husband and I made the decision that

I would stay at home," explained Karen Blackstone of Lancaster, who is raising a son, Ben, 9, with husband, Scott.

According to the BLS, several factors ultimately affect a family's decision on employment, including childcare costs, lack of workplace flexibility and earnings disparity. Very simply, a large number of families in the United States cannot afford to balance both childrearing and their careers.

According to the National Association of Child Care Resources and Referral Agency, on average, childcare fees at licensed centers reached a high of nearly \$15,000 a year for infant care, with older children peaking at \$11,000 a year. That's more than most U.S. families spend in a year on food.

"My husband and I have always known we wanted our kids raised at home, but between daycare costs and the difficulty of juggling family schedules, I knew I could not continue to teach after having my first son," said Maria Hershey, a mother of two boys

## Average Childcare Fees

# \$15,000

A YEAR FOR INFANT CARE

# \$11,000

A YEAR FOR OLDER CHILDREN

## 53.3 MILLION

Number of unemployed women in 2011

## 60%

Women who want a part-time position or the ability to work from home



## 1 in 5 women

WANT A FULL-TIME JOB

## 20%


Women who do not want to re-enter the workforce after having a child

Source: Bureau of Labor and Statistics

from Lancaster.

Ironically, as more and more women are leaving the workforce to raise their children, it appears employers want them back. Many employers are beginning to acknowledge the need for change in the workplace and are slowly beginning to try creative solutions to encourage women to return to work, including offering work-from-home options and job sharing.

But for now, Blackstone said she is content where she is and is even managing to bring in a few extra dollars. "I have always loved to make my own earrings, so I made the decision to sell them in an effort to create my own opportunity and help my family financially," she said.

 Lysa Christopher is a freelance writer and mother of two boys.



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# Life as a SAHD

BY LAUREN MCLANE

For many families, the ideal situation is to have a stay-at-home parent who shuttles the kids to and from school and to after-school activities. For many years, the stay-at-home parent was the mother, but over the last several decades, that has changed.

Although no specific statistics are available, research done by the Fatherhood Project at the Families and Work Institute in New York City estimates about 300,000 men nationwide are stay-at-home-dads.

One of those men is Paul Wurst of Etters, who stays at home with his 3-year-old daughter, Norah. Wurst's wife, Tamara Allen-Wurst, works at

a nonprofit in Camp Hill—a job she wasn't prepared to leave when their daughter was born.

Just over a year ago, Wurst said he and his wife made the decision that he would stay home to raise their daughter. "We were kind of thinking about it before and we thought we could do it, so I ran the numbers and figured we could do it. I'd rather raise her myself and not have someone else do it. It's working out really well," Wurst said.

Instead of a full-time job, he works about 15-20 hours per week evenings and weekends at Lowe's. Father and daughter keep busy with gymnastics and trips to Hersheypark

## Nominations are open for the 2013 Healthcare Heroes Awards.

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for additional program information, award descriptions, eligibility and an electronic nomination form.

A printable version of the form is also available.

**Nominations will be accepted until Monday, November 5, 2012.**

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and the library. And Wurst is teaching her letters, and brags that she can recognize most of the alphabet now.

"I like that I get to see Norah all the time. I get to raise her, spend a lot of time with her, teach her things. I

can teach her a lot of stuff before she gets to school," he added.

"Of course, all the guys at work are jealous. They're like, 'I wish I could do that,'" he said.

Although many activities are still geared toward stay-at-home-mothers, such as "Mommy and Me" classes, Wurst says he's never encountered any prejudice. "When I go there, a lot of


people are expecting a mommy and it's like 'Oh, cool, a daddy,'" he said.

Wurst said he will go return to a full-time job when Norah starts school, working overnights so he can sleep during the day and be home when she

gets home from school.

In the meantime, "I just think it's awesome that I get to spend time with her all day, teach her and raise her rather than some-

body else do it," he said.

 **Lauren McLane** is a freelance writer from Carlisle who dotes on her adorable 14-month-old nephew, Cayson.

When I go there, a lot of people are expecting a mommy and it's like 'Oh, cool, a daddy!'



## TOOLBOX for DAD

The role of fathers has changed monumentally over the past half century, and with it has come new expectations for today's dads. Dads are expected to think outside the old breadwinner role and reinvent fatherhood on their own terms—an exciting, but often daunting task. There are plenty of step-by-step resources available for new moms, but where can dads go to find parenting advice catered specifically to them?

**DAD TO DAD: Parenting Like a Pro (American Academy of Pediatrics, June 2012)** by David L. Hill, MD, FAAP, is the perfect go-to guide for modern day fathers. Written by a pediatrician-dad and approved and published by the American Academy of Pediatrics, *Dad*

*to Dad* covers every stage of a child's life from birth to adolescence and offers an index of accessible advice, both medical and emotional, tailored especially for fathers. Drawing on his own professional and personal experiences as a pediatrician, a stay-at-home dad and a single father, David L. Hill uses empathy and a humorous "been there, done that" approach to underscore that fathering is so much more than simply "mothering without the dress."

*Dad to Dad* equips each father with the tools he needs to be the best caregiver for his child, and the best co-parenting partner to his spouse. Check out your local bookstore or online bookseller to order.

## ADVERTISER NEWS

### Homeschool Day comes to museum

The National Watch and Clock Museum will celebrate Homeschool Day from 10 a.m. to 3 p.m. Sept. 11. Families who homeschool are invited to participate in a variety of crafts and activities including: make a clock to take home; a scavenger hunt through the museum exhibits; a demonstration of reverse painting on glass used as clock decoration; learn how timekeeping is used in sports and try some fun horologically inspired "minute it to win it" games; and make an ancient timekeeping device.

"Along with other events and workshops, the museum enjoys planning a Homeschool Day each year because it's another opportunity for families to see that the museum is not only educational, but a whole lot of fun for all ages," said Katie Knaub, director of education.

Registration for the Homeschool Day is required. Cost is \$10 per student. Students 5 and under are admitted for free (a \$6 charge to make a clock not included). Accompanying adults are admitted for free. To register or for more information, contact the Education Department at 717-684-8261, ext. 237 or email [education@nawcc.org](mailto:education@nawcc.org).

### QUACKtastic race benefits children with special needs

The 24th Annual Rubber Duckie Race™ and Festival to benefit the therapies and programs of Schreiber Pediatric Rehab Center raised more than \$105,000 for children with special needs in Lancaster County.

Approximately 20,000 ducks took to the water toward a goal of \$101,000.

Schreiber Pediatric Rehab Center is a nationally recognized nonprofit organization that has been serving children with special needs in Lancaster County for more than 75 years.

This year's race sponsors were Donegal Mutual Insurance Group, Turkey Hill Minit Markets, Susquehanna Bank, Joel's Painting, Lancaster Toyota, Prudential Homesale Services Group, Kitchen Kettle Village, Murray Insurance, Re-Bath, Enterprise Car Sales, Wolf Furniture, WGAL-TV 8, 101 The Rose, WKZF 92.7, WJTL 90.3 and Barry Bruce & Company.

### Improving care for chronic illnesses

Coventry HealthAmerica, a Coventry Health Care plan, and Holy Spirit Health System have formed a new physician partnership program that will improve management of diseases and access to care for Coventry HealthAmerica members, particularly those who suffer from chronic illnesses. The goal of the program is to improve

patient health and quality of care. This will result in the added benefit of decreasing the need for emergency room visits and hospitalization for patients with chronic conditions, such as diabetes and congestive heart failure.

This program is based on the Patient Centered Medical Home model established by the national Family Practice, Pediatric, Internal Medicine and Osteopathic associations. "This arrangement will allow patients and families to more fully participate in their medical care and equip their physicians with data they didn't have access to before," said Robert S. Mirsky, chief medical officer for Coventry HealthAmerica.

"This partnership will help us to place a stronger focus on preventing illnesses and improving the coordination of care. Our new electronic health record will support excellent patient care by allowing us to measure performance, provide patient education and enhance our communication with patients," said Peter Cardinal, MD, medical director of Holy Spirit's medical practices.

