

# Parent

September 2015



∞  
**FALL,**  
*families,*  
**& FOOTBALL**

Former NFL star  
Jon Ritchie talks  
playing, returning  
to PA and parenting





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**COVER FAM**  
Jon Ritchie, former NFL star and alumni of Cumberland Valley High School graces our cover with his beautiful family of Cumberland County. For more on the Ritchies turn to page 32.



Karissa Zimmer  
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*noteworthy*



## Fall... INTO A NEW ROUTINE

The kids are back in school, fall sports are underway and the holidays will be here before you know it. It's time for regular routines and "nesting."

But how do you keep your house tidy and your family on task and organized?

We'll give you tips for controlling the chaos, whether it's toys, school paperwork or scheduling (page 34). And Thrifty Mom explains how organization can save you money, too (page 10).

“It's time for regular routines and *nesting*.”

And have you ever wondered how other parents juggle it all? Meet former NFL football fullback, Jon Ritchie, and his family, as he and his wife, Marielle, share their secrets (page 32).

And if you're looking to add in family fun to your routine, don't forget to check out our calendar of events (page 36).

*Happy Parenting!*

*Andrea*

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# bits + bytes

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



**Christopher Hopkins**  
Assistant Editor/Web

 <http://www.facebook.com/CentralPennParent>

## #trending Topics this month



### Central Penn Parent magazine

What are some tricks you have used to get a break when no one else is around to look after your child?

### Top comments:



**Andrea Oliver** A movie at home...gives me an hour or so to go do something else in the house and get a break. Yesterday both of mine were constantly fighting so I used it to have a quiet hour.



**Katie Manning** Giant's tree house. I used to put the kids in there and get a cup of coffee and read for an hour.



**Rebecca Johnson** Hide and seek was always the best way to catch a few minutes to myself. That and playing hair salon. I rarely let them play with my hair, but when I did it kept them occupied long enough for me to recoup a little sanity.



**Lori Todaro** READ.A.BOOK. Both of you call a truce and put distance between you. Whether it's a coloring book, magazine, picture book, whatever. Space and stimulate your brain!

## On the web this month @ [centralpennparent.com](http://centralpennparent.com)



**KIDS IN THE KITCHEN:** Sept. 13 is National Kids Take over the Kitchen Day. To help you

celebrate, we'll provide some easy recipes the kids can try for dinner.

**APPLE PICKING:** Let the apple picking begin. With the start of fall just on the horizon, we'll list some of

the best places in Central Pa. where you can go to pick your own apples to make all your favorite fall treats.

**BEST RESTAURANTS:** As the old saying goes, you should never judge a book by its cover. But there are ways to tell if you're in a good restaurant. We'll list 10 things to look for to determine if you're in a restaurant you'll enjoy.


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Kenajah, Carly Lenig and  
Lindsey Lenig

## Local teacher hosts **FRESH AIR STUDENT**



JACQUIE LENIG, FIRST GRADE TEACHER AT SAINT THERESA SCHOOL, AND HER DAUGHTERS, CARLY AND LINDSEY, HAD A FULL HOUSE THIS SUMMER. THE FAMILY HOSTED KENAJAH THROUGH THE FRESH AIR FUND.

The Fresh Air Fund enables children from the city to spend some time outside of the city in the summer. Kenajah is from the Bronx, N.Y. and enjoyed swimming, going to her first drive-in movie and visiting ZooAmerica, just to name a few of the things the Lenigs did with her. The Fresh Air Fund is always looking for host families. For more information, visit [www.freshair.org](http://www.freshair.org). 

Kenajah is from the Bronx, N.Y. and enjoyed swimming, going to her first drive-in movie and visiting ZooAmerica.

## **NEW URGENT CARE** clinic opens

HOLY SPIRIT-A GEISINGER AFFILIATE HAS OPENED ITS THIRD SPIRIT URGENT CARE AT 4230 CRUMS MILL ROAD, HARRISBURG.

The walk-in center will be open from 8 a.m. to 8 p.m., seven days a week. No appointments are needed.


Angelique McKinney-Bourne, M.D., will be the lead physician. She is board certified in family medicine and has worked as a family physician at several Harrisburg-area practices since completing her residency in 2000. A graduate of Morehouse School of Medicine, Atlanta, Ga., she also has a bachelor's degree in chemistry from Hampton University,

Hampton, Va.

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For more information, visit [www.hsh.org/urgentcare](http://www.hsh.org/urgentcare), or call Spirit Urgent Care-Colonial Park at 717-525-6320. 



## It's an American Girl Fashion Show

HANDS-ON HOUSE, CHILDREN'S MUSEUM OF LANCASTER, WILL HOST ITS ANNUAL AMERICAN GIRL FASHION SHOW FUNDRAISER ON NOV. 6 AND 7.

This special program provides an entertaining and educational look at how generations of American girls have used clothing to express their own unique style and personality. Local girls will model the fashions, while lively commentary and music will help create a memorable experience for girls, their dolls and special guests. Guests will see historical fashions, from daywear and sleepwear to special occasion clothing, just like the popular American Girl characters might have worn. All proceeds will benefit Hands-on House.

This event will be held at Calvary Church, 1051 Landis Valley Road, Lancaster, Pa.


Ticket sales begin in September and can be purchased by visiting [handsonhouse.org](http://handsonhouse.org). 

## AARON'S ACRES *searching for buddies and participants*

APPLICATIONS ARE BEING ACCEPTED FOR PARTICIPANTS, STAFF AND VOLUNTEER "BUDDIES" WHO ARE BETWEEN THE AGES OF 14-17 FOR AARON'S ACRES SCHOOL-YEAR PROGRAM.

Aaron's Acres provides year-round therapeutic, age-appropriate recreational programs directed by specifically trained and certified staff in a supportive environment that enhances socialization and communication skills to children and young adults, ages 5-21 with developmental disabilities.

Programs are offered in Berks, Dauphin and Lancaster counties.

For more information or to register or volunteer, visit [www.aaronsacres.org](http://www.aaronsacres.org) or contact Elaine Burnett at [elaineburnett@aaronsacres.org](mailto:elaineburnett@aaronsacres.org) or 717-917-6101. 

CHEER ON

ADULTS & CHILDREN  
**living with disabilities**



GREYSTONE MANOR THERAPEUTIC RIDING CENTER, A NON-PROFIT ORGANIZATION PROVIDING EQUINE ASSISTED THERAPY TO CHILDREN AND ADULTS WITH SPECIAL NEEDS, is hosting its annual horse show on Saturday, Sept. 19, from 9 a.m. to 3 p.m. at 1063 Hartman Station Road, Lancaster.

The show is a chance for every Greystone Manor rider to demonstrate his or her horsemanship skills on a creative obstacle course. "The horse show is a day that our riders and instructors eagerly await all year," said Linda Leiden, program coordinator. "For our riders, this is their time to shine. Each rider works hard all year towards well-defined, customized therapeutic riding goals. Seeing that hard work honored by those who attend our horse show, and the pride on the faces of our riders, makes

this one of my favorite days of the year."

New this year is a meet-and-greet with the Lancaster City Mounted Police Unit. At noon, the show will feature a demonstration by local rider, Megan Young, and her Arabian gelding, Jimmy. The pair, dressed in traditional Arabian costume, will entertain the crowd with a fun and lively performance.

"We truly need our community's support to keep our horsemanship programs in operation each year," Leiden said. "As one of the GMTRC's largest fundraisers, the horse show is the perfect opportunity for the community to see our program in action, support our riders, and witness the empowerment that therapeutic riding can bring to the lives of those living with special needs." 

**The event is free and open to the public. For more information, visit [www.GreystoneManorTRC.org](http://www.GreystoneManorTRC.org) or call 717-615-9222.**

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Upcoming Calendar Accounts Settings

Screenshot of smartphone application BillTracker

## WHY IT'S THRIFTY to be organized

by Larissa Newton

THERE ARE TIMES IN EVERY PERSON'S LIFE WHERE YOU FEEL OUT OF CONTROL. For some people, this isn't so bothersome. For others, well, we like to be in control.

When I'm stressed out, I'll often go on an organizational binge. Recently, I bought a bunch of containers from the dollar store so I could re-organize my pantry. It looks so much better now.

Kathleen Vohs, a marketing professor at the Carlson School of Management at the University of Minnesota, has actually done research that supports the theory that being organized creates a calming effect.

"Clutter is very stressful on people's psychology, and there have been a number of studies that have looked at what clutter does to people's minds, and from that we can take the perspective that things that are tightly organized are going to have the opposite effect," Vohs told CNN.

But being organized can be more than just a stress-reliever; it can save you money, too. Jean Chatzky, author of several books on being financially savvy, says in her book, "You Don't Have to be Rich," that 72 percent of people who are organized are financially well

off. That's a pretty good percentage. So here are five ways being organized can save you money.

**1 Know what you have.** This one should be pretty obvious. If you are organized, you are more likely to know where everything is. If you know where everything is, you probably know what you have. For example, the other day I wanted to make a recipe that required granulated sugar substitute. I wasn't sure if I had any, and forgot to check my cluttered pantry. So I bought a bag, just in case. Turns out, I already had a completely unopened bag at home. If I had been organized, I wouldn't have needed that other bag, just in case.

To the same end, being organized will help prevent multiple trips to the store because you didn't get that item, just in case, and it turns out you actually didn't have any.

**2 Lists are your best friend.** I am a huge fan of making lists. I was probably far too excited for my own good when I found a planner for work that includes a bulleted list for each day. Because if I don't make a list of that day's tasks — even though I tend to do the same thing each week — I will inevitably

forget something. Same goes with shopping lists. Even if I'm only going to the store for five things, I write it down, because if I don't, I will forget at least one item. So making lists goes hand-in-hand with tip No. 1 — knowing what you have. Before you go shopping, make a list of everything you need. Then double-check your list against what you already have. Know what else is sort of a list? Your weekly menu. Plan out your meals in advance, then make your shopping list based on that menu. Ultimate shopping organization!

✳ **COUPONING TIP:** After making your shopping list, go through your coupons to see what matches. Or use an online coupon database to find ones for items on your list.)


**3 Fewer incidental expenses.** In tip No. 2, I said you should plan your weekly menu. That includes your lunches. Plan them out and then pack them the night before so you aren't rushing around in the morning. This way, you won't have to head out to whatever fast-food joint is closest to work at lunchtime.

**4 No late fees.** Stepping away from food now, it's important to keep your monthly bills organized. You need to know what's due and when. And sometimes, for those of us living paycheck to paycheck, we have to do

what I call "creative budgeting." That means, knowing which bills you should pay first in the event that you can't pay them all by the due date. Sometimes you just have to push back a few payments until your next paycheck, but you don't want to push back those payments that will incur a late fee.

Personally, I use a smartphone app called BillTracker to, well, track my bills. There is a free version, but I highly recommend paying the \$1.99 for the full app. Enter in the account information for each of your bills, then set the amount due and the due date. Easily tell the app how often the bill reoccurs, if at all. Then add payments, including confirmation numbers. You can show your upcoming bills in a list format, or in a calendar. You also can turn on notifications for the app to remind you when bills are coming up.

**5 Selling or donating.** Food and money aren't the only thing that need to be organized. As parents, I'm sure we all have plenty of clothing and toys around the house. Organize those items into three categories: Keep, sell and donate.

Keep the items you know you'll use either now or in the future. (As in baby clothes from kid No. 1 that you can use for kid No. 2.) 



**KEEPING IT TOGETHER**

An organized pantry (above) lets you know what you have so you're not overspending. Also, lists are your best friend (left) to keep you on time and on task!



Larissa Newton copy/Web editor for Central Penn Business Journal, a sister newspaper of Central Penn Parent. She is mom to a 3-year-old daughter, and loves to get things for free. Email her with comments, suggestions or tips at [larissan@centralpennparent.com](mailto:larissan@centralpennparent.com). Follow her on Twitter @newton\_larissa.



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## PARENTING



# THE TOP 20 THINGS YOUR KIDS WILL DESTROY

Childproofing to  
protect your home

By Kimberly Blaker

WHETHER YOUR KIDS QUALIFY AS DENNIS THE MENACE CLONES OR NOT, YOUR HOUSE MAY BE IN SHAMBLES FOR YEARS TO COME. But there are ways to minimize the damage. Following are some common household items you might expect to be demolished by your little—or not-so-little terrors—and recommendations for a home that can withstand the childhood years.

- 1 SCREENS.** Door and window screens get pushed on, poked at, popped out, stretched and torn by kids. Install window guards which come in a variety of styles and serve a dual purpose—protecting your screens and preventing your child from falling out windows.
- 2 SLIDING AND BI-FOLD CLOSET DOORS.** Some bi-fold and sliding doors just won't hold up to excessive use by children, especially when kids attempt to close the doors over heaps of stuff. Prevent unnecessary opening and closing by installing a bi-fold door lock that hooks to the top. For doors that are used regularly by children, make sure they're installed properly to keep the doors from coming off track. If they are still a problem, replace them with heavier doors and better-designed tracks.
- 3 WALLS.** These dirt magnets can quickly take on a life of their own. For easy-to-maintain walls, avoid heavy texture, which is difficult to clean. Cover walls with either vinyl coated wallpaper or semi-gloss paint. Eggshell or satin paints have enough sheen to wash up reasonably well, but avoid flat paint altogether.
- 4 DOORS AND TRIM.** These often ignored surfaces are filth collectors. Use high gloss paint, which can be washed repeatedly on doors and trim. High gloss paint will also lessen damage to doors

caused by tape and stickers by allowing for easy removal of sticky residue.

