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#### ON THE COVER

Takejah and Makayla  
Lambert of Harrisburg,  
enjoyed joking around.  
No hair was hurt during  
the shooting of this cover.



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# dear readers

Karissa Zimmer Photography



## Life's BLUE-PLATE SPECIAL

**AS PARENTS, WE HAVE A LOT ON OUR PLATES.** No matter what the age of our children, we're charged with nurturing them and providing for them. For most of us, that means working to be able to support our families, juggling

schedules and striving for some kind of balance.

Even when we're not directly serving our kids, most of us worry about how the children are doing and wonder what the next crisis will be.

This month, you'll meet parents who not only parent their own children, but a gaggle of other kids at the Milton Hershey School. I can't imagine getting a dozen spirited boys ready for school!

And you'll hear from single moms who didn't necessarily plan on parenting alone, but found themselves in just that situation—and are doing it all with patience, persistence and humor. I admire them.

Speaking of having a lot on our plates, I had the privilege of attending a forum on childhood obesity—a growing problem in this country. You can blame TV or video games, the lack of free play or the hormones in milk, but one thing is sure: The solution begins at home and the earlier, the better.

I wish I'd have developed healthier habits as a child. Had I not been raised on a lot of great Pennsylvania Dutch cooking and had the benefit of having a darling donut shop down the road, maybe I wouldn't struggle with my weight now. Although something tells me even a childhood stocked entirely with healthy fruits, vegetables and exercise, would not have headed off my love affair with strawberry-frosted donuts. They're sweet and pink—what's not to love?

Whether speaking of parenting or eating habits, I think it's all about moderation. As parents, we have to focus on our children, but also take time for ourselves. Sometimes that means quality time over quantity time. When it comes to diet and exercise, it's not just about less being more, but less of the wrong kinds of things and more of the right kinds.

My plate of life is certainly full and not always well-balanced. But I don't think I'd want it any other way!

## Happy Parenting!

*Andrea*

Andrea Ciccocioppo | Editor

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**We asked our staff:**

What's your secret  
to balancing it all?

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### CEO

David A. Schankweiler

*I don't think there is a balance. One part of your life will always need priority over others. The secret is making sure you visit all parts over time and are not short-changing anyone and anything.*

### Publisher

Cathy Ashby

*Always keep friends and family and laughter at the top of the list. Always.*

### Editor

Andrea Ciccocioppo

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*I've yet to find a secret. I'm flying by the seat of my pants!*

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Jamie Schoenberger,

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*Making sure I take time for myself is really important, even if it is just a 20-minute walk, it can change my whole outlook on things.*

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*Lots of coffee and an iPhone with 10-20 reminders set a day!*

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*Our family calendar. I still have to nag my kids to document all their outings and commitments on it. It is a work in progress, but the secret to keeping us where we need to be.*

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*Post-it Notes!*



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# letters

## Editor's Note:

After months of "all hands on deck," we at *Central Penn Parent* were pleased to debut our new and improved website. On the beautiful, sunny afternoon of August 17, we finally had our new home page up and running.

The new site is so packed with articles, contests, events and information that it may take us a while to take full advantage of all we can offer—but please check it out and give us your feedback! Let us know what you like/don't like. We want [www.centralpennparent.com](http://www.centralpennparent.com) to be your main resource for local parenting news, information and family fun!



Here's what a few of our readers are saying about the new site on our Facebook page:

Congrats on the re-launch! Can't wait to click through the site. The front page looks amazing!

SARA SOLOMON

Keep up the great work!

JOHN GODDARD

## Coming In Parent...

October's issue of *Central Penn Parent* will celebrate Breast Cancer Awareness month with a special section for families coping with breast cancer.

If you are planning an event relating to breast cancer or if you'd like to share your story, please contact the editor at [editor@centralpennparent.com](mailto:editor@centralpennparent.com) or 717-236-4300.



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# newsworthy

## A sampling of the arts



**L**OOKING TO INTRODUCE YOUR CHILDREN to the performing arts? Find out what kinds of performances they most enjoy during a special evening of entertainment from the Harrisburg Symphony Orchestra, Central Pennsylvania Youth Ballet, Gamut Theatre Group, Open Stage of Harrisburg and Theatre Harrisburg.

Members of the Harrisburg Symphony and the CPYB will perform two excerpts from Camille Saint-Saëns' *Carnival of the Animals*, accompanied by maestro Stuart Malina on the piano.