### PinnacleHealth recognized for national effort to increase breastfeeding rates

PinnacleHealth has been selected to participate in Best Fed Beginnings, a first-of-its-kind national effort to significantly improve breastfeeding rates in states where rates are currently the lowest.

Although breastfeeding is one of the most effective preventive health measures for infants and mothers, half of U.S.-born babies are given formula within the first week, and by 9 months, only 31 percent of babies are breastfeeding at all.

Best Fed Beginnings seeks to reverse these trends by dramatically increasing the number of US hospitals implementing a proven model for maternity services that better supports a new mother's choice to breastfeed. The National Initiative for Children's Healthcare Quality (NICHQ) is leading the effort through a cooperative funding agreement with the Centers for Disease Control and Prevention (CDC), and will be working closely with Baby-Friendly USA, Inc.


"PinnacleHealth is delighted to have been chosen to participate in this important effort and to have the opportunity to improve our maternity care services to better support breastfeeding," said Cheryl Key, vice president for Women and Children's Services. "We recognize that for women who plan to breastfeed, the hospital experience strongly influences a mother's ability to start and continue breastfeeding. We are committed to implementing evidence-based care through the Baby-Friendly designation process. This will ensure that mothers delivering at Harrisburg Hospital who intend to breastfeed are fully supported."



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# Returning to the classroom

— OLDER AND WISER

BY JENNIFER FITCH



**MOUNT JOY  
RESIDENT AMBER MILLER  
CREDITS HER HUSBAND,  
SHAUN, AND THEIR CHILDREN  
AUSTIN, DYLAN AND SERENA  
WITH GIVING HER TIME TO  
STUDY AS SHE TAKES COLLEGE  
COURSES ONLINE.**



**F**or Paul Gilbert, the biggest challenges associated with beginning college in his 30s were the initial commitment and nervousness.

The start of classes presented their own challenges, as he knew little about financial aid, course structures and buying textbooks. What the Chambersburg man found, though, was other adult learners in similar positions and a campus community willing to help.

"They all have a lot of passion," Gilbert said of his college's faculty and staff.

U.S. Department of Education studies and projections indicate a growing number of people are in a position like Gilbert's.

Statistics show 20.4 million people were enrolled in postsecondary institutions in 2009, a 38 percent increase from a decade earlier. One group contributing heartily to that increase was students ages 25 and older, who experienced a 43 percent enrollment hike between 2000 and 2009.

Amber Miller, of Mount Joy, chose to enroll in an online program from Harrison Business School of Indianapolis. She wanted flexibility to

complete coursework while also caring for her three children and baby-sitting in her home.

"I knew that, physically, I'd be unable to go sit in a classroom," Miller said.

The 28-year-old often takes textbooks with her to her children's sports practices. She also studies when the younger children are napping and takes exams late at night.

"I go to school with a lot of adults who work full time and do the online schooling," Miller said.

Miller received an associate's degree in accounting in April. Now, she is studying project management and logistics as she works toward her bachelor's degree.

Furthering her education was important to Miller as she prepares to re-enter the workforce when her children—Austin, Dylan and Serena—are in school.

"I knew a high school diploma wasn't going to cut it," said Miller, who previously worked as an account representative for a warehouse.

Miller and her husband, Shaun, decided she should leave her job when their second child was 6 months old because childcare started to prove too costly.

Gilbert, 37, was working as a test

*story continued on page 44 ►*

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ONE CLASS A SEMESTER SO  
SHE COULD STILL SUPPORT  
AND ATTEND HER SON KYLE'S  
SOCCER GAMES AFTER  
SCHOOL AND ON  
WEEKENDS.



story continued from page 43 ►

crane operator for Manitowoc in Franklin County when he was laid off in 2009. Gilbert, who had dropped out of high school and earned a GED in 1993, decided to take advantage of government assistance for advancing education.

"Going back as an adult made me a little uneasy," Gilbert said.

His 11-year-old son, Pheonix, has become a supporter of Gilbert's pursuits at Wilson College in Chambersburg. "He likes the idea I finally found something I like. He's liking looking down the road to the life we'll have," Gilbert said.

Gilbert, who wants to be an actuary, hopes to have a home office someday to work independently and spend time with his new wife, Pheonix and the couple's child due in January. He wrapped up an associate's degree and started planning for a bachelor's degree in finance and mathematics at the urging of family and friends.

"Everybody said if I did (stop), I was in deep trouble," Gilbert said.

Like Gilbert, Danielle "Dani" Roux is a Chambersburg resident who saw Wilson College every day and decided to enroll. Her long-term goal is to

operate a bed-and-breakfast that offers casual dining and live music.

Roux, 41, had to transition into a learning mindset for her business studies. She described the routine associated with her information technology job at Chambersburg Hospital.

"When you work, you're on recall every day. It was difficult because your brain, it stops functioning in that direction" of learning new things, Roux said.

Classes started when Roux's son, Kyle, was 9. Roux signed up for just one class a term give her time to support Kyle, who is now 15, in his passion for soccer.

"I had to make sure his schedule wasn't affected," she said.

School is important to Kyle, and he appreciates his mother setting an example. They talk about what her graduation day will be like.

"He's supportive in that he tells me he's very proud of me," Roux said. "He's always been my cheerleader."

Kyle excels in math and algebra, which he tackled in high school as his mom was taking the class in college.

"It allows me to help him at a different level than I could've if I was trying to recall algebra from 20 years ago," Roux said.

College can present financial challenges, but grants, scholarships, government programs and financial aid can make it possible, according to Miller, Gilbert and Roux. They warned that extra items, like online subscriptions required by certain professors, can carry unexpected costs. Gilbert, who operates a blacktopping dump truck, said he recommends asking college officials what the threshold is to be a part-time student versus a full-time one. He limits his number of classes each semester to avoid full-time tuition costs.

Roux, who takes advantage of her employer's tuition reimbursement, said limiting classes and examining class schedules up front can contribute to long-term success. She dropped a

“He’s  
supportive  
in that he  
tells me he’s  
**very proud  
of me.** He’s  
always  
been my  
cheerleader.”

condensed, seven-week course that met on Mondays and Wednesdays because she felt Tuesdays did not give her enough time to prepare for class.

Roux typically dedicates a weekend day to studying.

"It's so easy to get burnt out if you work full time, you have a family and you are trying to go to school," she said.

Miller, who was introduced to online schooling by a mother she knows, takes two classes a semester as a part-time student.

"There were times I wanted to quit, but I knew I'd regret it if I did," she said.

Gilbert recently married the woman he started dating at the start of his college career. His wife, Monica, is just one person he credits with helping him.

"Everybody in my life just stepped up and said, 'This is what you want to do.' ... Everybody is looking to the future," he said.

**CPP** *Jennifer Fitch is an award-winning writer living in Franklin County. She enjoys horseback riding, traveling, walking her two dogs, and spending time with family and friends. Her children's book, Carson's Big Adventure publishes this fall.*





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# LEARNING BEGINS *at home* FOR LOCAL FAMILY

BY TABITHA GOODLING



Louise Keckler (fifth from left) relies on family and friends to help her juggle it all.

**L**ouise Keckler knows a little something about being a busy mom and how to treasure each waking moment of the “crazy” life.

The Cumberland County woman has raised seven children, home-schooling each of them, all the while running her own business, juggling the duties of being a pastor’s wife, tending to her home, and she even eked out time to run for political office. In between, she faced a chronic illness that had left her bed-ridden.

Now that her children are grown, Keckler could kick back and relax. Instead, she’s embarking on a new venture—the Jireh Christian Day School in Adams County.

## Building a firm foundation

Keckler and her husband, Gregg, were hands-on parents, guiding their children, but not doing everything for them. While raising their brood, they also owned and operated Orchard Country Produce and Fruit Farm in Gardners. Family came first and “free” time was a precious commodity.

The Keckler’s seven children range in age from 18 to 28, and only one remains living at home.