- 5 CARPET.** Mud, drinks, food, candy, paint, glue, nail polish, you name it, it's going to end up on your floor. When selecting carpet, look for Olefin, the most stain resistant carpet fiber, in a dense, low tuft pile or loop. Olefin can even be cleaned with bleach. Nylon is also resistant to stain and less likely to mat. Also install a high quality, thin, dense pad underneath to reduce wear and extend your carpet's life.
- 6 TOILETS.** To avoid frequent plumbing from excessive toilet paper, purchase single ply tissue to reduce the amount your child uses. If you're replacing your toilet, install one made for residential use but with a larger, commercial size drain.
- 7 LAZY SUSAN CABINET.** Your lazy Susan shelves make the perfect step stool. But your child's weight can cause imbalance and affect its rotation. Protect your child and your lazy Susan by installing a lazy Susan cabinet lock.
- 8 MATTRESS.** Nighttime accidents can occur into the early elementary years. Even if your child doesn't have an accident, his overnight guests might. Protect mattresses with a fitted plastic mattress cover placed underneath the mattress pad.
- 9 UPHOLSTERED FURNITURE.** Sofas and chairs will likely be eaten upon, soak up spilled drinks, be used as footrests for dirty shoes and, sometimes, make a creative canvas for art work. Choose stain-resistant synthetic fabrics. Nylon, then polyester, is the most resistant. Polypropylene is also a good choice and is the only stain-proof fabric. Also consider stain-proofing your upholstery or protecting it with slipcovers.
- 10 BLINDS.** All it takes to ruin a set of



blinds is to pull the strings the wrong way, causing them to tangle inside the frame. So purchase blind and shade cord windups by Safety 1st to keep cords out of children's reach. When kids are old enough to adjust blinds on their own, tie the pull strings together in a knot a few inches above the

pulls to prevent blinds from malfunctioning.

**11 DVD PLAYERS.** These electronics are great for poking and stashing items such as crayons, bandages and other small objects that wreak havoc on the players. When buying a new player, look for one with a built-in child lock function. Otherwise, keep equipment in a locked cabinet in an entertainment center.

**12 COMPUTER.** CD-Rom drives, like DVD players, are neat little compartments for stashing tiny objects that can get lost and lodged in gears. In addition, young computer users can cause problems from accidental system changes and commands, as well as from adware and viruses that result from surfing the net. Keep your computer in a locked cabinet. If your child uses a computer, give her one of her own. A used one can often be purchased complete with monitor and keyboard for as little \$100.

**13 VACUUM CLEANER.** Your vacuum is likely to eat many foreign objects such as pennies, marbles and game pieces. Look for a vacuum specially designed to

deflect foreign objects, or ask a salesperson which vacuums best handle foreign objects without belt breakage or motor damage.

**14 TELEVISION.** TV buttons draw young children like magnets. Broken and lodged buttons can occur even with newer models. Mount your television on the wall out of young children's reach with a TV mount.

**15 DISHES.** Save the elegant table for guests and special occasions. Give young children their own set of plastic dishes to eliminate breakage. As your kids grow, invest in a set of Corelle dinnerware, which comes in a wide variety of designs and is nearly unbreakable.

**16 PHOTO ALBUMS.** Kids love looking at family photo albums, but it won't take long for them to be in shambles. Choose photo albums with heavy duty sleeves, and seal sleeve openings with an acid-free clear tape.

**17 BOOKS.** Scribbles, tatters, and tears will likely fill your books if they aren't kept out of reach. Protect jacket covers by removing and storing them, and cover your books with store bought or homemade covers.

**18 CDS & DVDS.** Discs are likely to be trampled and broken, shuffled and scratched until they are rendered useless. Keep them in a binder case that holds multiple CDs rather than jewel cases. Kids are more likely to put them away if they don't have to match up discs to the right case.

**19 CAR UPHOLSTERY.** Family travel is tough on auto interiors. Protect your vehicle with seat covers and floor mats throughout. This will make for easier cleaning and retain your vehicle's resale value.

**20 SPRINKLERS.** Kids love running through the sprinkler. They also like standing on it, adjusting it, and squirting with it. So a single day of water play can do the sprinkler in. Stick with non-mechanical sprinklers, or have a non-mechanical sprinkler available for your kid's use.

**CPP** *Kimberly Blaker is a freelance writer. Her articles have appeared in more than 200 newspapers, parenting and women's magazines and other publications throughout the U.S.*

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# Does your teacher have a CURRENT CLEARANCE?

by David F. Salter

WHEN IT COMES TO THE ANTICIPATION OF TEACHER ASSIGNMENTS, ODDS ARE YOUR FAMILY IS FOCUSED ON THINGS LIKE THE TEACHER'S PERSONALITY OR REPUTATION FOR HOMEWORK.

But should you also be concerned about training and safety issues?

In the mid- to late 1980s, the Pennsylvania legislature created the Child Protective Services Law, which has seen amendments and additions through the 1990s. The law set out to protect abused children from further abuse, and to outline those protections and how they would be enforced.

Over the past three years, there've been dozens of amendments to that law, some of which require all school teachers to receive periodic training and to obtain the necessary background checks and clearances

to continue to work in the classroom.

Prior to these amendments, the law did not require regular training or periodic clearance updates. Every three years, teachers now must submit to the Pennsylvania Child Abuse History, Pennsylvania State Police Criminal Record and Federal Bureau of Investigation Criminal Background checks.

## PERFECT TIMING?

"One of the things that's interesting is that school personnel were the very first folks who were mandated reporters who received training," said Angela Liddle, president and CEO of the Pennsylvania Family Support Alliance. "School personnel, who are working with kids, are mandated reporters and must receive three hours of training every five years on child abuse recognition



Parents need to become familiar with how school districts are making certain that school personnel are getting trained.

and child abuse reporting."

Liddle said it's been a challenge for schools to keep up with the multitude of changes that have occurred over the past several years, but she believes parents need to be more aware of the law.

"If parents want to pick a good daycare, if they want to pick a good school district, parents need to become

familiar with how school districts are addressing this and making certain that school personnel are getting trained."

Jeff Stover has been a math teacher at Dover Area High School for 28 years, and the evolving law has changed the landscape for teachers.

"The last time I had a background check done was when I was first

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employed,” Stover said. “The schools never required it, and it used to be just one background check. This is brand new to us (teachers), and last year was the first year (of the cycle). We will have to take care of this every three years from here on out.

“It’s not a bad thing, I think it’s a good thing,” Stover continued. “I’m not sure you need it every three years. I have no issue doing it, but, again, once it’s done, how often do you need to do it? I don’t know the answer to that question.”

### AT WHAT COST?

There is a long list of the types of people who need to obtain these three clearances in order to either be gainfully employed in a particular organization, or to volunteer in schools or other similar agencies where an adult would have regular contact with children. Stover acknowledged that teachers have to pay for their clearances out of pocket, but he doesn’t believe the fees to be exorbitant.

Some feel that the fees will discourage volunteers from volunteering.

“If you do the math, if you amortized the costs, it’s less than a cup of coffee every four to six weeks,” Liddle said. “You look at the cost of what happens when people who prey upon them hurt our kids. How important is child safety to us in this state? A cup of coffee?”

### DANGER LURKING?

There are two different beliefs when it comes to whether or not parents just assume that their children are safe. Neither is right nor wrong.

“I don’t feel like I’ve taken it for granted,” said LeAnn Citrone, a mother

of three daughters who attend two different schools. “I know they have to go through the clearances because, just to be a volunteer, I have to go through the same process the teachers do. It never occurred to me that the teachers would not have their clearances.”

Stover thinks differently.

“I don’t think it’s thought of by parents,” Stover said. “At least at one time, it wasn’t thought of by parents.

But because of a number of incidents in the

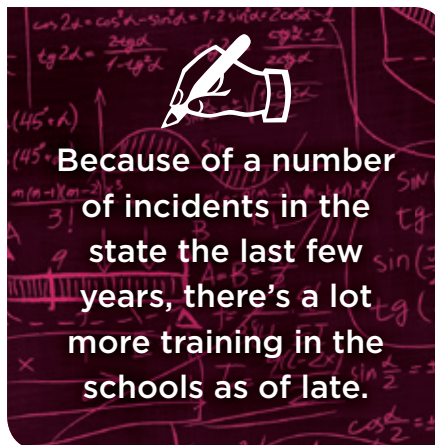
state the last few years, a lot of this is response to that stuff. There’s a lot more training the past few years, and that’s a reactionary thing. Which again, isn’t

a bad thing. I’m glad we’ve had the training. That’s all good.”

There is some thought that child abuse in schools and similar settings like coach-athlete encounters has been happening for decades, but with today’s 24-hour news cycle, social media, and the fact that everyone has a camera and recording device via their cell phone, there’s much more societal awareness.

“I think there’s more awareness and I feel like we hear more about it,” Citrone said. “And this generation of helicopter parents who are overprotective of our kids makes everybody more aware of it. I never feel too concerned about it because I think the school district has it under control. It’s a good tool that’s been created to help. The flip side is you do want upstanding people working with your children.”

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



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# 18 things to NEVER SAY TO A PARENT WITH A CHILD WITH SPECIAL NEEDS

By Trish Schaeffer

IF THERE'S ONE THING THAT CATCHES PARENTS OF CHILDREN WITH DISABILITIES OFF GUARD, IT'S THE THINGS OTHER ADULTS SAY TO THEM. It brings up so many emotions when adults say inappropriate things and parents find it really hard to have a reply for them.

Generally, it's not that people are unfeeling, rather they are unthinking. And this is why people shouldn't be berated for using inappropriate language if it is well-intentioned. But they should be challenged.

Nobody is suggesting disability shouldn't be talked about, but it will be good to finally see an end to the most misguid-

ed—yet common—things people say and for people to approach children's disabilities in a more positive and sensitive way.

Instead, change the negative comment into a positive one and empower them. I have listed negative comments and then positive ones to replace them. Take this article to heart and spread awareness. I challenge you to learn and empower when you see a disabled individual.

## Things you should NEVER say to parents with a disabled child:

### ■ I'M SORRY TO HEAR THAT.

Having a child with a disability should not be viewed as a disappointment



or loss that requires an apology.

### ■ WHAT'S WRONG WITH HIM/HER? There is nothing "wrong."

■ POOR LITTLE MAN/GIRL. Parents want their child empowered, not pitied.

■ HAVE YOU TRIED ...? Let's face it, chances of you knowing more about the disability than the child's parent is pretty slim, and they probably have exhausted every treatment out there.

■ BUT HE DOESN'T LOOK SICK. He's not ill. He has a lifelong developmental disorder which like many disabilities, such as autism, is not an illness.

■ IT MAKES ME REALIZE HOW LUCKY I AM. That's disrespectful, not just to the child, but to the parent as well. It suggests that the parent is unlucky.

■ I DON'T KNOW HOW YOU COPE. Sometimes nor do we. But our children

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## Things you CAN say to a parent with a disabled child: *Do you need help getting their chair into the car? Or help carrying the groceries?*

are our world and priority. Indeed if society was more aware of how difficult it can be as a parent of a disabled child, then there might be more accessible help available.

**■ AT LEAST YOUR OTHER CHILDREN ARE OK.** What makes a child OK? The fact that they can talk? Or have full range of movement? I know a number of disabled children who are far better at communicating and being mobile than most neurotypical children.

**■ IS IT A DEGENERATIVE CONDITION?** It's the sad truth that for some children who have a disability, that they will have a shorter life in some instances. But the constant reminder that they may one day have an awful moment to face is at best unhelpful, and the worst unkind.

**■ SO HE/SHE GETS OUT AND ABOUT THEN?** Yes. People with disabilities like many of the same things that we do and can enjoy them just the same.

**■ IS IT GENETIC?** It's not OK to ask this unless you're a family member.

**■ HE/SHE IS GOING TO GROW OUT OF IT RIGHT?** No. Most do not out-grow disabilities such as cerebral palsy.

**■ DID YOU CAUSE HIM/HER TO BE IN A WHEELCHAIR?** What would possess someone to ask this? Seriously, it's hard even to imagine. And if it was due to a serious accident, I suspect they don't want to talk about it.

**■ WOW, YOU MUST BE BUSY!** This comes across as condescending. We're doing what we must to survive.

**■ DID YOU DO DRUGS OR SMOKE DURING PREGNANCY?** It's pretty obvious this question shouldn't be asked and it comes across as rude, intrusive, arrogant—and none of your beeswax!

**■ YOU'RE OVERREACTING! IF YOU WOULD ONLY SPANK HIM/HER!** These statements suggest the parent is ignorant, stupid, lazy or incompetent.

**■ YOU SHOULD BE GLAD IT'S NOT WORSE.** You shouldn't feel like that. What these statements really mean is, "I don't want to be bothered with your problems."

**■ IS HE/SHE RETARDED?** NEVER, EVER, EVER use the "R" word! Its rude and incorrect language to use to describe a child with learning disabilities or a developmental delay.

### Things you CAN say to a parent with a disabled child:

- Wow, I didn't realize that. He/she looks amazing. You must be so proud.
- You guys must have worked really

hard because he/she looks amazing.

- Do they know what caused his challenges?
- How is he/she doing now? What is he/she working on in therapy this week?
- What are his/her hobbies?
- I like your son's braces.
- You're such a great mom/dad/caregiver/grandparent.
- How are you holding up?
- I like your son/daughter's wheelchair.
- How can I help?
- What kinds of therapy do they enjoy?
- Do you have fun at school?
- You have such a beautiful smile.
- My little boy likes trucks, too.
- That's tough.
- Do you need help getting their chair into your car? Do you need help carrying your groceries out?
- Wow! I can't believe how far they have come.
- He/she is so good at...
- He/she really loves you.
- He/she has taught me so much.
- I brought wine! (*I had to add that. Couldn't help myself.*)
- I think your kid is great!
- Your child is lucky to have you as a parent.
- I don't know much about that. Can you suggest some reading for me to educate myself?
- You are so patient.