Gamut Theatre Group—the combined theatre company of Popcorn Hat Players Children's Theatre and Harrisburg Shakespeare Company—will perform an excerpt of the sword-fighting scene from *Hamlet*.

Theatre Harrisburg will present a solo, "Make Them Hear You" from the Broadway musical *Ragtime* and an ensemble piece with solos, "Show People" from *Curtains*.

Open Stage of Harrisburg will perform excerpts from its upcoming attractions.

The one-night event, *Applause*, will be held from 7 to 8:30 p.m. Sept. 27, in the Rose Lehrman Arts Center theatre on the Harrisburg Campus of HACC. The event is a HACC Foundation community partnership designed to strengthen the importance of the arts for a culturally enriching and thriving regional environment.

Tickets are \$10 for adults, \$5 for students and can be purchased through the Rose Lehrman Arts Center box office at 231-ROSE.



## A free day at the museum

**MUSEUMS IN ALL 50 STATES** will open their doors with free admission in honor of *Smithsonian Magazine's* Seventh Annual Museum Day, Sept. 24.

To participate, families must download the Museum Day admission card. One ticket per household gets free entry for two people. A ticket will gain entry to only one of the participating museums, excluding parking and special events and exhibits.

Museum Day is a "celebration of the dissemination of knowledge to anyone and everyone interested, without a price tag." This year, Museum Day holds greater significance in light of recent concern about rising museum admission fees. To download an admission card or to find out which museums are participating in this year's event, visit [HTTP://WWW.SMITHSONIANMAG.COM/MUSEUMDAY/ VENUES/](http://www.smithsonianmag.com/museumday/venues/).



Come witness a special evening of entertainment from the Harrisburg Symphony Orchestra, Central Pennsylvania Youth Ballet, Gamut Theatre Group, Open Stage of Harrisburg and Theatre Harrisburg.



## Local student earns scholarship with stage performance

**JOY CHRISTIAN**, a vocal student at State Street Academy of Music in Harrisburg, was awarded a full scholarship for Carnegie Mellon Pre-College Theatrical Camp.

Christian, 17, participated in the National High School Musical Theater Awards in New York City, and was selected to receive a \$7,000 scholarship to the summer camp.

No stranger to the stage, Christian sang her first solos at age 3 and has been actively involved in the Beulah Baptist Church choir since age 7. She is a regular vocalist at the Harrisburg Senators baseball games and has performed at meetings for the local YWCA and Rotary Club.

Christian has taken vocal lessons at SSA for more than five years and attributes her accomplishments in large part to the school. She was named Outstanding Lead Actress in a Musical at this year's Apollo Awards, the area's annual awards show that honors exceptional dramatic and musical achievement by high school students, for her role as Dorothy in *The Wiz* at Central Dauphin East High School.

Joy Christian, 17, was awarded a full scholarship to study at Carnegie Mellon's prestigious Pre-College Theatrical Camp. She attributes her accomplishments in large part to State Street Academy of Music in Harrisburg.

As a result of her Apollo award, Christian was invited to attend the NHSMTA, which provided her the opportunity to spend a week in New York under the training of Broadway professionals, and culminated in a group performance at the famous Minskoff Theatre, home to *The Lion King*.

"This was one of the most amazing nights I've ever been a part of," Christian said. "To sing alongside such incredibly talented performers from all over the country was a dream come true in itself. I was shocked to hear that, on top of it all, I'd been chosen to attend a training camp at Carnegie Mellon. I'll attend the camp next summer, and I know it will strengthen me as I pursue singing, dancing and acting."



## GOTR founder comes to Lancaster



**AS GIRLS ON THE RUN** of Lancaster celebrates its third year, Molly Barker, founder of Girls on the Run International, will come to Lancaster for a night with the Barnstormers on Sept. 16.

Girls on the Run participants and coaches will be invited onto the field with Barker as she throws the first pitch. Her autographed books, *Girls on Track* and *Lit from Within* will be available for sale along with other merchandise.

The new GOTR commercial will be seen for the first time on the big screen. Friends, family and community members are invited to cheer on the Barnstormers and recognize the GOTR participants, coaches and families.

"This is a very unique and special opportunity for the many participants of this program and our entire Lancaster County community to celebrate an initiative that continuously demonstrates positive and healthy transformations for over 1,000 girls to date in Lancaster County,"

said Carrie Johnson, local founder and executive director of GOTR of Lancaster.