Although the days of mountains of laundry, checking and re-checking schedules, preparing meals for nine people and other day-to-day duties may be behind her, Keckler recalls it like it was yesterday. She admits she was firm in handing out chores and responsibilities, but it helped the family get through the day-to-day activities as well as taught her children responsibility. “When the children were all home, everyone helped or had specific jobs that they did during the season. They all picked up the ball and moved when the time came,” she recalled. “I also know that when you delegate responsibly to a young child you can not expect

perfection, but you can encourage them to do their best.”

Keckler, who admits that she isn’t a perfect parent and that much of parenting is about trial and error, emphasizes the term “training” when she describes the key to successfully raising children. “I have always put the training of my children first. This is not just putting the children first, but the training of them. I have found that when my children understand what is expected and what is right and do it, it makes the rest of life go so much easier,” she said.

## Cracking the books

Both Gregg and Louise were educators in both public and private schools for a time, and both felt strongly that homeschooling was the best route for their family. “We are different people and we wanted our children to be able to be different without pressure, so it was a natural choice,” Keckler explained. Homeschooling became a focal part of the family’s daily routine. “Our homeschool schedule certainly was different,” Keckler recalled. “We would not officially start our year until the middle of October and usually finished by the end of April. We obviously counted hours instead of days. Our children knew that they had to work hard and concentrate on their studies during those winter months in order to finish by the time that the season started again.”

Life itself has been a lesson for the educator. Ten years ago, she made a bid for township supervisor. Though she lost the election, she said she felt people took her ideas seriously and her campaign caused many people to think a bit more about getting involved in their community.

And then, things came to a halt. In 2009, Keckler was diagnosed with scleroderma. “It affected my heart, lungs, skin, joints—everything

almost. I was very ill for about one and half years. I could not go to market or do much in the business. I couldn’t type, write, even walk without help. I just slept a lot,” she said.

It was during that time that she reflected on her life as a mom and wife, and also had quiet time with God. “I really got to spend time considering my time management and my priorities,” she recalled. She realized then how quickly time passes and how we spend it is important. And it affected her children, as well. “I think they, too, have come to see the brevity of life since I was ill,” she said.

## Never stop learning

It was no surprise to her adult children when Keckler decided to pursue a career in education.

Earlier this year, she founded Jireh Christian Day School based in Biglerville. The school uses the teaching method of 19th Century British scholar Charlotte Mason—a three-pronged approach to learning: atmosphere, discipline and life. It’s the method she used to educate her own children.

Keckler said it’s time for a new career and isn’t worried that the new venture will make for another chaotic chapter in her life. “At this point in my life, I do not have the pressure of raising children, business and church schedule,” she explained. “I think the busiest time was when I was still homeschooling and running the business while my husband was working fulltime elsewhere, and he was the pastor of the church—those were crazy times!”

Keckler said there is one secret to doing it all: “I have learned to prioritize things. Decide what is worth it and what is not,” she said. “Sometimes these are hard decisions.”

**CPP** *Tabitha Goodling is a freelance writer and mother of four daughters (including triplets!) from Juniata County.*

## Back to school

**THE JIREH CHRISTIAN DAY SCHOOL** is a passion for administrator Louise Keckler for a reason: It allows her to show students that learning is about living, not testing.

The school, based on the Charlotte Mason theory, which focuses learning on the atmosphere, discipline and character and living thoughts and ideas, as opposed to dry facts. Many courses are taught outdoors, there are few textbooks and no homework.

“After having such success with my own [children], I decided to open a school based on this philosophy. I believe that if it were applied more liberally throughout the schools, there would be fewer children on drugs for attention problems and there would be more responsible citizens and more children who would appreciate the workings of God from their close experiences with nature and the creation,” Keckler explained.

And there are no grades. “Children tell what they know and are not tested on what they do not know. Children narrate what they know by telling back,” she said.

Although the Mason method is beyond mainstream education, it’s proven, at least in Kecker’s family. “Of course, folks who have no experience with this kind of a school setting are skeptical, but when I can show that each of my seven children have grown up to be responsible successful adults, they become believers,” she said.

The school, at 3086 Biglerville Road, Biglerville, will open Sept. 4 about a dozen children in grades kindergarten through 12. The school is registered with the state of Pennsylvania and can award diplomas.

Keckler serves as administrator and main teacher, with several teacher’s aides and assistants.

Tuition ranges from \$2,200 for kindergarten to \$3,000 for high school students.

For more information on the Charlotte Mason technique, visit: [www.simplycharlotteschool.com](http://www.simplycharlotteschool.com). For more information on Jireh Independent Baptist Church and Jireh Christian Day School, call 717-677-8180.





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## Getting into the school **GROOVE**

BY JANE SUTER

**IT IS USUALLY AROUND MID-SEPTEMBER** when my kids finally get into the groove of being back in school. Bedtimes are re-established, morning routines become rote. However, those first few weeks of the new school year are nothing but chaos.

Bedtime is the worst. My children complain, "Why do we have to go to bed so early? It's not fair! Who goes to bed when the sun's still out?" So I do my best to explain the earth's axis and rotation in a way my 7- and 9-year-olds can understand. Of course, my kids think I'm lying because the reality is far too much for them to bear.

So, I order them out of bed (like they secretly wanted) and over to my computer. I pull up animated models of our solar system. I search on educational websites. I even Google Bill Nye the Science Guy to see if he has a program on this subject I can upload. I do this,

not only because my boys worship Bill Nye, but because they actually trust he would never deceive them.

Of course, by the time my tutorial is over, the sun has set. My children now agree to go to bed because it's dark. And even though I know I was conned, I secretly admire their brilliance. I bet if they manage to stay awake in school tomorrow they will ace every test. But good grades are the least of my worries. Mornings are, by far, the worst part of this new back-to-school routine. After I hit the snooze button on my alarm clock for the third time in a row, I mentally prepare myself for the task of rousing my kids. I begin with a gentle, "Time to get up, sweetie." This rarely works because my children share my DNA. I return to their bedrooms after making myself some coffee, my voice stern and resolute. Nice mommy has left the building. Thankfully, they usually

Mornings are, by far, the worst part of this new back-to school routine. After I hit the snooze button on my alarm clock for the third time in a row, I mentally prepare myself for the task of rousing my kids. I begin with a gentle, "Time to get up, sweetie." This rarely works because my children

**SHARE MY DNA.**

*The bus is coming!!!*



get up at this point.

Once they're out of bed, they stumble through the house like limp-walking zombies in a thick fog. If I weren't hovering over them, barking out orders like a drill sergeant, they would be goners. The entire scene reminds me of the game Hungry, Hungry Hippos. My boys are the hippos—lifeless and incapable of independent thought and I am the player, banging wildly on the levers, motivating them to action: "Get dressed! Brush your teeth! Eat your vitamins! Grab your backpacks! Where are your sneakers? Did you eat yet?" Wham! Wham! Wham! All the while, I'm eyeballing the clock and shouting

out the countdown. "Five minutes 'til the bus comes." By this time, the boys are awake and scrambling around like squirrels. As I tie the little one's shoes, I do a final inspection. It's **GO** time!

After the bus picks them up, I notice how quiet my house is—the kind of quiet that makes moms nervous, yet I eventually get used to it. It's actually kind of peaceful—until I go into the bathroom. I catch a glimpse of myself in the mirror to find a hideous, pajama-clad mess. Oh well, I'm sure I'll get my own groove back. Eventually.

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

### ■ readers:

**WRITE TO JANE!** E-mail her at [plainjane@centralpennparent.com](mailto:plainjane@centralpennparent.com). For more plain jane, visit her Monday blog at [www.centralpennparent.com](http://www.centralpennparent.com).



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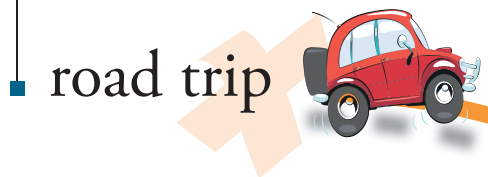
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# It's a bird! It's a plane! It's the cosmos!

BY MAYA KOSOFF

**FEW THINGS IN NATURE ARE AS AWE-INSPIRING** as the night sky. If you look closely, you'll see not only the moon and stars, but also bright constellations in a sea of blackness and maybe even a distant planet.