See a trend? I have taken simple negative response questions and turned them into positive and helpful comments! Remember, every parent may react differently to certain questions and scenarios, so pick a good time to speak up and let some positivity in their life. Look past the child's disability and adaptive equipment and treat them like a child who has the same interests and hobbies.

Listen to what the parent may say to your response and accept they may tell you things to make you feel uncomfortable. You may not share the feelings they have but they often may need these feelings to cope with their situation. Too often parents of special needs kids experience and see too much negativity and they need a positive up lift. So next time you're in line at Wal-Mart, remember this article and challenge yourself to speak up in a positive way or even offer a friendly hello and a smile. You may just make their day.

*Trish Schaeffer is a mom of three boys—two with special needs—and a blogger for Central Penn Parent. Follow her at [www.centralpennparent.com/A-Loving-Journey](http://www.centralpennparent.com/A-Loving-Journey).*

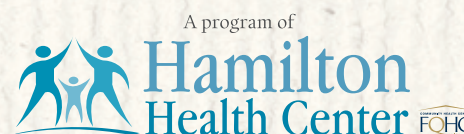
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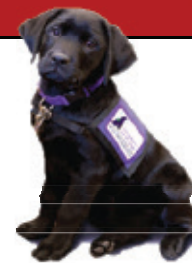
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## 10 things parents of children with special needs **WANT THEIR TEACHERS TO KNOW**

*By Lisa Crognale*

**1 COMMUNICATION IS OUR BIGGEST NEED.** We want to know about the positive and negative aspects of our child's day. Please make sure we also know how our child is doing academically. Sometimes our child's behavior gets so much attention, less focus is put on what it is they are learning. We acknowledge that communication is a two-way street, and we as parents need to do our part in relaying important information to the school. And, yes, we do sometimes call and email quite frequently. We don't mean to overwhelm you with questions and concerns, we are simply doing our job as advocates.

**2 PLEASE DO YOUR BEST TO KEEP US YOUR ALLY THROUGHOUT THE SCHOOL YEAR.** An adversarial relationship hurts everyone, especially our child. Whenever there is an issue, trust

that we want to resolve it as much as you do. Tell us what we can do to assist you in educating our child.

**3 WE ACKNOWLEDGE OUR CHILDREN CAN BE EXHAUSTING.** We are exhausted too. Thank you for taking on the challenging kids. We didn't have a choice in it. You did.

**4 WE GREATLY APPRECIATE YOU TAKING THE TIME TO EXPLAIN OUR CHILD'S STRENGTHS AND WEAKNESSES TO ALL SCHOOL EMPLOYEES.** With an understanding of our child, comes the knowledge to interact with our child in the most beneficial way.

**5 BEFORE WRITING AN IEP, ASK US WHAT WE WOULD LIKE OUR CHILDREN TO ACCOMPLISH WITHIN A SCHOOL YEAR.** We have



Being your son's teacher's ally creates a wonderful relationship that can help not only your child in need but yourself and home life as well.

many ideas that we would love to share if given an opportunity.

**6 BE OPEN TO SUGGESTIONS AND IDEAS FROM PARENTS.**

As parents, we have spent countless hours researching, networking and learning from the many professionals who have worked with our children. We want to share what we have learned to make your job easier, as well as, our child's school experience.

**7 WE TRY TO IMAGINE HOW DIFFICULT IT MUST BE TO MANAGE MULTIPLE CHALLENGING BEHAVIORS AND CHILDREN.** We wish we could help more. Our children also wish they

could manage themselves ideally every day. On the days that our children's behaviors are the most undesirable, is when they need the most care and understanding that you can give.

**8 WE WANT YOU TO HAVE HIGH EXPECTATIONS FOR OUR CHILD.** We assume our children can perform a task unless they prove otherwise. If we work together as a team, our expectations will likely become a reality.

**9 ARRANGING GROUPS OR EVENTS TO INVOLVE OUR CHILDREN AND INCLUDE EVERYONE WILL HELP THEM FEEL THAT THEY BELONG**

**IN THE CLASS AND THE SCHOOL COMMUNITY.** Our children learn from their peers and we want them to be around their typical peers as much as possible.

**10 WE ACKNOWLEDGE THAT IT TAKES COURAGE AND PERSEVERANCE TO BE IN A PROFESSION AS DEMANDING AS TEACHING.**

We sincerely appreciate your dedication to our children. We all benefit greatly from your sacrifices.

CPP *Lisa Crognale is a freelance writer from Middletown. She has two children with special needs and one who is just plain special.*

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- ¼ cup all-purpose flour
- 2 cups MILK
- 2 tsp. chicken bouillon granules
- 1 tsp. seasoned salt
- ½ tsp. garlic powder
- ¼ tsp. pepper
- 4 to 5 cups cubed, cooked chicken
- 12 oz. AMERICAN CHEESE, cubed
- 2 cups (16 oz.) SOUR CREAM
- 1¼ cups crushed butter flavored crackers

#### DIRECTIONS

Spread rice into a greased, shallow 3-quart or 13x9x2" baking dish; set aside. In a saucepan, melt ¼ cup BUTTER; stir in flour until smooth. Gradually add MILK, bouillon, seasoned salt, garlic powder and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Reduce heat. Add chicken and CHEESE. Cook until CHEESE is melted. Pour over rice. Melt the remaining BUTTER; toss with cracker crumbs. Sprinkle over casserole. Bake uncovered at 425° for 10 to 15 minutes or until heated through.



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## Rejection, abandonment ... AND THE BEAR

by Vern Hyndman

I'VE OFTEN SAID, "YOU CAN'T WRITE POETRY IF YOU'RE BEING CHASED BY A BEAR."

Turns out that the parts of our brains that provide creativity and the parts of our brains that react to being chased by a bear are different. The part of our brain at the top of our spinal cord, at the back of our head governs "fight or flight" and when it comes alive, it simply takes over; we respond to fear instinctively and we run or we come out swinging, options which are hard-wired into our brains. Running puts distance between us and danger, and fighting directly confronts the danger.

When we're afraid, our brains tend to shut down; we tend to become less creative, and the "fight or flight" reaction takes over.

Unfortunately, the moment when we sense fear is often the moment that creativity is most important.

The bad news is that when we experience fear in relationships, our ingrained "fight or flight" responses are the default; the good news is that we can train our brain to respond creatively even when we're afraid.

The two worst things that can happen relationally, the two hand grenades of relationships, are abandonment and rejection. A lost kid in the grocery store momentarily experiences the fear of abandonment, and every kid who waits to be picked for a sports team, or waits to be asked to dance experiences the fear of rejection. We as humans will avoid rejection and abandonment at all costs.

Near the end of his life in the movie "World's Greatest Dad," Robin Williams said, "I used to think the worst thing in life was to end up all alone. It's not. The worst thing in life is to end up with people that make you feel all alone."

Our fear of rejection and abandonment can be triggered in subtle ways, and most of us respond in fear, which expresses itself as anger.

When our wives give us constructive feedback intended to help us, we hear the ghost of the girl who turned us down for a dance at eighth grade graduation and we explode in anger, but truth be known, the "fight or flight" system took over and

dealt with the threat by verbally fighting. Anger provides a natural anesthetic and it tends to shut down constructive criticism, so for us, it's a double win.

But for our wives who love us and are trying to give us feedback that truly will help, they experience explosive anger—which feels like rejection—and then a deafening silence which feels like abandonment.

One well-intentioned comment in a quick ping-pong of responses ends up with both spouses feeling abandoned and rejected.

Pretty bleak! There is hope, however. First, awareness allows us to revisit the situation. After the smoke clears, a few hours later, we can have a conversation about what happened. "When you made that criticism, I can clearly see you were trying to help me, and what you were saying is true. Thanks for the courage to tell me, and I'm sorry that I responded in anger. Your criticism felt like rejection, and my fear of rejection just took over, and I lashed out. I am working on receiving constructive criticism better, and I hope that you will continue to have my back by giving me honest feedback."

More than saying "I'm sorry," this short conversation is called "an amends," because it addresses what went wrong, that what happened was inappropriate, and what I intend to do so that it will not recur.

As humans, we are never completely free of the fear of rejection and abandonment, but we can preemptively use our creativity to respond. Victor Frankl reminds us that choosing a response is one of the most basic human rights that cannot be taken from us.

With practice, we can learn to hold back the fear response and, therefore, the anger long enough to realize that we truly aren't in danger.

A great tool in relationship is to recognize the triggers to our anger, and find out what drives the anger. What are we afraid of that triggers the anger response? The key to living and loving well is found in exposing our fear and being open to others. **CPP** Vern Hyndman is a husband, father to four, engineer, pastor and founder of the nonprofit Heartforge.

# Nominations are open for the 2016 Healthcare Heroes Awards.

The ninth annual Healthcare Heroes awards program is an effort to recognize excellence, promote innovation and honor the efforts of individuals and organizations making significant positive impacts on the quality of health care in Central Pennsylvania.

## Allied Health & Emergency Medicine Hero

A non-physician professional practicing in allied health or emergency services who displays exemplary performance in his/her field and whose services benefit families in our local communities. Examples include: EMTs, PAs, lab technicians, phlebotomists, chemotherapy technicians, nutritionists, CNA's, hospice workers, and physician assistants.

## Breast Cancer Caregiver of the Year

A health care professional, such as a physician, oncologist, radiologist, or therapist, who provides support both physically and mentally to patients in our local communities battling breast cancer.

## Dental & Oral Care Hero

An individual working in dental health and wellness whose services significantly benefit families in our local communities.

## Eye Care Specialist Hero

An individual or group that specializes in providing services relating to the visual health of the local community.

## Mental Health Caregiver of the Year Award

An individual or organization that provides mental health support and counseling services to individuals and families of our local communities.

## Nurse of the Year

A nurse or nurse practitioner who displays exemplary performance in his/her field and whose services benefit families in our local communities.

## Pediatric & Pediatric Specialties Hero

A physician or non-physician working in pediatric medicine or pediatric medical specialties whose work notably benefits the children of our local communities.

## Pharmacy Hero

An individual or organization such as a pharmacist, pharmacy, pharmacy assistant, pharmaceutical company, etc., whose efforts considerably benefit the citizens of our local communities.

## Physician of the Year

A physician who displays exemplary performance in his/her field and whose services benefit families in our local communities.

## Senior Care Hero

An individual or organization committed to advancing the health and wellness of senior citizens in our local communities.

## Special Needs Advocate

An individual or organization invested in special needs care for adults and/or children and making a difference to families in our local communities.

## Women's Health and Wellness Hero

An individual or organization that makes women's health and wellness a top priority and whose services benefit women of all ages in our local communities. Examples include: OB/GYNs, imaging technicians, midwives, doulas, women's health facilities, etc.

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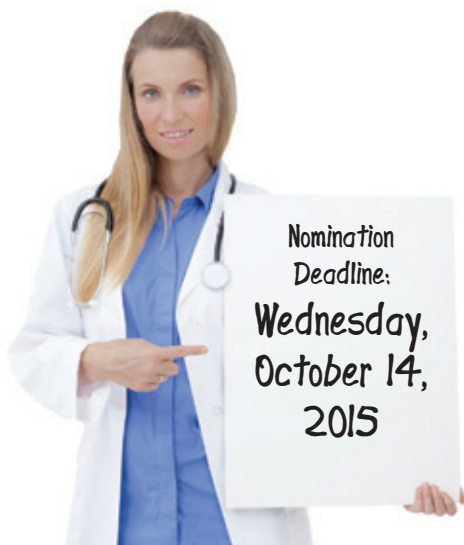
### Lifetime Achievement Award

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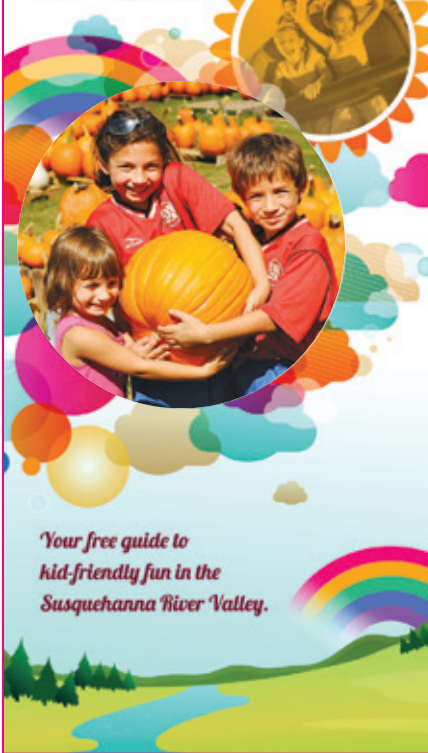
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## FUN | *crafting*



# The Imperfect Pair

by Jamie Lewis & Jami Marsicano

IN MAY, MY PARENTS HAD 10 ACRES OF SUNFLOWERS PLANTED ON THEIR FARM AND THEY BLOOMED IN AUGUST. The fields are so beautiful and since they have bloomed, I never have heard so many people tell me how much they love sunflowers before.

All flowers are beautiful, but there is something about sunflowers that just makes everyone happy. When Jami and I did our craft Q&A in March, one of the questions was "Flowers or Chocolates?" We both said flowers (duh!) but Jami said "specifically sunflowers!" We decided that sunflowers just had to be our theme for the month of September.

We both did our own spin on a sunflower wreath and hope sunflowers put a smile on your face, too!

### DIRECTIONS:

- 1 Cut your piece of cardboard in a circle the size that you will want your sunflower. Mine was about an 8-inch circle.
- 2 Cut your burlap into rectangles. I cut about 20 pieces and had plenty of burlap left over. They do not have to all be the same size, in fact, I wanted mine to all look different.
- 3 Once your burlap is cut (TIP: burlap can be messy while cutting, I would suggest doing this part outside), use your foam brush and yellow paint to paint one side of the burlap. Let it dry.
- 4 Fold each piece into a tube so that the yellow is on the outside. Use the glue gun to fasten each tube together.
- 5 Cut a circle from your black felt and glue it into the middle of the cardboard circle. Attach all of your yellow burlap tubes to the cardboard around the black circle using the glue gun.
- 6 To make your sunflower look authentic, cover your black felt circle in hot glue and pour sunflower seeds on top!

*\* (TIP: do this part outside too because any lose sunflower seeds will be a yummy bird treat!)*

### BURLAP SUNFLOWER DECOR

#### HERE IS WHAT YOU'LL NEED:

- Piece of cardboard
- Scissors
- Hot glue
- 1 yard of burlap
- Yellow paint
- Foam brush
- Sunflower seeds
- Black felt

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## BURLAP & SUNFLOWER WREATH

### HERE IS WHAT YOU'LL NEED:

- 12 Inch metal wreath frame
- 20-25 feet of 6 inch burlap ribbon
- Floral wire
- Scissors

### DIRECTIONS:

- 1 Begin by folding the ribbon in half and sliding it through the frame. To secure the burlap to the frame, use the wire to wrap around the frame.
- 2 Next, begin taking the burlap and making a loop shape around the frame. To secure the burlap again, wrap the wire at the bottom of the loops to connect the ribbon to the frame. Tip: twist the bottom of the loops to make it easier to wrap the wire around the frame and ribbon.



- 3 Continue this process around the frame. It does not matter how many times you use the wire, but I found it worked better when I used more wire.
  - 4 When the loops are complete, add a personal touch. I found the burlap ribbon at Michael's but you can make your own ribbon. Also, because I love sunflowers so much, I had to add one of them to the wreath as well.
- CPP** *Jamie Lewis & Jami Marsicano are event planners by day and crafters by night. Jamie Lewis's best advice: Crafting is contagious...pass it on!*



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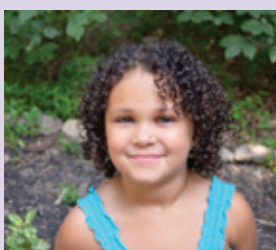
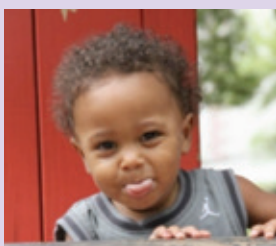
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FUN | *cooking*

## Meals from the slow-cooker can make evenings *a lot* easier

*by Christopher Hopkins*

ADMITTEDLY, I WAS NEVER MUCH OF A FAN OF SLOW COOKER DINNERS GROWING UP.

Looking back, I'm not sure what it was about them that I didn't like. I think at the time, I was just more into cheeseburgers and Buffalo wings.

Now, I have a whole new view.

Over the years, I've had some great meals come from the slow cooker. However, it wasn't until recently that I discovered what just might be the best—at least in my opinion.

Chicken and stuffing has always been a favorite of mine. Any time you get stuffing and gravy involved in a meal, it's a win.

Needless to say, I was pretty excited at

the idea of a dish with all three of those mixed into one.

First let me state the obvious about how great a meal in the slow cooker can be for any busy family. Just load up the ingredients in the morning, set the cooker to low and go about your day. By the time dinnertime comes around, all you need to do is serve.

The slow cooked chicken and stuffing is great because it can serve as both the main dish and side all in one. By adding a second simple side dish like rice or a vegetable, you can have a full dinner. And don't be afraid to cook extra. As I found out at lunch the next day, it reheats great.

## SLOW COOKED CHICKEN AND STUFFING

**PREP TIME:** 5 MINUTES

**COOK TIME:** 4 HOURS

**TOTAL TIME:** 4 HOURS 5 MINUTES

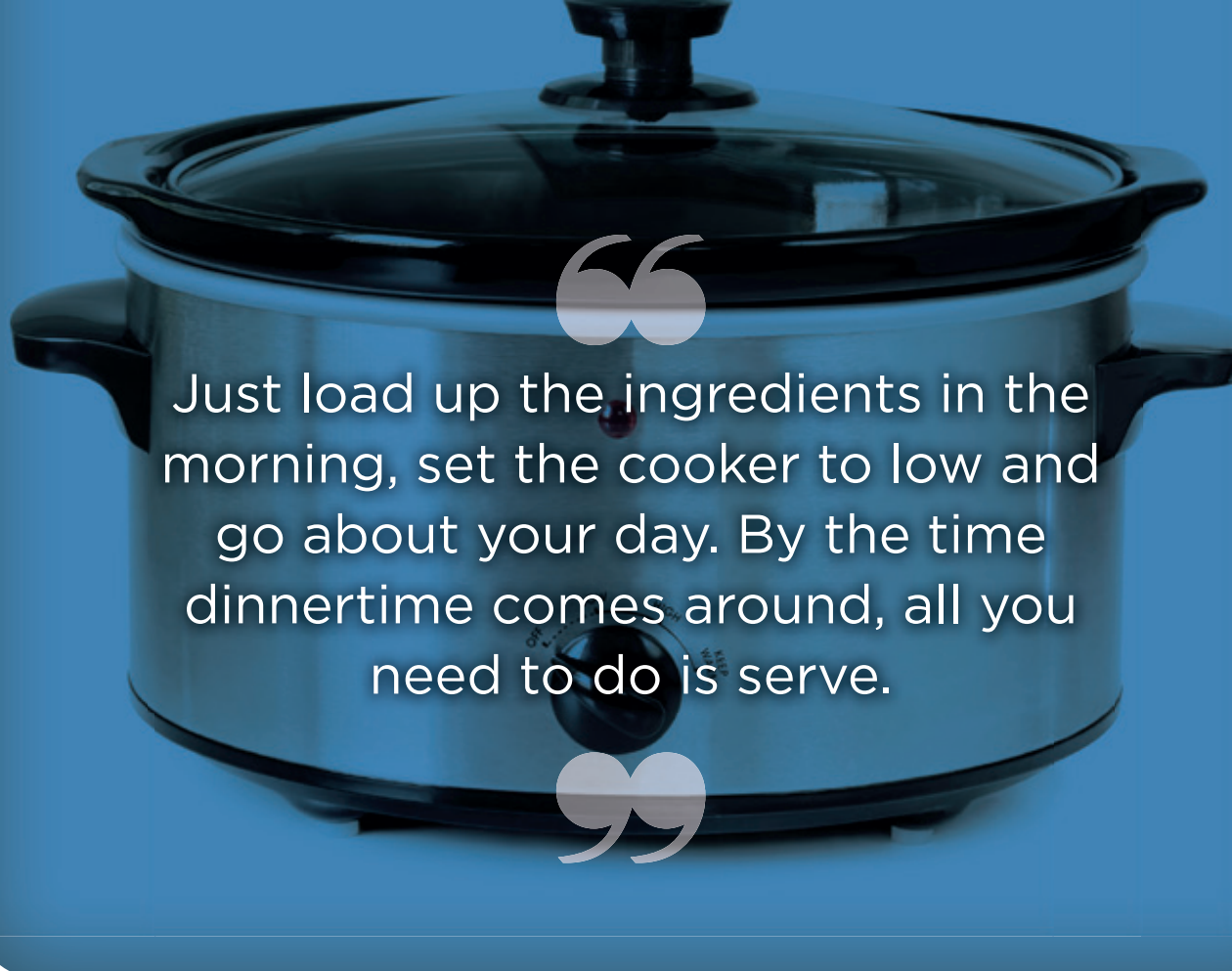
**SERVES:** 4

### HERE IS WHAT YOU'LL NEED:

- 4 thawed boneless chicken breasts
- 1 box stuffing cornbread mix (6 oz.)
- 1 can cream of chicken soup
- ½ cup sour cream
- ¼ cup water

### DIRECTIONS:

- 1 Place chicken breasts in bottom of slow cooker.
- 2 Pour stuffing mix over chicken.
- 3 In a medium size bowl combine cream of chicken soup, sour cream and water; mix well.
- 4 Pour on top of stuffing mix.
- 5 Place lid on slow cooker and cook on low for four hours.
- 6 Fluff and serve.



Just load up the ingredients in the morning, set the cooker to low and go about your day. By the time dinnertime comes around, all you need to do is serve.

CPP For more recipes and ideas, local restaurant reviews and more on all things you need to know about having a great meal, check out Food for Thought each Thursday at [www.centralpennparent.com](http://www.centralpennparent.com).

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## 8 TIPS for Hiring a Pet Sitter

By Ellen Lyon

> **WHEN I WAS A YOUNG ADULT I USED TO LIVE-IN PET-SIT FOR A REGULAR SET OF CUSTOMERS, MOST OF WHOM I MET THROUGH MY DAY JOB, WHILE THEY WERE ON VACATION.** It was a great deal for me. I couldn't have a dog in my apartment so I was able to vicariously enjoy living with a canine companion in a house for short periods of time.

I learned something about the care and natures of an assortment of dog breeds, cats, birds, rabbits, horses and gerbils. I also made some extra money.

The arrangement was a good deal for my human customers too. They could go away knowing their animals would be well cared for and happy in their own home. No kennels and strange animals to get used to, no anxiety about being abandoned in a strange place.

Here are eight tips, from my own experience, for hiring a petsitter:

- If your petsitter doesn't already know your pet, introduce them in your home before you go away. See how everyone gets along. Your pet is the best judge of a good petsitter.

- Leave detailed, written instructions on your pet's feeding, care and medication administration. Include information about your pet's habits and daily routine. For instance, does your dog have a favorite place to "do his business?" That's helpful for the pet sitter to know.

- Leave your veterinarian's name and telephone number in case of emergency.

- Leave a number where you can be contacted in case of emergency. Encourage your pet sitter to call you with questions or concerns. Call in occasionally on the petsitter's cellphone or the house phone just to see how things are going.

- Does your pet tend to get anxious in your absence? If so, how does that anxiety manifest itself? Pacing? Hiding? Where does your pet hide? These are good things for your petsitter to know.

- Does your pet react badly to fireworks and/or thunderstorms? How can they be comforted? If you are going away in the summer, especially, when these things are more likely to occur, clue in your petsitter in advance.

- Inform your petsitter about any quirks with your house. Where is the fuse box? Where are candles and flashlights in case the power goes out?

- Work out payment arrangements ahead of your departure.

For some tips on how to find a good petsitter if you don't already have one in your family or neighborhood visit <http://www.petmd.com/dog/slideshows/care/top-ten-tips-on-finding-a-qualified-and-professional-pet-sitter>.  
**CPP** *Ellen Lyon is a lifelong animal lover who believes in the healing power of human/pet relationships. Her family includes two mischievous cats.*



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**WE ARE THE CHAMPIONS!** The team poses with their EPIC title and get ready for Williamsport.

## Red Land hits the road for **once-in-a-lifetime** summer *By Christopher Hopkins*

### ➤ RED LAND BARELY HAD TIME TO LET WHAT JUST HAPPEN SINK IN.

Less than 24 hours after beating New Jersey in the Mid-Atlantic Little League championship held in Bristol, Connecticut, the 12- and 13-year-olds were back on a bus headed to their next location.

There was no time to go home to Central Pennsylvania, or take a victory lap through their hometown, or even repack some additional clothes. Instead, they needed to board that bus—one they were getting quite familiar with—to Williamsport, Pennsylvania, home of the Little League World Series.

“The Little League organization has done a great job in securing places to stay for both the players and families,” said J.K. Kolmansberger, a coach for Red Land. “As soon as we beat New Jersey, they met with us that night to give us information on where the families can stay and how that all works.”

### ➤ Putting everything on hold

The trip started at 5:45 a.m. on Saturday, Aug. 8, as the team boarded the bus for the first time to head to the Mid-Atlantic Regionals, nearly five hours away. Many of the parents, including Scott and Lisa Clubber, followed the bus and stayed in Bristol until the final out eight days later.

Leaving everything else—including a job—on hold for such an extended period of time is no easy task. However, Red Land had hoped from the start that a lengthy late-summer run might be on the horizon and planned accordingly.

“While none of us wanted to say we knew we’d be here, we hoped in the back of our minds that this might be how we need to spend our vacation time this year,” said Scott Clubber, whose son, Jake, plays for Red Land. “We didn’t go away on vacation and I saved up all my time. Luckily, I

work for a business that has been very cooperative and recognizes the magnitude of all that is happening here.”

Depending on how far they advanced in the World Series, there was a chance they could not return home until after the championship game on Aug. 30.

For many of the parents, it comes down to prioritizing what things they have to be there for, and what are the things they can miss. It also helps that Williamsport sits less than two hours north of Lewisberry, making day trips possible if needed.

That’s not something any other team can count on.

“I would love to be there the whole time, but these early days where he’s not playing, I can stay at work,” Scott Clubber said. “Then, I plan on making a day trip for the parade and on Friday morning before the game, we’ll go and stay for however long we need to at that point.”

### ➤ Packing indefinitely

For the teams at the Mid-Atlantic Regional tournament that lost quickly, their trip lasted just a few days. For any team that reaches the championship game in Williamsport, their time away from home will have reached three weeks on the road.

So how do you pack without having any idea where on that spectrum the trip will last? According to Scott Clubber, Little League warns every family to error on the long side, just in case things go well.