Pennsylvania's planetariums offer the wonder of a night sky at any hour of the day—so you and your family can observe the breath-taking beauty of the solar system without having to worry about missing bedtime.

■ **NEIL ARMSTRONG PLANETARIUM**  
WWW.GEOCITIES.WS/  
NEILARMSTRONGPLANETARIUM/  
ALTOONA AREA SCHOOL DISTRICT, 1415 SIXTH  
AVE., ALTOONA  
814-946-8315

The cutting-edge SciDome planetarium system provides breathtaking displays of constellations, planets, satellites, comets and more, allowing guests to see continuous 3D images from our solar system all the way out to 700 million light years into intergalactic space. Public showings are available throughout the year, in addition to private showings and birthday parties.

■ **BOYERTOWN PLANETARIUM**  
WWW.BOYERTOWNASD.ORG/OUR-SCHOOLS/  
JUNIOR-HIGH-EAST/PLANETARIUM.ASPX  
600 WALNUT ST., DANVILLE  
717-275-4111  
This planetarium boasts two different types of programming for guests ages preschool to

adult: Star programs, held in the planetarium, feature special effects and even incorporate live satellite feeds from space missions; Star watches feature a similar presentation inside the planetarium, but also include an interactive outdoor session using the planetarium's telescopes (weather permitting). The 75-seat planetarium offers custom programs for groups, and the directors offer a range of topics, such as animal migration, Egyptian mythology or Stonehenge.

## ■ INDIANA UNIVERSITY OF PENNSYLVANIA PLANETARIUM

WWW.IUP.EDU  
GEOSCIENCE DEPT, 114 WALSH HALL, IUP  
CAMPUS, INDIANA  
412-357-2379

IUP's Geoscience Department is home to a 30-foot diameter planetarium. Used by the university in its introductory astronomy courses as well as in classes for Earth and Space Science teaching majors, the planetarium is open to the public. Group visits may



Pennsylvania's planetariums offer the wonder of a night sky at any hour of the day—so you and your family can observe the breath-taking beauty of the solar system.

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be scheduled, but public showings are offered throughout the year—some on weekdays and some on Saturdays—to encourage the public to enjoy the planetarium and to learn about the cosmos.

#### ■ **ULMER PLANETARIUM**

[WWW.LHUP.EDU/GP/PLANETARIUM.HTM](http://WWW.LHUP.EDU/GP/PLANETARIUM.HTM)  
ULMER HALL, LOCK HAVEN UNIVERSITY  
CAMPUS, LOCK HAVEN  
717-893-2075

The celestial sphere inside Lock Haven University's Ulmer Planetarium provides a simulation of the night sky for all seasons, complete with the sun, moon, stars and other planets. The 60-person planetarium offers free programming, ranging from beginner courses about astronomy—location of stars and constellations—to more advanced level courses in which individuals can learn about astrophysics and astronomy. The planetarium's Astronomical Fridays events consist of an afternoon planetarium show, followed by a stargazing event at dusk, which takes place at the Lock Haven fields.

#### ■ **FRANKLIN INSTITUTE SCIENCE MUSEUM AND FELS PLANETARIUM**

[WWW2.FI.EDU/THEATER/PLANETARIUM/THEATER-INFO.PHP](http://WWW2.FI.EDU/THEATER/PLANETARIUM/THEATER-INFO.PHP)  
222 NORTH 20TH ST., PHILADELPHIA  
215-448-1293

Originally opened in 1933, the Franklin Institute's Fels Planetarium is the nation's second-oldest planetarium. The 60-foot, four-story tall dome was given a makeover in 2002—its 40,000 pound stainless steel dome was replaced, and the dome is now lighter than ever before, allowing for an enhanced viewing experience. Although Fels offers showings to the public and private groups year-round, the best time to visit is in October, when the planetarium celebrates World Space Week with lectures from astronomy experts, special shows in the three theaters in the Franklin Institute, demonstrations and special in-museum activities suited for the whole family.

#### ■ **BUHL PLANETARIUM**

[WWW.BUHLPLANETARIUM.ORG/](http://WWW.BUHLPLANETARIUM.ORG/)  
CARNEGIE SCIENCE CENTER, 1 ALLEGHENY AVE., PITTSBURGH  
412-237-3399

The Buhl Planetarium and Institute of Popular Science was established in 1927 with hopes to incorporate new scientific technolo-

gy into the development of western Pennsylvania's economy. Buhl's "Theater of the Stars" planetarium houses 425 seats under a 65-foot diameter dome, the first planetarium to be equipped with a special sound system to help those with hearing impairment. The perimeter of the planetarium is decorated with the Pittsburgh skyline. Buhl Planetarium is famous not only for its Institute of Popular Science, but also for its planetarium show production.

#### ■ **READING PUBLIC MUSEUM PLANETARIUM**

[WWW.READINGPUBLICMUSEUM.ORG/PLANETARIUM/INDEX.PHP](http://WWW.READINGPUBLICMUSEUM.ORG/PLANETARIUM/INDEX.PHP)  
1211 PARKSIDE DRIVE S., READING  
610-371-5850

The Neag Planetarium offers state-of-the-art 3-D sky simulation, full immersion star shows, and multimedia presentations. One of the more unique features is Floyd Final Fridays, during which full-dome digital visuals are set to classic rock songs by artists like Pink Floyd.

#### ■ **PLANETARIUM AT THE STATE MUSEUM OF PENNSYLVANIA**

[WWW.STATEMUSEUMPA.ORG/PLANET.HTML](http://WWW.STATEMUSEUMPA.ORG/PLANET.HTML)  
300 NORTH ST., HARRISBURG  
717-787-4980

The State Museum's planetarium is currently undergoing renovations and will re-open at the end of September with brand new projection and audio systems—which will provide almost six million pixels on the planetarium's dome. At \$2 a show, the planetarium's public showings are not to be missed, and currently include a Liam Neeson-narrated documentary on Black Holes and an animated movie appropriate for the whole family.

#### ■ **NORTH MUSEUM PLANETARIUM**

[WWW.NORTHMUSEUM.ORG](http://WWW.NORTHMUSEUM.ORG)  
400 COLLEGE AVE., LANCASTER  
717-291-4315

Central Pennsylvania's largest planetarium opened its doors in 1953. Besides regularly scheduled shows, the planetarium is also available for school and scouting programs. The Night Sky Tour, features thousands of stars splayed across the 46-foot diameter dome of the planetarium.

CPP *Maya Kosoff is a rising junior in the S.I. Newhouse School of Public Communication at Syracuse University and an intern at Central Penn Parent.*

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# Calendar

## september

### saturday, september 1

#### GHOST BUS TOUR

*Gettysburg Tours, 778 Baltimore Street, Gettysburg, 8 p.m.*

Your ghost host will entertain you with chilling tales of the countryside and Sachs Bridge and Herr's Ridge. As you depart the bus at the bridge and the ridge you will walk on some of the most haunted soil in the area. You may even cross over the grave of some long-forgotten corpse. Adults: \$20; Children age 6-12: \$18.