“They told us before going to regionals to have a bag for them to take to Connecticut along with an additional bag they can have ready to go if they get to Williamsport,” he said. “In fact, the last thing we were waiting on after the championship game was Little League to get done with their other laundry so they could go.”

### ➤ Passing time between games

Red Land found itself with a good problem to have.

By beating New Jersey for the first time in the winner’s bracket final, the team had a two-day break before the regional championship. To help pass the time, manager Tom Peifer called for a “family day” away from the game, allowing players to spend some time with their families who made the trip.

“You can only practice so much,” Kolmansberger said. “We wanted to allow the kids to go have fun with their families and take a break.” Aside from that, players and parents had very little time together, outside of a quick wave from the stands during the game or a five-minute conversation in between batting practice.

Scott Clubber said parents knew that would be the deal when making the trip. The team is focused on getting prepared for the games, whether it’s through practices, resting in the dorm, or watching the other teams play. Outside of family day, their interactions with the players was short.

“Our entire time out there was really spent driving back and forth between the hotel and complex,” he said. “I’d see Jake for a few minutes here and there shortly after practice, but not much. At night, we kind of just hung with the other parents in the hotel lobby, talking about how great this experience was.”

On family day, some families treated the day like a vacation, heading to the beach or catching a movie. Others took advantage of the time by getting some last minute back-to-school shopping in.

### ➤ Arriving in Williamsport

When Red Land arrived at the Little League World Series complex on a Monday, it was an emotional experience.

Sure, they were excited to get off the bus after their 275 mile trip to Northern Pennsylvania,

but walking into the complex for the first time as players was something special.

“That experience alone was unbelievable for those kids,” Scott Clubber said. “It was a dream come true.”

That dream was only about to get better.

While games weren’t scheduled to start until Thursday—Red Land didn’t take the field until Friday night—Little League had countless of other activities planned to make the experience unforgettable.

On Monday, the players were all fitted for their Mid-Atlantic uniforms. From there, the league dished out brand new jackets, t-shirts, cleats, bags and more for everyone. Tuesday, each player had their swings analyzed before being gifted a bat that would best fit him based on that data, his weight and height.

Perhaps the best experience has come from meeting the other teams from across the world. Red Land’s dorm shared a bathroom with the team from Japan, while the Australian squad passed out koala bears for everyone to see. According to Scott Clubber, the team from Mexico have become good friends with Red Land already.

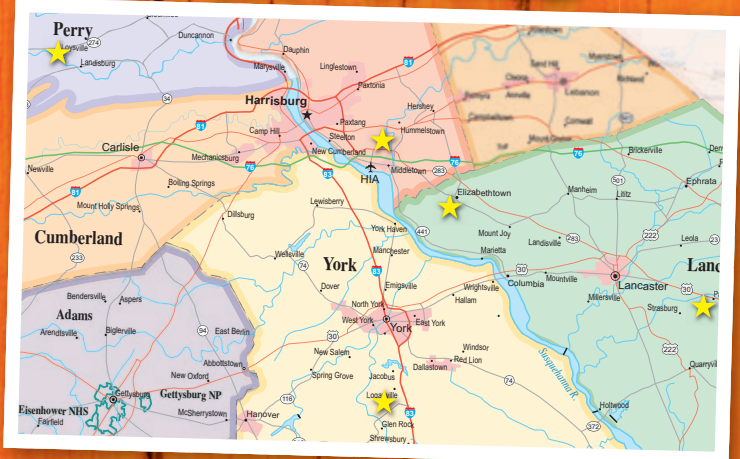
Things will get a bit more serious when the teams take the field for real, as postgame press conferences and TV cameras will flash the spotlight on these kids. But the time they get to spend there with their friends, family and teammates is one Red Land won’t soon forget.

“My son has already told me, this experience is better than anything he could have ever envisioned it being,” Scott Clubber said. “I just want to soak up the entire experience and make sure he has the best time of his life. Watching him play there is going to be surreal.”

CPP Christopher Hopkins is assistant editor/web for Central Penn Parent. The Little League World Series is one of his favorite events of the year.

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# Peeing is peeing

By Andy Shaw

➤ “POTTY?” MY SON ASKED, HIS 2-YEAR-OLD BARE BUTT DANGLING OFF THE SIDE OF HIS BED.

“Sure?” I replied, skeptical whether he knew what he was talking about because, let’s face it, he thinks every ball is a basketball.

Excitedly, like a fish hearing the plop of food, he galloped over to the bathroom, sat on the kiddy potty ... and started to pee.

I’ve been overjoyed for many simple

things in my life.

Double stuff Oreos.

Bow ties.

Every single Fast & Furious installment.

But I never imagined I’d be so happy to see something as common and trivial as peeing.

That’s the toddler life.

I’ve got friends who have tried for months on end to get their kid potty trained (a funny phrase, because the



Photo by Karissa Zimmer

toilet is inanimate, but bowel movement trained doesn’t roll off the tongue).

They’ve locked themselves in the bathroom with their kid, armed with toys and candy and iPads and Xanax, a

porcelain warrior praying to the urinary gods that their kid will tinkle in a plastic potty. They are committed to not leaving until peeing happens, a strange yet relatable stand to take.

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They've locked themselves in the bathroom with their kid, armed with toys and candy and iPads and Xanax, a porcelain warrior praying to the urinary gods that their kid will tinkle in a plastic potty.

peeing on you right now. Look down.

Here's the thing: Once your kid is born you are waiting for them to crawl. Then walk. Then talk. Then chew solids. Then play on their own. Then get potty trained.

It's one thing to the next, one milestone marked as noteworthy with a photo and a handwritten mention in their baby book before the focus and the Google searches turn to the next achievement.

We're all chasing milestones as parents. It helps us feel like we've achieved optimal parenting. We may suck a lot of days—we snap, we ignore, we give them a popsicle and a screen and say “go play.” (Wait. Just me? Don't leave me hanging.)

But if you check something off the list, it's societal proof we, at the least, have helped them make progress.

Potty training has to be one of the biggest checkmarks of baby/toddler life.

With us juggling 4-month-old twins, getting our son potty trained would be a lifesaver. Getting him to learn how to drive and pick up the groceries would be even better, but one thing at a time.

So when he says “Potty?” I'll be there to race him over to whatever bucket I can find. Every stream starts with a trickle.

In several African and Asian cultures, they do potty training a different way. They don't go the diaper route. The kid learns that unless they want to poop themselves, they better alert mommy or daddy that it's time to go. I read about one Russian subculture that uses moss to soak things up until the kid is ready; if this was done in America I imagine there would be some 5,000-word misguided diatribe about how we have to use organic moss for the sake of the baby.

Now, sure, we are still a long way before our son is going to use the bathroom regularly. But in the span of a week, he peed on demand several times on the potty. That's no small accomplishment.

Sure, most of the time it's a trickle like he's an 80-year-old man destined for the urologist. And yes, he for some reason thinks he needs to prime the pump by yanking on himself a few times before he starts, which is either ridiculous or genius, it's hard to tell.

But, to paraphrase Fast & Furious patriarch Vin Diesel's Dom, “It doesn't matter if you pee an ounce or a gallon. Peeing is peeing.”

Isn't it boggling, parents, how much you think about your kid's peeing and pooping habits?

It's so much! If your kid is younger than 5, you have thought about it within the past 24 hours, I guarantee it. If your kid is younger than 1, they are



**CPP** Andy Shaw recently started a new website, *instafather.com*, as a fun but useful resource for new parents, specifically dads. As a comedian and father, he's offering free guides and more on everything from ultrasound visits to keeping your spouse happy. He's also available at *facebook.com/instafather*.

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COVER PROFILE

# MEET THE

# Ritchies

## JON RITCHIE HAS HAD A LIFE MANY YOUNG BOYS ONLY DREAM OF.

The Mechanicsburg native who graduated from Cumberland Valley High School played high school football, winning a state championship in 1992, and went on to spend seven seasons in the NFL with the Oakland Raiders and Philadelphia Eagles. He is now an on-air analyst for NBC Sports Network and the Fantasy Zone Channel on DirecTV.

He returned to Central Pennsylvania to raise his family. Wife, Marielle, is a registered nurse, but is currently a stay-at-home mom. They have three children, Joe, 10, Marlowe, 8, and Mila, 4.

The couple discusses their journey back to Central Pennsylvania and shares their secrets for juggling a busy schedule.

**cpp** *Jon, after everything you accomplished in football, what did it mean to you to be able to come back home? How much of signing with the Eagles was about returning to the area?*

**JR** I've always been very proud to claim Central Pa. When I became an unrestricted free agent after five years with the Raiders, I jumped at the chance to live so much closer to home while playing for a team I felt had a great chance to play in the Super Bowl.

We eventually moved here from Philadelphia to return to the land of the fair and the strong and the wise (i.e. to be close to my parents and family). Our extended support group has been ultra-important to our kids during their formative years.

We're thrilled with the CV school district and we love the kid-friendly neighborhood we live in.

I definitely appreciate the changing seasons here also. I love the colors, smells and brisk air of the fall, and snow days and snowboarding at Ski Roundtop in the winter.

**cpp** *Marielle, after living in California, what were your initial reactions to coming to the East Coast? What do you like about it now?*

**MR** When we moved to Central Pennsylvania, I was a little shell-shocked by the urban planning. What I noticed most was the lack of sidewalks and how neighborhoods are really quite separated by highways or busy roads. I soon realized that I had to drive pretty much anywhere that I wanted to go.

I quickly adjusted to my new surroundings, and now I am enjoying exploring Central Pennsylvania on my bicycle. Central Pennsylvania has a lot of outdoor treasures to offer—the Appalachian Trail, the Blue Mountain, a variety of state parks, etc. I have been enjoying the environmental assets of this area—and I even learned how to ski two years ago. This is an amazing area because there are plenty of outdoor activities year-round.

**cpp** *Jon, what's your best memory of playing football?*

**JR** Winning the 1992 AAAA State Championship with my team at Cumberland Valley. That's when football was its purest to me.

**cpp** *Your kids weren't around to see you play. Is it important for you to share with them some of the things you've done? How much have you shown them?*

**JR** It seems they care very little about my football career and I don't push it on them. I watch and rewatch NFL games constantly for my jobs and they're generally disinterested—even annoyed—that I rewind so much.

**cpp** *Marielle, what's it like being married to an NFL player? How much of an adjustment was there, with traveling and everything else while he was playing?*

**MR** When Jon was playing in the NFL, we were always on the go. We frequented NFLPA Player Representative meetings, NFL games, charity events and organization functions. My adjustment to Jon's life as a professional athlete was not all that difficult. Since we both competed in Division I NCAA sports, we were used to the routines and demands of being an athlete on a daily basis. We knew that we had a lot on our plates and we planned one-on-one time together when our responsibilities were satisfied.

**cpp** *You were pregnant with your first child when Jon had his knee injury. Describe that time. How were you both able to work through all of that?*

**MR** It was pretty challenging. I was working in Philadelphia at the Hospital of the University of Pennsylvania at the time and I remember trying to balance work, the fatigue of pregnancy and trying to be supportive and helpful with Jon's recovery process. I remember making sure he had everything he needed within arm's reach before I left for work.

I hated having to leave him alone all day when he was going through that recovery process. He started soon after his repair surgery and worked hard daily at rehab. I don't know how he did it. Trying to maintain skills and fitness at the professional athlete level is one thing, but coming back from such an extensive injury is no small feat.

**cpp** *What's it like listening to Jon when he's on the air? Do you ever hear anything you never knew before?*

**MR** It is nice to hear his voice on the TV, computer or radio—since he is out of town frequently, it makes me feel like he is home.

Occasionally he surprises me with an anecdote that I had not previously been privy to, but I have heard a good bit of his adventures.

**cpp** *What's been the biggest parenting challenge?*

**MR** It's been balancing time. Whether it is family time, personal time, or one-on-one time with one of our three kids, it can get tricky to keep everyone's needs and wishes satisfied, but we try our best.

**JR** It's been an ongoing saga for us, trying to keep the kids away from devices like iPhones and iPads. We encourage them to be active and these apps glue them to the couch.

**cpp** *Biggest triumph?*

**JR** Above all, we're happy and satisfied when report cards indicate they're applying themselves and achieving in school while treating their classmates with respect.

**MR** Watching each of our children, in their own, specific ways, grow a little more independent and self-sufficient each day.

**cpp** *What does your family like to do for fun?*

**MR** We enjoy movies, bowling, playing sports and "going on adventures." We go to sporting events at a variety of venues and also enjoy watching the Tour de France and the Olympics when they are on TV.

**cpp** *There's a lot of talk about safety in football these days, even from former NFL players and their mixed feelings on it. Would you let your son play football if he wanted?*

**JR** He'd have to beg like I had to. I wouldn't prevent him from trying it if it were in his heart; but I'd never approve of him playing if he felt it was some sort of obligation.

I think if it's meant to be, a sport picks you. You love it because you're good at it and because you love it, you obsess over it, play it more, practice it more and, in turn, your time invested makes you even better as a player. As a result, you love it more. It's a self-perpetuating situation. If Joe discovers himself in that cycle with any sport, I'd never forbid him from playing it.

So if football picks him, sure I'd allow him to play—and I wouldn't worry about the negative possibilities.

**cpp** *With busy schedules, how do you find time for each other?*

**JR** We need to make more time for one another, but we do try to corral the kids with a sitter on occasion and head out to a great meal. We love trying new restaurants and cuisines. Plus, I always enjoy staring at my beautiful wife across the table.

**MR** We don't find time for each other, we **MAKE** time for each other. **CPP**



# CONTAINING THE CHAOS

## Simple tips for keeping your kids organized

By Katie Markey McLaughlin

Your son forgot his homework twice this week, you're late for gymnastics again because your daughter couldn't find her leotard, and you can't walk through your living room without stepping on a LEGO.

Sound familiar?

Having kids often means living in chaos and clutter, but it doesn't have to be that way. You really can teach your children to be more organized, and the benefits of doing so are immense: Not only will your daily life run more smoothly, but you'll also be teaching your children a valuable life skill.

Ready to get started? Here's how to clean up the most common messy areas of your kids' lives.

### TOYS

If you're having trouble seeing the floor beneath a sea of books, stuffed animals and action figures, try these tips to help your kids get the toy clutter under control:

**\* LESS IS MORE.** Karen McIntosh, owner of Details by Karen Professional Organizing in Mechanicsburg, thinks the reason kids struggle to keep their toys organized is that they simply have too many.

"It would probably be asking a lot of an adult to contain 10,000 LEGOs, 50 stuffed animals, 200 crayons, 30 board games and more Polly Pockets than can be counted—much less a developing child," she said.

Get organized by helping your kids determine which toys they actually play with, then donate the rest.

**\* ROTATE TOYS.** This is another option that limits the amount of toys available at any given time. "Always keep your kids' favorite toys out," advised Jennifer Stark of MarQc Organizing Services in York, "but rotate bins of the rest. When you rotate them, it's like

they have all new toys to play with."

**\* MAKE CLEANUP A GAME.** Mary Poppins was onto something when she taught Jane and Michael how to make cleaning up fun. You can do the same thing even without her magic, says Carolina Harvey, professional organizer and owner of Cure the Clutter. "Make clean-up time a game," she suggested, by "setting a timer and seeing if your kids can beat it."

### SCHOOL

Your kids just went back to school, and the flurry of books, homework and permission slips is already out of control.

Try these ideas for corralling it all while helping your children succeed academically:

**\* DESIGNATED STUDY SPACE.** "The most important thing you can do is to have a designated area for homework and school supplies," said Harvey. It should be a quiet space with minimal distractions, and all needed supplies should be kept handy in bins or boxes.

**\* DROP SPOT FOR PAPERWORK.** Stark suggests working with your kids to create a spot for incoming papers that need to be seen and/or completed by you. "It can be a basket or just a spot on the table," she said, "as long as it's known to everyone." Encourage your kids to clean out their backpacks every night so no papers get missed.

**\* CUBBY BY THE DOOR.** To reduce the likelihood of gym shorts or library books being left at home, place a crate or box by your door. Teach your kids to put anything they need for school the next day in that cubby the moment it's ready, so there's less last-minute scrambling to find things when they're rushing out the door.

“  
Make clean-up  
time **A GAME.**  
Set a timer and  
see if your kids can  
**BEAT IT.**”

**CAROLINA HARVEY,**  
professional organizer and  
owner of CURE THE CLUTTER



## SCHEDULE

In today's busy world, keeping organized goes beyond your physical space; it's about your calendar, too. These suggestions will help keep the family schedule in line.

**\* MASTER CALENDAR.** Keeping one central calendar—listing extracurricular activities, family commitments, and due dates for big projects—will help avoid scheduling conflicts within the household.

Some people choose to color-code the calendar by family member, but McIntosh says that isn't necessary. "It doesn't have to be fancy, complicated or color-coded—all of which just adds another step to an otherwise easy process," she said.

Establishing routines, or even just general timeframes, for everyday activities can keep things running smoothly. As much as possible, stick to regular times for doing homework, eating dinner, going to bed, and waking up in the morn-

ing. "Kids don't like the unexpected," explained McIntosh. Consistent routines "allow them to get prepared—mentally and physically."

If the mere thought of teaching your kids to be organized leaves you overwhelmed, just start small. "You can't have everything organized perfectly and expect that suddenly your child will keep it that way," Stark said.

Keep it in perspective, too, by remembering that the end goal isn't to have a spotless house or to put unrealistic expectations on your children; rather, it's about reducing stress in the household and teaching your kids a skill that will benefit them for years to come. "These lessons will stick with them," Harvey said, "because it's what you taught them and all they'll know."

**CPP** *Katie M. McLaughlin is a freelance writer based in York, a mom of two and a parenting blogger at [www.pickanytwo.net](http://www.pickanytwo.net)*

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# GIRL TO *Goddess*



## CENTRAL PENN PARENT'S *top things to do* THIS SEPTEMBER

### *september 5*

21st Annual McLain Festival. *Two Mile House, 1189 Walnut Bottom Road, Carlisle, 9 a.m.-5 p.m.* Highland athletics, events for children, border collie demonstrations, Celtic music, Irish and Scottish dancers, kilts, bag pipes and, of course, delicious food. Adults: \$10; children under 10: free. 717-249-7610 [www.historicalsociety.com](http://www.historicalsociety.com)

### *september 12*

Fairy Festival. *The Rosemary House, Market Street, Mechanicsburg, 10 a.m.-4 p.m.* At the annual Fairy Festival, children can interact with a cast of characters to include fairies, gnomes, sprites, pixies, trolls, elves, wizards, knights and princes. Activities include a Fairy Fashion Show with volunteer models from the audience. Children: free; adults: \$5. 717-697-5111 [rosemaryhousefairyfestival.blogspot.com](http://rosemaryhousefairyfestival.blogspot.com)

### ● *september 23*

Girl to Goddess Yoga for Pre-Teens & Teens. *Om Baby Yoga Center, 2201 Market Street, Camp Hill, 4 p.m.* This class is designed specifically for girls in 5th, 6th, and 7th grades. The girls will learn how yoga is a fantastic way to strengthen your body, practice relaxing your mind, and to navigate daily challenges of being a pre-teen/teenager. \$78 for 6 weeks. 717-761-4975 [www.ombabycenter.com/teen-yoga.html](http://www.ombabycenter.com/teen-yoga.html)

### *september 19*

Central Penn Parent's Family Festival.

*Cousler Park, 1060 Church Road, York, 10 a.m.-4 p.m.* Live music, pony rides, bounce houses, storytime corner and 100+ exhibitors with free, child-friendly, activities. FREE.

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september

# CALENDAR

## friday, september 4

🍁 **LA LECHE LEAGUE OF CARLISLE.** *Bosler Library, 158 West High Street, Carlisle, 10:15 a.m.* Mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. FREE. 717-761-4975 • [www.ombabycenter.com](http://www.ombabycenter.com)

## saturday, september 5

**21ST ANNUAL MCLAIN FESTIVAL.** *Two Mile House, 1189 Walnut Bottom Road, Carlisle, 9 a.m.-5 p.m.* Highland athletics, events for children, border collie demonstrations, Celtic music, Irish and Scottish dancers, kilts, bag pipes and, of course, delicious food. Adults: \$10; children under 10: free. 717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

**CHALK IT UP FOR LOVE.** *Campbelltown United Methodist Church, 2760 Horseshoe Pike, Palmyra, 9 a.m.-noon.* Artists of all ages and art levels are invited to share their drawing skills. Participants may use only chalk, which will be provided. Washable chalk may also be used. Stenciling/tracing will not be permitted. A panel of local artists and celebrity judges will select the winning spaces. Prizes will be awarded! \$5. [www.pillowsoflove.com](http://www.pillowsoflove.com)

🍁 **BOOK SALE.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 9 a.m.-3 p.m.* Hardback and paperback books, vintage jewelry, DVDs, music CDs, puzzles, children's books, 33 rpm records, tote bags, note cards, prints, frames and a few collectible dolls. FREE. 717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

## sunday, september 6

**CHILDREN OF EDEN.** *St James Church, Lancaster City, 119 N Duke St, Lancaster, 7 p.m through Sept. 20.* Loosely based on the stories from Genesis, "Children Of Eden" is a musical tale about the challenges of parenting, breaking generational patterns and the power of second chances. \$22 and up.

**LABOR DAY BBQ.** *Sesame Place, 100 Sesame Road, Langhorne, 5 p.m.* Enjoy an open air, traditional holiday BBQ in Big Bird's Riverside Pavilion and a spectacular fireworks show at 8:25 p.m., set to Sesame Street music! Paid park admission is required in addition to dine reservation. \$18-\$29, children 23 months and younger are free but require a reservation. 1-866-GO-4-ELMO • [sesameplace.com](http://sesameplace.com)

## monday, september 7

🍁 **MISSION TRANSITION.** *Fredricksen Library, 100 North 19th Street, Camp Hill, 6:30 p.m.* Children entering kindergarten at Hoover Elementary in the fall of 2016 will do kindergarten readiness activities, hear stories, have parachute fun and work with colors, numbers, letters, sorting, rhyming and science. Kids may meet other future students and make early friendships. Meets first Monday of the month through May. Registration required. FREE. 717-761-3900 • [www.fredricksenlibrary.org](http://www.fredricksenlibrary.org)

## tuesday, september 8

**SENSORY FRIENDLY HOURS AT THE CHOO CHOO BARN.** *Choo Choo Barn, 226 Gap Road, Strasburg, 5:30-7 p.m.* The gigantic model train layout will be adjusted for those with sensory sensitivity. Additionally, a photo version of the popular Choo Choo Barn scavenger hunt is available. RSVP required. \$4.50-\$7.50. 717-687-7911 • [www.choochoobarn.com](http://www.choochoobarn.com)

## wednesday, september 9

🍁 **NEW FOR YOU KIDS, TEENS, WOMEN'S FALL/WINTER CONSIGNMENT SALE.** *Yellow Breeches Sports Center, 700 Shawnee Court, New Cumberland, 6 p.m.* New and gently-used items including clothing, books, puzzles, toys, baby equipment and almost anything else related to children's and babies needs. FREE. 717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)



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# ASK THE CENTRAL PENN Parent EXPERT



## FAMILY RESOURCE & COUNSELING EXPERT

**Q:** My husband and I are divorcing; our children are acting out toward one another and others. How can I deal with this?

**A:** Thank you for thinking outside of your own pain to consider your children's. Commit together to act respectfully to one another for their sake. You can both increase or decrease the negative impact of the divorce on your children. If you would like my list of *12 Specific Behaviors Which Impact Children During a Divorce*, please email me and I will email it to you. Lastly, please consider counseling to help your children deal with these difficult changes. We have several excellent children's counselors on staff.

**GLENFORD KAUFFMAN**, Children's Counselor  
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Gap office: 717-442-9577  
Lancaster office: 717-285-4843  
glenfordk@fracc.org



## THE FOOT AND ANKLE EXPERT

**Q:** Why is it so much easier to exercise with a "buddy"?

**A:** It is all over the magazines, in the news, in the papers, in your online media, exercise is necessary for good health. Regular physical activity can lower your risk of heart disease, reduce high blood pressure, reduce unhealthy cholesterol levels, reduce Type 2 diabetes, reduce risk of falls, and can reduce the feelings of depression.

Steady exercise can be challenging for many because it needs to be fit into the context of an already busy day. Finding time to exercise is the most common limiting factor for exercising. Research has found that exercising with a "buddy" will increase your success rate of engaging in some type of exercise activity. When there is an accountability factor to "show up" your individual success rate increases. Working with a buddy can awaken your internal competitor or the supportive cheerleader in you. Adding those qualities to your workout adds fun, lightheartedness and a successful workout atmosphere.

Ask a spouse, find a friend, join a class or consider our wellness program at Martin Physical Therapy (a division of Martin Foot and Ankle) in York, PA to help you get started and keep you active. For more information please visit [www.martinfootandankle.com](http://www.martinfootandankle.com) under the physical therapy section.

**CHRIS DOEMLAND**, WELLNESS COORDINATOR  
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Martin Physical Therapy- A division of Martin Foot and Ankle



## ONLINE/CYBER SCHOOL EXPERT

**Q:** Can I switch to a cyber school now that the school year has started?

**A:** Yes. Many cyber schools have year round enrollment, but space may become limited in certain grades, classes or courses. As you apply to a cyber school, it's important to remain enrolled in your current school to avoid truancy charges. The Cyber School will work with you in regards to documentation, start dates and a transition plan. As you transition

to a new school, it's important to understand that it can feel disjointed and unfamiliar until you and child adjust. This is a great time to take advantage of the support provided to you by Guidance and Teachers.