717-334-1156 • [www.ghostlyimages.net](http://www.ghostlyimages.net)



### SATURDAY, SEPTEMBER 1

**McLain Celtic Festival.** *Two Mile House, 1189 Walnut Bottom Road, Carlisle, 9 a.m.-5 p.m.* Musical entertainment including Irish and Scottish dancers, border collie demonstrations and highland athletics. Plus, re-enactors, Scottish Clan representatives, highland cattle, vendors with Celtic goods and food. \$8 in advance; \$10 at the gate; children under 10 admitted for free. 249-7610 or 243-3437 • [www.historicalsociety.com](http://www.historicalsociety.com)

**Ghost Bus Tour.** *Gettysburg Tours, 778 Baltimore Street, Gettysburg, 8 p.m.* Your ghost host will entertain you with chilling tales of the countryside and Sachs Bridge and Herr's Ridge. As you depart the bus at the bridge and the ridge you will walk on some of the most haunted soil in the area. You may even cross over the grave of some long-forgotten corpse. Adults: \$20; Children age 6-12: \$18. 717-334-1156 • [www.ghostlyimages.net](http://www.ghostlyimages.net)

**Hospice of Lancaster County's 28th Annual Labor Day Auction.** *Lampeter Fairgrounds, 9 a.m.-5 p.m.* Items available for bid include original art from local artists, trip packages, and sports memorabilia, including autographed footballs and Phillies tickets. FREE. 717-295-3900 • [www.hospiceoflanaster.com](http://www.hospiceoflanaster.com)

### SUNDAY, SEPTEMBER 2

**Marietta Market.** *Flanagan Park, Corner of Front and Pine Streets, Marietta, 9 a.m.-1 p.m.* Held each Sunday through Oct. 28, the family-friendly market offers fresh, local foods and handmade items. Live music begins at 10 a.m. Kids' Day is the first Sunday of the month with free children's activities beginning at 10 a.m. including crafts, music, games and performances. FREE. <http://mariettamarket.org>

### MONDAY, SEPTEMBER 3

**Hospice of Lancaster County's 28th Annual Labor Day Auction.** *Lampeter Fairgrounds, 8:30 a.m.-6 p.m.* Items available for bid include original art from local artists, trip packages, and sports memorabilia, including autographed footballs and Phillies tickets. FREE. 717-295-3900 • [www.hospiceoflanaster.com](http://www.hospiceoflanaster.com)






### WEDNESDAY, SEPTEMBER 5

 **New For You Fall/Winter Children's Consignment Event.** *Susquehanna Sports Center, 1001 Bosler Avenue, Lemoyne, 4-9 p.m.* Gently-used children's clothing, toys and more. FREE.  
717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

### THURSDAY, SEPTEMBER 6

 **New For You Fall/Winter Children's Consignment Event.** *Susquehanna Sports Center, 1001 Bosler Avenue, Lemoyne, 10 a.m.-8 p.m.* Gently-used children's clothing, toys and more. FREE.  
717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

### FRIDAY, SEPTEMBER 7


 **Wicked Walk.** *History on High, 33 West High Street, Carlisle, 5:30 and 6:30 p.m.* This tour is based on author Joe Cress's newest local history book, *Wicked Carlisle, True Crime*. There is a limit of 13 people per walk. FREE.  
717-249-1626 • [www.historicalsociety.com](http://www.historicalsociety.com)

 **Tykes2Teens Fall/Winter Kid's Consignment Sale.** *The Masonic Temple, 910 South Market Street, Mechanicsburg, 9 a.m.-7 p.m.* Selling all things for kids, babies and new parents. FREE.  
717-695-7579 • [www.tykes2teens.com](http://www.tykes2teens.com)

 **New For You Fall/Winter Children's Consignment Event.** *Susquehanna Sports Center, 1001 Bosler Avenue, Lemoyne, 10 a.m.-8 p.m.* Gently-used children's clothing, toys and more. FREE.  
717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

### SATURDAY, SEPTEMBER 8

**Forgotten 5K, Unforgettable Costume Contest & 1-mile Mosey.** *West Shore Evangelical Free Church, 1345 Williams Grove Road, Mechanicsburg, 7-10:45 a.m.* Wear a costume for the 5K or 1-mile and be entered to win a brand new iPad2. Proceeds benefit Forgotten Voices, a nonprofit focused on helping children orphaned by AIDS. \$10 to \$20.  
<http://forgotten5k.org>

 **Children & Teen Outgrown Sale.** *Lebanon Expo Center, 2120 Cornwall Road, Lebanon, 8 a.m.-2 p.m.* Huge selection of gently-used children through teen items, including clothing, toys, books, strollers, baby items, shoes, coats and more. FREE.  
610-693-4229 • [www.berkskids closet.com](http://www.berkskids closet.com)

# CENTRAL PENN Parent

Our favorite events this month

Where to Go. Who to See.  
What to Do.



## McLain Celtic Festival

Two Mile House, 1189 Walnut Bottom Road, Carlisle, 9 a.m.-5 p.m. Musical entertainment including Irish and Scottish dancers, Border Collie demonstrations and highland athletics. Plus, re-enactors, Scottish Clan representatives, highland cattle, vendors with Celtic goods and food. \$8 in advance; \$10 at the gate; children under 10 admitted for free.  
249-7610 or 243-3437  
[www.historicalsociety.com](http://www.historicalsociety.com)



## Hospice of Lancaster County's 28th Annual Labor Day Auction

Lampeter Fairgrounds 8:30 a.m.-6 p.m. Items available for bid include original art from local artists, trip packages, and sports memorabilia, including autographed footballs and Phillies tickets. FREE  
717-295-3900  
[www.hospiceoflanaster.com](http://www.hospiceoflanaster.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	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

## Music Together demo class

Popovsky Performing Arts Studio, 245 Butler Avenue, Lancaster, 6 p.m. Experience this music and movement class for children birth to Kindergarten and the adults who care for them. Reservations requested. FREE.  
717-517-8543  
[www.popovskyperformingarts.com](http://www.popovskyperformingarts.com)



## Carlisle's 19th Century Firehouses Walking Tour

Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 10 a.m. This eight-block tour of the original town will stop at five fire halls and discuss some of Carlisle's largest fires of the 1800s. The tour will end at the Union Fire Company's museum. Meet at the Cumberland County Historical Society. \$8/ member; \$12/nonmember.  
717-249-7610  
[www.historicalsociety.com](http://www.historicalsociety.com)

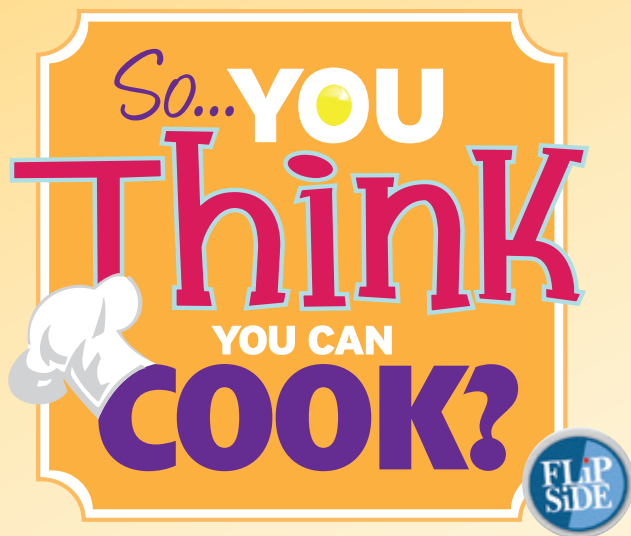


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**Tykes2Teens fall/winter consignment sale.** The Masonic Temple, 910 South Market Street, Mechanicsburg, 8 a.m.-noon. Selling all things for kids, babies and new parents. Many items will be 50 percent off today. FREE.  
717-695-7579 • [www.tykes2teens.com](http://www.tykes2teens.com)

**New For You Fall/Winter Children's Consignment Event.** Susquehanna Sports Center, 1001 Bosler Avenue, Lemoyne, 9 a.m.-1 p.m. Gently-used children's clothing, toys and more. FREE.  
717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

**Civil War Walking Tour.** Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 10 a.m. Meet at the Cumberland County Historical Society. Members: \$8; Others: \$12.  
717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

**Dream Big Festival.** Northern Dauphin Library, 683 Main Street, Lykens, 1-4 p.m. Clowning and magic, stories and songs. FREE.  
717-566-0949 • [www.dcls.org/events](http://www.dcls.org/events)

**Eberly's Mill Community Block Party.** Eberly's Mill Church of God, 115 Creek Road, Camp Hill, 3-7 p.m. Free food, games, inflatable rides and entertainment with a performance by Steven Courtney beginning at 5 p.m. FREE.  
717-761-3282 • <http://eberlysmillcog.com>

**Fairy Festival.** The Rosemary House, 120 South Market Street, Mechanicsburg, 10 a.m.-4 p.m. The herb gardens are magically transformed into a wonderland for wee folk of all kinds: Fairies, elves, sprites, gnomes and even trolls. Crafts, activities and performances. Perfect for ages 3-11. Adults: \$5; children 16 and under admitted for free.  
717-697-5111 • [www.RosemaryHouseFairyFestival.blogspot.com](http://www.RosemaryHouseFairyFestival.blogspot.com)