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Website: [www.palcs.org](http://www.palcs.org)



*This general information is not intended to provide individual advice. Schedule and appointment with a professional to discuss your particular situation and needs. Questions sent to these professionals may be answered in future issues.*

## RESOURCES | calendar

**IN HIS OWN WORDS—THE DIARY OF JAMES MCCULLOUGH.** *Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 1:30 p.m.* James McCullough's Diary offers a first-hand view of frontier life in Pennsylvania near the Maryland border during the French and Indian War. FREE. 717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

**LA LECHE LEAGUE OF HARRISBURG.** *GIANT Foods Community Center, 2300 Linglestown Road, Harrisburg, 10 a.m.* Mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. FREE. 717-761-4975 • [www.ombabycenter.com/lll.html](http://www.ombabycenter.com/lll.html)

## thursday, september 10

**CIVIL WAR WALKING TOUR OF CARLISLE.** *Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 1 p.m.* Learn about Carlisle's Civil War History through our volunteer Civil War Guides. Members: \$8; Others: \$12. 717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

**NEW FOR YOU KIDS, TEENS, WOMEN'S FALL/WINTER CONSIGNMENT SALE.** *Yellow Breeches Sports Center, 700 Shawnee Court, New Cumberland, 9 a.m.-7 p.m.* All things from babies, children's, teen's and women's clothing, shoes, books, puzzles, toys, baby equipment, strollers, high chair and more. FREE. 717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

## friday, september 11

**NEW FOR YOU KIDS, TEENS, WOMEN'S FALL/WINTER CONSIGNMENT SALE.** *Yellow Breeches Sports Center, 700 Shawnee Court, New Cumberland, 9 a.m.-7 p.m.* New and gently-used items including clothing, books, puzzles, toys, baby equipment and almost anything else related to children's and babies needs. FREE. 717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

**SENSORY FRIENDLY EVENING.** *The Hershey Story Museum, 63 West Chocolate Avenue, Hershey, 5:30-7:30 p.m.* Guests with special sensory can enjoy interactive exhibits about Milton Hershey and the industry and town he created, as well as a hands-on special exhibit that recreates jobs in the original chocolate factory. \$8.50 per person; one adult is admitted free with each family or group. Registration required. 717-534-8939 • [www.hersheystory.org](http://www.hersheystory.org)

## saturday, september 12

**CC2 THE DIRT ON DIRT.** *Messiah College, 1 College Avenue, Mechanicsburg, 9:15 a.m.* A science program for children in grades 6-8. Discover what lives under the ground. Pre-registration and pre-payment are required. \$15 prepaid; \$18 walk-in. 717-691-6082 • [www.messiah.edu/Oakes/curator\\_club/curator-club-2](http://www.messiah.edu/Oakes/curator_club/curator-club-2)

**SECOND SATURDAY IN THE CITY.** *York City, York, 10 a.m.-2 p.m.* Join the Cultural Alliance of York County for fun, free family activities throughout downtown York, with enjoy live performances, hands-on activities and entertainment. FREE. 717-812-9255 • [www.2ndSaturdayYork.org](http://www.2ndSaturdayYork.org)

**DAY OUT WITH THOMAS AT STRASBURG RAIL ROAD.** *Strasburg Rail Road, 301 Gap Road, Ronks, 9 a.m.-4 p.m.* Join Thomas the Tank Engine & and his pal Percy as they greet friends during the Day Out With Thomas event at Strasburg Rail Road. \$21 and up. 866-725-9666 • [srtrain@strasburgrailroad.com](mailto:srtrain@strasburgrailroad.com)

**NEW FOR YOU KIDS, TEENS, WOMEN'S FALL/WINTER CONSIGNMENT SALE.** *Yellow Breeches Sports Center, 700 Shawnee Court, New Cumberland, 8:30 a.m.-noon.* New and gently-used items including clothing, books, puzzles, toys, baby equipment and almost anything else related to children's and babies needs. FREE. 717-773-8600 • [www.newforyoukids.com](http://www.newforyoukids.com)

**FOUNDER'S DAY.** *The Ephrata Cloister, 632 West Main St, Ephrata, 10 a.m.-4 p.m.* Founders Day offers special reduced admission to the site with demonstrators and a special opportunity to go behind the scenes upstairs in the Sister's House. General site admission: \$1 for ages 3 and up; children under 2 are free. Tours of the upper levels of the Sisters' House not normally open to the public are available at an additional \$12 per person. 717-733-6600 • [www.ephratacloister.org](http://www.ephratacloister.org)

**FAIRY FESTIVAL.** *The Rosemary House, Market Street, Mechanicsburg, 10 a.m.-4 p.m.* The event is designed to inspire each child's imagination through play, games and activities. Children can interact with a cast of characters to include fairies, gnomes, sprites, pixies, trolls, elves, wizards, knights and princes, plus activities and games to include a Fairy Fashion Show with volunteer models from the audience. Children: free; adults: \$5. 717-697-5111 • [RosemaryHouseFairyFestival.blogspot.com](http://RosemaryHouseFairyFestival.blogspot.com)

# pinboard

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Pony Rides

FOR MORE INFORMATION AND A FULL SCHEDULE VISIT:

[WWW.CENTRALPENNARENT.COM/FAMILY-FEST](http://WWW.CENTRALPENNARENT.COM/FAMILY-FEST)

EXHIBITOR SPACE AND SPONSORSHIP OPPORTUNITIES ARE STILL AVAILABLE!

CONTACT US AT 717-236-4300

**🍁 DAY OF PLAY.** *The Hershey Story Museum, 63 West Chocolate Avenue, Hershey, 11 a.m.-3 p.m.* In conjunction with the Downtown Hershey Association's "Sweetest Saturday," The Hershey Story gives modern-day children a chance to play with old-fashioned toys and games. The activities will take place in the museum patio, weather permitting. FREE. 717-534-8939 • www.hersheystory.org

## sunday, september 13

**🍁 ADAMS COUNTY HEART & STROKE WALK.** *Gettysburg Middle School, 37 Lefever Street, Gettysburg, 8:15 a.m.-noon.* A family- and pet-friendly charity walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature a two-mile fitness walk, entertainment, activities for kids and health information. FREE. 717-422-6468 • www.heart.org/adamswalk

**FAIRY FESTIVAL.** *The Rosemary House, Market Street, Mechanicsburg, 10 a.m.-4 p.m.* The event is designed to inspire each child's imagination through play, games and activities. Children can interact with a cast of characters to include fairies, gnomes, sprites, pixies, trolls, elves, wizards, knights and princes, plus activities and games to include a Fairy Fashion Show with volunteer models from the audience. Children: free; adults: \$5. 717-697-5111 • RosemaryHouseFairyFestival.blogspot.com

**🍁 MILTON HERSHEY'S BIRTHDAY CELEBRATION.** *Chocolate Town Square, Chocolate and Cocoa avenues, Hershey, 6:30 p.m.* Remember Milton Hershey on what would have been his 158th birthday. Bring your lawn chair or blanket and enjoy a performance of music from Hershey's era. In case of inclement weather, the celebration will be held in the Grand Lobby of The Hershey Story. FREE. 717-534-8939 • www.hersheystory.org

## monday, september 14

**🍁 MISSION TRANSITION.** *Fredricksen Library, 100 North 19th Street, Camp Hill, 6:30 p.m.* Children entering kindergarten at West Creek Hills and East Pennsboro Elementary in the fall of 2016 will do kindergarten readiness activities, hear stories, have parachute fun and work with colors, numbers, letters, sorting, rhyming and science. Kids may meet other future students and make early friendships. Meets every second Monday of the month through May. Registration required. FREE. 717-761-3900 • www.fredricksenlibrary.org

**FALL HISTORY SERIES.** *Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 6:30 p.m.* Jeff Wood's weekly series, "Life and Death in the Valley," will focus on the ways people have celebrated their lives here and the ways they wanted to leave legacies from colonial times to the present. Members: \$50; others: \$75; or \$12 per session through Oct. 26. 717-249-7610 • www.historicalsociety.com

**EXPLORERS PARENT/CHILD BOOK CLUB FOR PRESCHOOLERS.** *Om Baby Pregnancy & Parenting Center, 2201 Market Street, Camp Hill, 11 a.m.* Set sail on a journey that encourages young learners ages 3-5 years old and their caregiver(s) to spark a life-long love of learning and connection through books, with art activities, snacks and more. \$20 per class/\$40 for 4 classes. 717-761-4975 • www.ombabycenter.com/explorers.html

**🍁 SILLY STORYTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 10:15 a.m.* Children ages 3-6 will listen to silly stories, share jokes, sing songs and do a craft. Registration requested. FREE. 717-774-7820 • www.newcumberlandlibrary.org

**🍁 TODDLERTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 11 a.m.* A twenty-minute introduction to storytime for ages 2 ½-3 years old, featuring one or two books and many songs and fingerplays. The program involves the toddler and an adult aide. Registration requested. FREE. 717-774-7820 • www.newcumberlandlibrary.org

## tuesday, september 15

**🍁 SILLY STORYTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 1 and 6:30 p.m.* Children ages 3-6 will listen to silly stories, share jokes, sing songs and do a craft. Registration requested. FREE. 717-774-7820 • www.newcumberlandlibrary.org

## wednesday, september 16

**🍁 MOTHER GOOSE RHYME TIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 10:15 a.m.* For kids 1 yr. to 2 ½ yrs. and an adult. A fifteen-minute introduction to storytime and reading through the use of a simple picture book, songs, rhymes, fingerplays, and movement. Registration requested. FREE. 717-774-7820 • www.newcumberlandlibrary.org

## friday, september 18

**🍁 KID'S CLOSET CONNECTION CONSIGNMENT SALE FALL EVENT.** *Carlisle Fire & Rescue Services Banquet Hall, 177 Carlisle Springs Road, Carlisle, 5-8 p.m.* Everything you need for your child. FREE. 717-685-4522 • www.kidscloset.biz/carlisle

## saturday, september 19

**3RD ANNUAL ARTISANS FAIRE AND ANTIQUE CAR SHOW.** *The Ephrata Cloister, 632 West Main Street, Ephrata, 10 a.m.-3 p.m.* See and purchase examples of traditional Pennsylvania German Folk Arts and Crafts, such as Fraktur and Scherenschnitte, as well as engage with artisans demonstrating weaving, pottery, wood carving, metal work and furniture making. \$10. 717-733-6600 • www.ephratacloister.org

**🍁 CENTRAL PENN PARENT'S FAMILY FESTIVAL.** *Cousler Park, 1060 Church Road, York, 10 a.m.-4 p.m.* Live music, pony rides, bounce houses, storytime corner and 100+ exhibitors with free, child-friendly, activities. FREE. 717-236-4300 • www.familyfavoritesfestival.com/york/

**UNDERGROUND RAILROAD WALKING TOUR.** *Ironmasters Mansion, Bucher Hill Road, Boiling Springs, 10 a.m.* This walking tour will focus on the abolitionists and freedom seekers in Boiling Springs. Meet at the parking lot at the mill. Reservations are required. Wear comfortable shoes and dress for the weather. Members: \$10; Others: \$15; school age children: \$5. 717-249-7610 • www.historicalsociety.com

**YORK HEART WALK.** *John Rudy County Park, 400 Mundis Race Road, York, 9 a.m.-noon.* The Heart Walk is a family and pet-friendly charity walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature a 1-mile loop fitness walk, entertainment, activities for kids and health information. Register at www.heart.org/yorkwalk. Free, fundraising and donations encouraged. 717-207-4281 • www.heart.org/yorkwalk

**TWIN VALLEY PLAYERS ROADSHOW CABARET.** *Ned Smith Center for Nature and Art Amphitheater, 176 Water Company Road, Millersburg, 7:30 p.m.* Twin Valley Players perform a cabaret-style collection of popular Broadway and oldies hits. \$10. 717-692-3699 • nedsmithcenter.org

**OUTDOOR ADVENTURE CHALLENGE 5K RUN/WALK.** *Diakon Youth Services, 571 Mountain Road, Boiling Springs, 8 a.m.* A unique 5K trail run/walk on the 170-acre campus. Proceeds benefit helping troubled youths. Registration includes use of the zipline, Alpine tower, and high ropes course as well as lunch. New this year, a giant wwing. Great fun activity for the family. To register, go to www.diakon5k.org. \$45. 717-795-0464 • www.diakon5k.org

**🍁 LANCASTER HEART WALK.** *Spooky Nook Sports, 2913 Spooky Nook Road, Manheim, 8 a.m.* The Heart Walk is a family-friendly fitness walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature an indoor and outdoor. 75-mile or 5K fitness walk, entertainment, activities for kids and health information. Register at www.heart.org/lancasterwalk. FREE. 717-207-4221 • www.heart.org/lancasterwalk

**🍁 KID'S CLOSET CONNECTION CONSIGNMENT SALE FALL EVENT.** *Carlisle Fire & Rescue Services Banquet Hall, 177 Carlisle Springs Road, Carlisle, 9 a.m.-6 p.m.* Everything you need for your child. FREE. 717-685-4522 • www.kidscloset.biz/carlisle

**🍁 HORSE SHOW.** *Greystone Manor Ther Riding, 1061 Hartman Station Road, Lancaster, 9 a.m.-3:30 p.m.* "Stars of the Show" features our riders and horses in an event like no other. Riders demonstrate their skills in sessions throughout the day, to win awards. Greystone Manor TRC has a mission to enhance the lives of individuals with special needs through equine assisted activities. FREE. www.greystonemanortrc.org/

**🍁 BOOK SALE.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 9 a.m.-3 p.m.* Hardback and paperback books, vintage jewelry, DVDs, music CDs, puzzles, children's books, 33 rpm records, tote bags, note cards, prints, frames and a few collectible dolls. FREE. 717-774-7820 • www.newcumberlandlibrary.org

**🍁 COUPONING FOR EXTREME SAVINGS.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 11 a.m.* Dawn Marron, Coupon Counselor, will discuss unusual coupons and items with unexpected savings. Feel free to bring coupons to trade and share. FREE. 717-774-7820 • www.newcumberlandlibrary.org

**sunday, september 20**

**🍁 CAPITAL REGION HEART & STROKE WALK.** *Metro Bank Park, 1 Championship Way, Harrisburg, 12:30 p.m.* The Heart Walk is a family and pet-friendly fitness walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature a 1-mile or 3-mile walk, entertainment, activities for kids and health information. FREE.  
717-730-1781 • [www.heart.org/capitalregionwalk](http://www.heart.org/capitalregionwalk)

**🍁 KID'S CLOSET CONNECTION CONSIGNMENT SALE FALL EVENT 1/2 OFF DAY.** *Carlisle Fire & Rescue Services Banquet Hall, 177 Carlisle Springs Road, Carlisle, 9 a.m.-2 p.m.* Everything you need for your child. FREE.  
717-685-4522 • [www.kidscloset.biz/carlisle](http://www.kidscloset.biz/carlisle)

**🍁 HANOVER HEART WALK.** *Hanover Hospital, Medical Office Building, Stock Street and Charles Street, Hanover, 11:30 a.m.* The Heart Walk is a family and pet-friendly charity walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature a 1-mile or 3-mile fitness walk, entertainment, activities for kids and health information. FREE.  
717-207-4281 • [www.heart.org/yorkwalk](http://www.heart.org/yorkwalk)

**monday, september 21**

**🍁 MISSION TRANSITION.** *Fredricksen Library, 100 North 19th Street, Camp Hill, 6:30 p.m.* Children entering kindergarten at Washington Heights, Lower Allen and Highland Elementary in the fall of 2016 will do kindergarten readiness activities, hear stories, have parachute fun and work with colors, numbers, letters, sorting, rhyming and science. Kids may meet other future students and make early friendships. Meets every third Monday of the month through May. Registration required. FREE.  
717-761-3900 • [www.fredricksenlibrary.org](http://www.fredricksenlibrary.org)

**🍁 SILLY STORYTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 10:15 a.m.* Children ages 3-6 will listen to silly stories, share jokes, sing songs and do a craft. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

**🍁 TODDLERTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 11 a.m.* A twenty-minute introduction to storytime for ages 2 1/2-3 years old, featuring one or two books and many songs and fingerplays. The program involves the toddler and an adult aide. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

**tuesday, september 22**

**🍁 LA LECHE LEAGUE OF HARRISBURG/MECHANICSBURG.** *Om Baby Pregnancy & Parenting Center, 2201 Market Street, Camp Hill, 6:30 p.m.* Mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. FREE.  
717-761-4975 • [www.ombabycenter.com/LLL.html](http://www.ombabycenter.com/LLL.html)

**🍁 SILLY STORYTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 1 and 6:30 p.m.* Children ages 3-6 will listen to silly stories, share jokes, sing songs and do a craft. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

**wednesday, september 23**

**GIRL TO GODDESS YOGA FOR PRE-TEENS & TEENS.** *Om Baby Yoga Center, 2201 Market Street, Camp Hill, 4 p.m.* This class is designed specifically for girls in 5th, 6th, and 7th grades. The girls will learn how yoga is a fantastic way to strengthen your body, practice relaxing your mind, and to navigate daily challenges of being a pre-teen/teenager. \$78 for 6 weeks.  
717-761-4975 • [www.ombabycenter.com/teen-yoga.html](http://www.ombabycenter.com/teen-yoga.html)

**🍁 MOTHER GOOSE RHYME TIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 10:15 a.m.* For kids 1 yr. to 2 1/2 yrs. and an adult. A fifteen-minute introduction to storytime and reading through the use of a simple picture book, songs, rhymes, fingerplays, and movement. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

**friday, september 25**

**CARLISLE'S 19TH CENTURY FIREHOUSES WALKING TOUR.** *Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 1 p.m.* We'll visit six firehouses, look at Carlisle's most burned block, learn about a tragedy where a young lad was run over by a steamer, visit a firehouse where an undercover detective broke an arson ring, and talk about dozens of other interesting events. Members: \$8; Others: \$12.  
717-249-7610 • [www.historicalsociety.com](http://www.historicalsociety.com)

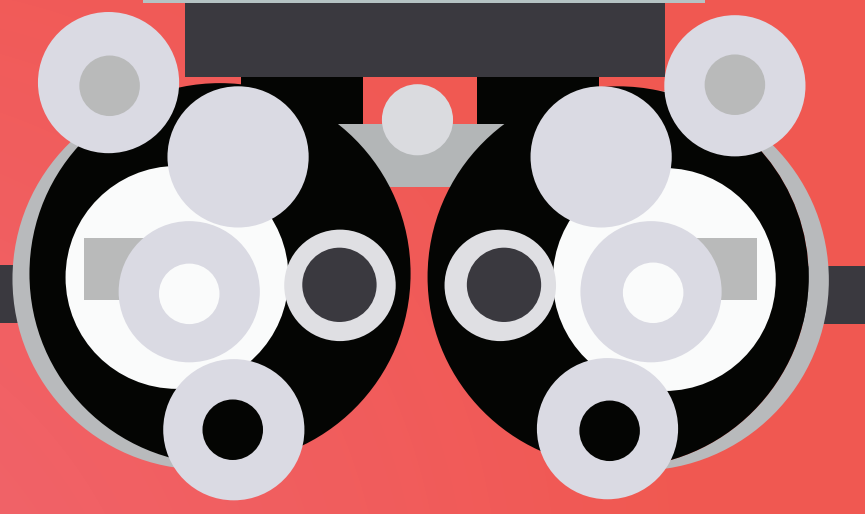
**🍁 TYKES2TEENS FALL/WINTER CHILDREN'S CONSIGNMENT SALE.** *West Enola Fire Company Hall, 118 Chester Road, Enola, 9 a.m.-7 p.m.* Semi-annual consignment sale selling all things for babies, kids and expectant families. FREE.  
717-695-7579 • [www.tykes2teens.com](http://www.tykes2teens.com)



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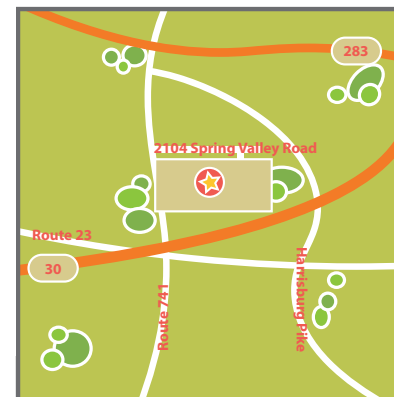
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**saturday, september 26**

**CC2 CAN YOU DIG IT?.** *Messiah College, 1 College Avenue, Mechanicsburg, 9:15 a.m.* The CC2 is a science program for children in grades 6-8. Join Archeologist Dr. Pettegrew for an archeological dig. \$18 walk-in; \$15 prepaid.  
717-691-6082 • www.messiah.edu/Oakes/curator\_club/curator-club-2

**CIVIL WAR WALKING TOUR OF CARLISLE.** *Cumberland County Historical Society, 21 North Pitt Street, Carlisle, 10 a.m.* Learn about Carlisle's Civil War history through volunteer guides. Reservations are required. Members: \$8; Others: \$12; school-aged childre: \$5.  
717-249-7610 • www.historicalsociety.com

**CURATORS CLUB LIVING ON THE EDGE.** *Messiah College, 1 College Avenue, Mechanicsburg, 9:15 a.m.* Curators' club is a science program for children in grades 3-5. Explore what animals live in the mountains and how they are able to survive. \$15 prepaid; \$18 walk-in.  
717-691-6082 • www.messiah.edu/Oakes/curator\_club/index.html

**TWO MILE HOUSE OVERNIGHT ADVENTURE.** *Two Mile House, 1189 Walnut Bottom Road, Carlisle, 5 p.m.-10 a.m.* Spend the night at a historic site. Bring your own tent and sleeping bag. Dinner & breakfast will be provided along with a campfire snack. Registration required. Space is limited. \$20 per person.  
717-249-7610 • www.historicalsociety.com

**TYKES2TEENS FALL/WINTER CHILDREN'S CONSIGNMENT SALE.** *West Enola Fire Company Hall, 118 Chester Road, Enola, 8 a.m.-1 p.m.* Semi-annual consignment sale selling all things for babies, kids and expectant families. FREE.  
717-695-7579 • www.tykes2teens.com

**OWL PROWL.** *Strawberry Hill Nature Preserve, 1537 Mt Hope Road, Fairfield, 8:30 p.m.* Monthly full-moon owl prowls will introduce you to the Great Horned and Barred owls and possibly other creatures of the night. You will discover what makes an owl an excellent hunter and learn of other owls that live and visit our beautiful state of Pennsylvania. Dress appropriately for the weather and bring a flashlight. Pre-registration is requested. \$5 for members; \$8 for others.  
717-642-5840 • www.strawberryhill.org

**11TH ANNUAL MUSEUM DAY LIVE.** *Participating museums.* Tickets, available online, required. Each ticket grants free admission to the ticketholder plus a guest. Museums include Fort Hunter, The Hershey Story, Watch and Clock Museum, Port Discovery and more. To see the full list of museums and download a ticket, visit www.smithsonianmag.com/museumdaylive

**FALL FEST.** *Hershey Gardens, 170 Hotel Road, Hershey, 10 a.m.-12:30 p.m.* Bring the whole family to welcome the fall season with activities such as fall gardening tips, scarecrow stuffing, pumpkin painting, a story with a scarecrow and more. Included in admission.  
717-534-3492 • www.hersheygardens.org

**sunday, september 27**

**ASHLAND CEMETERY WALKING TOUR.** *Ashland Cemetery, York Road, Carlisle, 1 p.m.* Take a tour of Ashland Cemetery. Meet inside the front gate. Wear comfortable shoes and dress for the weather. Reservations are required. \$8 for members; \$12 for others; \$5 for school-aged children.  
717-249-7610 • www.historicalsociety.com

**MASON DIXON HEART & STROKE WALK.** *Greencastle-Antrim Elementary School, 500 Leitersburg Street, Greencastle, 12:30 p.m.* The Heart Walk is a family and pet-friendly fitness walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature a 1.2 mile or 4 mile walk route, entertainment, activities for kids and health information. FREE.  
717-422-6468 • www.heart.org/masondixonwalk

**LEBANON HEART WALK.** *Ironwood Community Park, King Street and 14th Avenue, Lebanon, 12:30 p.m.* The Heart Walk is a family and pet-friendly charity walk to raise awareness about heart health and raise funds for the American Heart Association. The event will feature a fitness walk, entertainment, activities for kids and health information. FREE.  
717-813-9290 • www.heart.org/lebanonwalk

**JACKSON BROWNE.** *Santander Performing Arts Center, 136 North 6th Street, Reading, 7:30 p.m.* Singer-songwriter Jackson Browne performs classics as well as songs from his latest album, "Standing In The Breach." \$99, \$84, \$72, \$52.



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**monday, september 28**

🍁 **MISSION TRANSITION 2015/2016.** *Fredricksen Library, 100 North 19th Street, Camp Hill, 6:30 p.m.* Children entering kindergarten at Shaul, Hampden and Sport Hill elementaries in the fall of 2016 will do kindergarten readiness activities, hear stories, have parachute fun and work with colors, numbers, letters, sorting, rhyming and science. Kids may meet other future students and make early friendships. Registration required. FREE.  
717-761-3900 • [www.fredricksenlibrary.org](http://www.fredricksenlibrary.org)

🍁 **SILLY STORYTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 10:15 a.m.* Children ages 3-6 will listen to silly stories, share jokes, sing songs and do a craft. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

🍁 **TODDLERTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 11 a.m.* A twenty-minute introduction to storytime for ages 2 ½-3 years old, featuring one or two books and many songs and fingerplays. The program involves the toddler and an adult aide. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

**tuesday, september 29**

🍁 **SILLY STORYTIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 1 and 6:30 p.m.* Children ages 3-6 will listen to silly stories, share jokes, sing songs and do a craft. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

**wednesday, september 30**

🍁 **MOTHER GOOSE RHYME TIME.** *New Cumberland Public Library, 1 Benjamin Plaza, New Cumberland, 10:15 a.m.* For kids 1 yr. to 2 ½ yrs. and an adult. A fifteen-minute introduction to storytime and reading through the use of a simple picture book, songs, rhymes, fingerplays, and movement. Registration requested. FREE.  
717-774-7820 • [www.newcumberlandlibrary.org](http://www.newcumberlandlibrary.org)

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**CENTRAL PENN Parent**

# A step back in time TO SERVE OTHERS

By *Andrea Ciccocioppo*

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

WHILE MOST TYPICAL 16-YEAR-OLDS PASSED AWAY THE SUMMER TETHERED TO TECHNOLOGY AND SCANNING SCREENS, one Lancaster County teenager did just the opposite: she stepped back in time to help out a good cause.

Gillian Wismer, a junior at Lancaster Mennonite High School, spent her third summer as a docent at Hans Herr House.

“She’s one of our summer students, but she does a bit more than the summer student program,” said Becky Gochnauer, director of Hans Herr House. “She also works in our store as a clerk.”

Established in 1719, The Hans Herr House is the oldest homestead in Lancaster County and the oldest Mennonite meetinghouse in the Americas. The property features buildings and exhibits tracing the formation of the county and early America, including three Pennsylvania German farmhouses, several barns, a blacksmith shop, smokehouse and outdoor bake oven.

Guides offer tours explaining the life and culture of the people who lived in the area prior to the European settlers.

The Summer Student Program trains children 10 and older to be junior guides. Students spend at least one day a week dressed in period attire and share information and skills with visitors.

As part of the summer program, Gillian learned how to weave pine needle baskets and gives demonstrations to tourists. “It’s a win-win for us,” Gochnauer said. “It’s great for the kids and good for our visitors.” Gillian, the daughter of Michael and Holly Wismer, said it was history that attracted her to the volunteer opportunity.



*Gillian Wismer happily receives her certificate and award for service in the community.*

“I love learning about how people did things without technology and electronics,” she said. “They proved you can have fun without games that are on a device.”

One of the games she learned about is called “graces” and uses two sticks and a small hoop with ribbons. And then there is the basket weaving.

Weaving pine needle baskets isn’t child’s play. “It takes a while to make them,” Gillian said, guessing on average, about five hours. “It’s kind of like knitting—it’s something you don’t need to think about.”

Learning about the baskets and the lifestyle of the people who used them is what most fascinates her. “I think we can learn a lot about the experiences they had, why they made mistakes and avoid some of those conflicts,” she explained.

Gillian, who hopes to attend Millersville and major in English, also volunteers at her church, Grace Church at Willow Valley. “I love to be able to give my time and serve kids,” she said. “I like seeing the joy that comes from serving.”

**CPP** *Andrea Ciccocioppo is editor of Central Penn Parent.*

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\*Source: American Heart Association

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