**Curators Club.** The Oakes Museum of Natural History, Messiah College, One College Avenue, Grantham, 9:45 a.m.-noon. A multi-faceted science program open to children in grades 3-5. This week's topic is The Dirt on Dirt. \$12.  
717-691-6082 • [www.messiah.edu/Oakes/index.html](http://www.messiah.edu/Oakes/index.html)

**Walking Tour of Main Street Mechanicsburg.** Mechanicsburg Museum Passenger Station, 2 West Strawberry Alley, Mechanicsburg, 1 a.m.-noon. Explore Main Street structures from log cabins to contemporary buildings. \$5.  
717-697-6088 • [www.mechanicsburgmuseum.org](http://www.mechanicsburgmuseum.org)

**Ugh It's Bugs!** Hershey Gardens, 170 Hotel Road, Hershey, 10 a.m.-12:30 p.m. Wear your digging duds and explore the secret world of bugs. Kids will dig for worms, build a bug box, see some of the world's most exotic bugs from ZooAmerica and more. \$8 per child, plus regular admission.  
717-508-5968 • <http://HersheyGardens.org>

**Pine Grove Family Program.** Two Mile House, 1189 Walnut Bottom Road, Carlisle, 10 a.m.-noon. This hands-on learning day is an opportunity for visitors to explore themes from the "Pine Grove: A Lasting Legacy" exhibit, ranging from charcoal making to code breaking. Some crafts are messy, so wear old clothing. FREE.  
717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

## SUNDAY, SEPTEMBER 9

**COBYS Bike & Hike.** Lititz Church of the Brethren, 300 West Orange Street, Lititz, 1-5:30 p.m. Participants choose from a 3-mile walk, 10- or 25-mile bicycle rides, or the 65-mile Dutch Country Motorcycle Ride. \$25 per person. Benefits the ministries of COBYS Family Services.  
717-656-6580 • [www.cobys.org](http://www.cobys.org)

**Fairy Festival.** The Rosemary House, 120 South Market Street, Mechanicsburg, 10 a.m.-4 p.m. The herb gardens are magically transformed into a wonderland for wee folk of all kinds: Fairies, elves, sprites, gnomes and even trolls. Crafts, activities and performances. Perfect for ages 3-11. Adults: \$5; children 16 and under admitted for free.  
717 697 5111 • [www.RosemaryHouseFairyFestival.blogspot.com](http://www.RosemaryHouseFairyFestival.blogspot.com)

**Marietta Market.** Flanagan Park, Corner of Front and Pine Streets, Marietta, 9 a.m.-1 p.m. Held each Sunday through Oct. 28, the family-friendly market offers fresh, local foods and handmade items. Live music begins at 10 a.m. Kids' Day is the first Sunday of the month with free children's activities beginning at 10 a.m. including crafts, music, games and performances. FREE.  
<http://mariettamarket.org>

## TUESDAY, SEPTEMBER 11

**3rd Pennsylvania Cavalry Lecture.** Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 7 p.m. A talk about the 3rd Pennsylvania Cavalry with emphasis on Captain William Miller, the horses and the action at Gettysburg on July 3rd, 1863. FREE.  
717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

**Patriots Day at Lincoln Train Museum.** The Lincoln Train Museum, 425 Steinwehr Avenue, Gettysburg, 9 a.m.-5 p.m. Service people (EMTs, firemen, policemen) receive free admission with valid ID.  
717-334-5678 • [www.gettysburgbattlefieldtours.com/lincoln-train-museum](http://www.gettysburgbattlefieldtours.com/lincoln-train-museum)

**Patriots Day at The Hall of Presidents & First Ladies.** Hall of Presidents & First Ladies, 789 Baltimore Street, Gettysburg, 9 a.m.-5 p.m. Free admission to our service people (Firemen, EMT's and Policemen) with valid ID.  
717-334-5717 • [www.gettysburgbattlefieldtours.com/hall-of-presidents](http://www.gettysburgbattlefieldtours.com/hall-of-presidents)



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Tune in next month for  
our to-do list on having  
more fun this Fall!



## FRIDAY, SEPTEMBER 14

**Moms With Preschoolers.** Glenview Alliance Church, 10037 Susquehanna Trail South, Glen Rock, 9:30-11:30 a.m. Moms and children ages birth through kindergarten do songs, stories, games, crafts and play. FREE.  
717-428-2502 • [www.glenviewcma.org](http://www.glenviewcma.org)

**Lititz Storytelling Festival.** Snavelly Family Theater, Steinman Arts Building, Linden Hall School, 212 East Main Street, Lititz, 7-9 p.m. Tales of Wonder, Humor and Insight in historic Lititz, features acclaimed storytellers, Philip Gulley and Charlotte Blake Alston, theatrical storyteller Terri Mastrobuono, and local storytellers, Ken Sensenig and David Worth. Adults: \$15; children: \$10.  
717-201-2615 • [www.storypartners.net](http://www.storypartners.net)

**Carlisle's 19th Century Firehouses Walking Tour.** Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 1 p.m. This eight-block tour of the original town will stop at five fire halls and discuss some of Carlisle's largest fires of the 1800s. The tour will end at the Union Fire Company's museum. Meet at CCHS. Members: \$8; Others: \$12.  
717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

## SATURDAY, SEPTEMBER 15

**Carlisle's 19th Century Firehouses Walking Tour.** Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 10 a.m. This eight-block tour of the original town will stop at five fire halls and discuss some of Carlisle's largest fires of the 1800s. The tour will end at the Union Fire Company's museum. Meet at the Cumberland County Historical Society. Members: \$8; Others: \$12.  
717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

**Lititz Storytelling Festival.** Snavelly Family Theater, Steinman Arts Building, Linden Hall School, 212 East Main Street, Lititz, 2-4 and 7-9 p.m. Exaggeration and Tall Tales will be offered from 2 to 4 p.m. Two children are admitted for free with each adult ticket while supplies last. From 7 to 9 p.m. is a storytelling concert with full-length presentations by Philip Gulley, Charlotte Blake Alston and Terri Mastrobuono. Single event adults: \$15; children: \$10.  
717-201-2615 • [www.storypartners.net](http://www.storypartners.net)

**Documenting Vintage Cumberland County Quilts.** Two Mile House, 1189 Walnut Bottom Road, Carlisle, 9 a.m.-3 p.m. The LeTort Quilt Guild, Carlisle, in cooperation with the Cumberland County Historical Society, will be documenting vintage quilts that were made before 1950 in Cumberland County or now reside in the county. FREE.  
717-249-7610 • <http://www.historicalsociety.com>

## SUNDAY, SEPTEMBER 16

**Healthy Kids Running Series.** Cumberland Valley Cross Country Course, behind Eagle View Middle School, Mechanicsburg, 5:30 p.m. Held every Sunday through Oct. 14. The program is about having fun and motivating kids to be active. Events include: 50-yard dash (preK); ¼-mile run (K-1); 1/2-mile run (second and third grades); ½-mile run (fourth and fifth grades); 1-mile run (middle school). \$10 per race or \$30 for entire series.  
717-395-1335 • <http://HealthyKidsRunningSeries.com>

**Marietta Market.** Flanagan Park, Corner of Front and Pine Streets, Marietta, 9 a.m.-1 p.m. Held each Sunday through Oct. 28, the family-friendly market offers fresh, local foods and handmade items. Live music begins at 10 a.m. Kids' Day is the first Sunday of the month with free children's activities beginning at 10 a.m. including crafts, music, games and performances. FREE.  
<http://mariettamarket.org>

## MONDAY, SEPTEMBER 17

**Music Together demo class.** Popovsky Performing Arts Studio, 245 Butler Avenue, Lancaster, 6 p.m. Experience this music and movement class for children birth to kindergarten and the adults who care for them. Reservations requested. FREE.  
717-517-8543 • [www.popovskyperformingarts.com](http://www.popovskyperformingarts.com)



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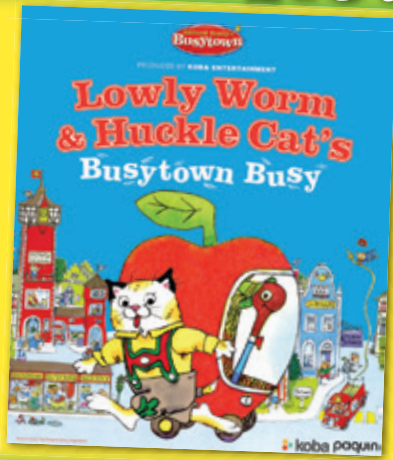


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Tune in next month for our to-do list on having more fun this Fall!



## TUESDAY, SEPTEMBER 18

### **Silent Soliders Trees of the Battlefield.**

Gettysburg National Military Park amphitheater, Confederate Avenue, Gettysburg, 8:30 p.m. Discover more about some of the trees in the National Military Park and their uses during the Civil War. Learn how to recognize them and which ones were prevalent in the 1860s but are no longer. Presented by Strawberry Hill Nature Preserve. 717-642-5840 • [www.StrawberryHill.org](http://www.StrawberryHill.org)

🍁 **BookRATs.** Kline Library, 530 South 29th Street, Harrisburg, 5:45 p.m. Read a book and talk about what you've read, plus a craft or activity. FREE. 717-234-4961 • <http://www.dcls.org/events>

## WEDNESDAY, SEPTEMBER 19

🍁 **BookRATs.** East Shore Area Library, 4501 Ethel Street, Harrisburg, 6 p.m. Read a book and talk about what you've read, plus a craft or activity. FREE. 717-234-4961 • <http://www.dcls.org/events>

## THURSDAY, SEPTEMBER 20

🍁 **Music Together Free Demo Class.** Popovsky Performing Arts Studio, 245 Butler Avenue, Lancaster, 10:30 a.m. Experience this music and movement class for children birth to Kindergarten and the adults who care for them. Reservations requested. FREE. 717-517-8543 • [www.popovskyperformingarts.com](http://www.popovskyperformingarts.com)

🍁 **BookRATs.** Johnson Memorial Library, 799 E. Center Street, Millersburg, 6:45 p.m. Read a book and talk about what you've read, plus a craft or activity. FREE. 717-234-4961 • <http://www.dcls.org/events>

## FRIDAY, SEPTEMBER 21

🍁 **Music Together Free Demo Class.** Popovsky Performing Arts Studio, 245 Butler Avenue, Lancaster, 10:30 a.m. Experience this music and movement class for children birth to Kindergarten and the adults who care for them. Reservations requested. FREE. 717-517-8543 • [www.popovskyperformingarts.com](http://www.popovskyperformingarts.com)

## SATURDAY, SEPTEMBER 22

**Underground Railroad Walking Tour.** Boiling Springs, Iron Furnace parking lot, Boiling Springs, 10 a.m. This walking tour will focus on the role of abolitionists and freedom seekers in Boiling Springs. Meet in front of the Iron Furnace. Members: \$10; Others: \$12. 717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

🍁 **Safety Awareness Day.** Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 10 a.m.-2 p.m. In celebration of National Baby/Child Safety Month, attend a variety of presentations: Baby-proofing your home (10 a.m.); fire safety (11 a.m.); baby-wearing safety (noon); safe co-sleeping (1 p.m.). Plus, Touch-a-Truck, car seat safety checks and more. FREE. 717-761-4975 • [www.ombabycenter.com/Safety\\_Awareness\\_Day.html](http://www.ombabycenter.com/Safety_Awareness_Day.html)

🍁 **Newberry Township Community Fair.** Newberry Commons Shopping Center, Newberry Commons, Etters, 9 a.m.-5 p.m. This family event features entertainment, games, crafts, food, a "truck zoo" and more. FREE. 717-938-0125 • [newberrybusiness.org/Newberry-FairDay.html](http://newberrybusiness.org/Newberry-FairDay.html)

**Curators Club.** The Oakes Museum of Natural History, Messiah College, One College Avenue, Grantham, 9:45 a.m.-noon. A multi-faceted science program open to children in grades 3-5. This week's topic is Living on the Edge. Explore what animals live in the mountains and how they are able to survive. \$12. 717-691-6082 • <http://www.messiah.edu/Oakes/index.html>

## SUNDAY, SEPTEMBER 23

**Matchbox Toy Show.** AACAMuseum, 161 Museum Drive, Hershey, 9 a.m.-3 p.m. Sponsored by the Die Cast Toy Exchange. Enjoy cars of all shapes and sizes. Special half-price admission of just \$5 will be available to everyone ages 4 and older, with children 3 and under admitted for free. 717-566-7100 • [www.aacamuseum.org/events](http://www.aacamuseum.org/events)

🍁 **Marietta Market.** Flanagan Park, Corner of Front and Pine Streets, Marietta, 9 a.m.-1 p.m. Held each Sunday through Oct. 28, the family-friendly market offers fresh, local foods and handmade items. Live music begins at 10 a.m. Kids' Day is the first Sunday of the month with free children's activities beginning at 10 a.m. including crafts, music, games and performances. FREE. <http://mariettamarket.org>



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**ABC Construction Rodeo.** ABC Keystone, 135 Shellyland Road, Manheim, 1-5 p.m. Construction-related activities and competitions, heavy equipment, games, door prizes, food and clowns, plus an interactive family safety area. Benefits Make-A-Wish and the Merit Shop Scholarship Fund. Rain or Shine. FREE.  
www.abcrodeo.org

### THURSDAY, SEPTEMBER 27

**4 The Kids Consignment Event.** The Warehouse, 32 Big Dam Road, Dillsburg, 9 a.m. to 7 p.m. Shop for new and gently used brand name items at a fraction of the retail price. FREE.

**WeeUsable Children & Maternity Consignment Event.** Lancaster Host Resort's Expo Center, 2300 Lincoln Highway East, Lancaster, 8 a.m.-4 p.m. More than 400 consignors, 80,000 items including furniture, clothes, books, toys, strollers and more. FREE.  
717-495-2855 • www.weeusablesevent.com

### FRIDAY SEPTEMBER 28

**WeeUsable Children & Maternity Consignment Event.** Lancaster Host Resort's Expo Center, 2300 Lincoln Highway East, Lancaster, 8 a.m.-8 p.m. More than 400 consignors, 80,000 items including furniture, clothes, books, toys, strollers and more. FREE.  
717-495-2855 • www.weeusablesevent.com

**Fall Living History Event.** Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 7 p.m. Cynthia Janzen will portray Dolly Madison. FREE.  
717-243-7610 • http://www.historicalsociety.com

### SATURDAY, SEPTEMBER 29

**Run for Peace/Fall Festival.** Elizabethtown Church of the Brethren, 777 South Mount Joy Street, Elizabethtown, 10 a.m.-3 p.m. The annual event includes activities for children and adults and food. Free for kids under 10.  
www.etowncob.org/runforpeace

**WeeUsable Children & Maternity Consignment Event.** Lancaster Host Resort's Expo Center, 2300 Lincoln Highway East, Lancaster, 8-11 a.m. More than 400 consignors, 80,000 items including furniture, clothes, books, toys, strollers and more. FREE.  
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### SUNDAY, SEPTEMBER 30

**Marietta Market.** Flanagan Park, Corner of Front and Pine Streets, Marietta, 9 a.m.-1 p.m. Held each Sunday through Oct. 28, the family-friendly market offers fresh, local foods and handmade items. Live music begins at 10 a.m. Kids' Day is the first Sunday of the month with free children's activities beginning at 10 a.m. including crafts, music, games and performances. FREE.  
http://mariettamarket.org

## CENTRAL PENN Parent

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## BEHIND THE *Issue*

BY ANDREA CICCOCIOPPPO

**EDITOR'S NOTE:** Each month, *The Back Story* is the place to turn to find the “story behind the stories” you read, for last-minute reflections on the things, or for a little motivation for the month to come. So send the kids off to bed or sports practice, sit a spell and get to know what’s going on behind the scenes at the magazine!

### UNDER COVER

If you give just a quick glance at this month’s cover, you may not notice that it features a mom and her children. That’s because even after giving birth to six children, **Jeannette Kole** looks so darned good that she could pass for a teenager. But don’t hate her because she’s adorable (you’ll find out how she keeps that youthful figure as you read on).

Jeannette has been an avid reader of *Central Penn Parent* for almost as long as the magazine has been around, and she’s entered almost every contest we’ve offered over the years, so we’re thrilled to feature her family on our cover.

The Mt. Holly Springs family couldn’t have been more fun for us to photograph! The kids had a great time swinging from the monkey bars and trying to balance themselves on the slide without sliding into each other.

Jeannette, 43, and her husband, Jerry, 43, are raising three boys and three girls—**Jasmine, 18; Joshua, 16; Jacob, 14; Jessica, 12; Jianna, 10; and Jerry, 9.**

### BACK TO WORK(ING OUT)

While Jerry worked at Coventry Healthcare, Jeannette was a stay-at-home mom for more than a decade before returning to work. “Once they were all in school, I was ready to do more to help with the bills,” she explained. Now, she has the best of both worlds. “The jobs that I have right now are all part-time jobs, thus allowing me time to be with my kids and husband,” she said.

Jeannette teaches Zumba, Zumba

Toning and ZumbAtomic to students in kindergarten to age 84. “The students that make me laugh the most are the kids,” she said. “I have met so many incredible people from all walks of life with their own stories. I enjoy seeing my students blossom as they become healthier, stronger and more confident in my classes. Zumba has become a way of life for me. I do it because I love it and it keeps me healthy. I teach it because I want to share this amazing program with others to spread the love and help make a difference in their lives. This is the only class where the participants arrive early, leave late and are smiling as they work their butts off. It is a challenging program where the onset may seem really difficult especially for beginners but over time, it gets easier and more fun. The glowing smiles and high energy of my students is what keeps me coming back for more.”

### A BALANCING ACT

Even with the demanding classes, Jeannette finds time to volunteer as the lead teacher of the Early Steps program at St. Patrick Church as well as their Meals for Moms coordinator.

She said her two key ingredients to keeping everything afloat are her husband and her calendar (see sidebar). “When it comes to running the kids around or school-related functions, I rely on my hubby to help a lot. We use a lot of creative juggling especially on evenings that I teach,” Jeannette said. “There was a time when he had to meet me at my Zumba class, swap cars, pick up the kids to drop them off at CCD, drive back to swap cars again and then proceed to the gym. Then I would pick up the kids after teaching class. We had to do this since they all couldn’t fit in his car and he needed our eight-seater. We also split up for parent teacher conferences and if I couldn’t attend due to my schedule, I would try and meet with the staff during morning hours instead.”



### STAYING SANE

As the busy mother of six, Jeannette said she has a variety of tools to keep her on track. “There are multiple things that I rely on to maintain my sanity,” she said. “First and foremost is trust in the Lord. I entrust the safety of my family to God, that He will help them get through the day and help me be the best that I can be as a mother, wife and teacher. We also attend church weekly where I recharge spiritually and I exercise for stress relief. I also recognize and know that I am not perfect, I learn from my mistakes and try better next time.”

Jeannette said she also makes time for herself each day. “I read before bed to quiet my mind,” she said. And having the support of her husband is critical. “He completes our team,” she said.

### HAVING FUN

While the couple enjoys doing things as a family—day trips, backyard sports, etc.—they also put an emphasis on date nights without the family in tow. “There was a period of time when our Fridays consisted of us working out together at the gym followed by eating a light, healthy dinner in a nearby restaurant. We even took ballroom dance together, something he knew I really enjoyed,” Jeannette recalled. “Every year, he also takes a week off and has a staycation with me while the kids are in school. We shop, eat out (we love to eat) and just spend quality time focused on each other. This is a also wonderful opportunity for the kids to see the love and work that goes into our marriage and that every person is important in our family.”

## Secrets to raising 6

FROM JEANNETTE KOLE

**YOU NEED A GOOD CALENDAR.** “My huge desk calendar is key, if it is not written on it, then it doesn’t exist. I refer to it multiple times a day and it keeps me sane. I even color code it to help things stand out more.”

**LEARN TO LOVE LISTS.** “I keep paper by my bed in case a thought pops in my head to add to my ‘to do’ list. I set alarms on my cell phone to remind me to leave/pick up/teach, etc. I am very detail oriented so when there is an obligation in the future, I plan weeks to months in advance. I make my lists/plans and refine them as it gets closer. I keep track of everything I do and write it all down so I don’t have to stress trying to remember everything. I am a perfectionist at heart, and being organized helps tremendously. I also do things as I think of them otherwise, it’ll either go forgotten or undone.”

**MAXIMIZE YOUR TIME.** “All appointments are made at the same time so that no child is missed, doubling up for well-checks and getting all our dental cleanings done in one visit.”

**KEEP IT SIMPLE.** “The crockpot is wonderful. Depending on the schedule for that day, sometimes we don’t eat until 7:30 p.m. I do try though to have dinner ready before I leave to teach my evening class but on really tight days, pizza or Chinese works for us. The kids are also older now that they could make themselves a snack to tide them over or if they don’t care for what’s on the menu for that night.”

*I don’t know about you, but I’m exhausted thinking about raising six children! But Jeannette makes it look like a breeze. And with that, September is a wrap!* **CPP**





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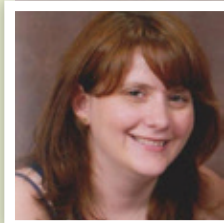
# GET TO KNOW OUR bloggers!

Featured daily in our newsletter and each day  
at [centralpennparent.com](http://centralpennparent.com), we present a new  
post from a wide range of talented writers.

Here's the week @ a glance:

**MONDAYS**

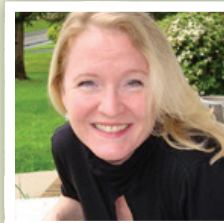
## Thrifty Mom



Larissa Newton is a shopping-savvy mama who knows  
where to find the best deals. She is the proud, busy  
mother of a 1-year-old daughter and is copy/web  
editor for Central Penn Business Journal.

**TUESDAYS**

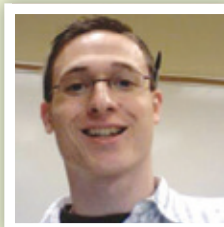
## Get comic relief with Plain Jane



Jane Suter's weekly blog is about anything and  
everything. She finds humor in nearly any situation. She is the mother of two  
young boys and is in serious need of some adult conversation—and friends.

**WEDNESDAYS**

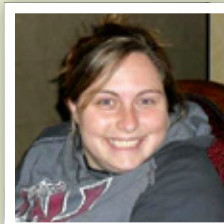
## Have a Cup of Joe



Newlywed Joe Barry draws from his childhood,  
as well as random observations about life to  
offer up an entertaining break in the day.

**THURSDAYS**

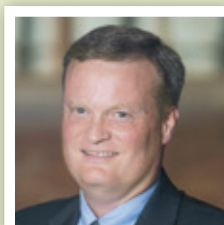
## Nine Months...and Counting



Brooke Romito chronicles life as she grows through  
her first pregnancy. But you won't find her down-to-earth observations and  
commentary in any "What to Expect" book.

**FRIDAYS**

## Because I'm the dad



CPP associate publisher Richard Cochran shares his  
adventures as dad of two teenagers.

Find them on [centralpennparent.com](http://centralpennparent.com)!



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Watkin, Nipple Associates  
West Hanover FamilyCare

### West Shore

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Camp Hill FamilyCare  
Conner, Kuszto Associates  
Cumberland Family Practice  
Dillsburg FamilyCare  
Good Hope Family Physicians  
Heritage Family Medicine

Heritage Pediatrics  
Marysville FamilyCare  
Mechanicsburg FamilyCare  
Newport FamilyCare  
Shepherdstown Family Practice  
Silver Spring FamilyCare