Girls on the Run of Lancaster is a non-profit, character development organization with an interactive 20-lesson curriculum designed to inspire girls in grades 3-8 to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The 10-week season ends with the girls crossing the finish line of a 5k, having accomplished their goals.

GOTR has impacted more than 1,000 girls in Lancaster by providing a program that has improved their self-esteem, attitude towards physical activity and body image.

A Meet and Greet with Barker starts at 5:15 p.m. Tickets are \$25 and include reserved seating and fireworks. General admission tickets in the GOTR seating section for the ballgame and fireworks are \$10. Tickets for the event are available at [www.gotrlandcaster.org](http://www.gotrlandcaster.org).

### READERS ARE ENCOURAGED TO SUBMIT THEIR NEWS TO CENTRAL PENN PARENT.

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## Twins

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### **Ling and Ting: Not Exactly the Same!** by Grace Lin (Little Brown Books)

A 2011 Theodore Geisel Honor Book, this title provides the perfect transition from picture to chapter books. At first glance, the girls look similar. But with each chapter, their personalities grow distinct with amusing twists to each story. The illustrations are simple, clear and endearing, and reinforce the fun the girls have together. (Ages 5–8)

### **How Do You Do It?** ([www.hdydi.com](http://www.hdydi.com))

This blog with over a dozen contributors focuses on parenting multiples. With over 30 categories of topics, such as birth stories, relationships, safety and twin types, answers abound from real life experts.



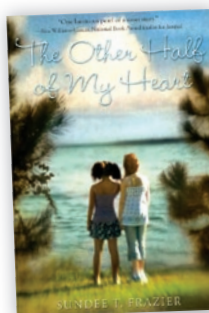
### **Someone Else's Twin: The True Story of Babies Switched at Birth**

by Nancy L. Segal (Prometheus Books)

Segal, herself a twin and an expert on twin research, chronicles the story of real identical twins, accidentally separated at birth, with one twin switched for another infant. The consequences impact more than simply family bonds—issues of identity, parenthood, nature and the law are all explored as this horrific mistake is revealed. (Ages 18 and up)

### **The Twins' Blanket** by Hyewon Yum (Farrar, Straus and Giroux)

A sweet book about kindergarten-aged twins who are learning how NOT to share. If you ever wondered what it would be like to be a twin and to be independent at the same time, look no further. (Ages 3–6)



### **The Other Half of My Heart** by Sundee T. Frazier (Delacorte)

Multi-racial heritage plays a focal role in this novel which follows a set of twin girls. Daughters of a black mom and white dad, the Kings move from Washington State to North Carolina to compete in a Miss Black Pearl Preteen Pageant. One twin, Minni, is light skinned and shy, while the other, Keira appears black and is outgoing. The complexities of being a 'tween are nothing compared to the absurdities, both funny and painful, of being mixed race. (Ages 9 – 12)

**CPP** Julie Hubble lives in Leawood, Kansas, near the Jurgensmeyer twins.



# TEACHER Sharing

BY PEGGY GISLER AND MARGE EBERTS

**Q:** My son will have two teachers sharing the job as his second-grade teacher. One will teach Monday and Tuesday and the other on Wednesday, Thursday, Friday and the following Monday and Tuesday. Then, their schedule will reverse. Is this a common practice? What are the chances of my child having a good year?  
— *Questioning*

**A:** Sharing a teaching job is becoming more common in elementary school. Some school districts are encouraging this arrangement to save money. Others are primarily using it to let teaching mothers

have more time at home with their children. Schools find that job-sharing results in a reduction of sick days taken and absenteeism—a benefit to the school and the children.

Most teachers are very enthusiastic about job-sharing. They say that the children get the benefit of two fresh teachers. And they feel that fewer children slip between the cracks because two teachers are observing the students. They also see benefits in the children being exposed to different instructional styles.

Job-sharing may occur in the pattern that you mention, or the teachers may each teach a half-day. In either case, the key to success lies in the communication

Having two teachers can help your child. It all comes down to their communication with one another.




between the teachers. Most communicate by e-mail, notes, journals and phone calls. They also hold joint parent/teacher conferences. Half-day teachers often have the benefit of an overlap time at lunch.

How successful the year will be for your son depends on the compatibility, cooperation and partnership of the

two teachers. There will be problems, unfortunately, if the communication between the teachers is not good.

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



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Connor Kintzel  
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Sean Wieser  
David Malatestine  
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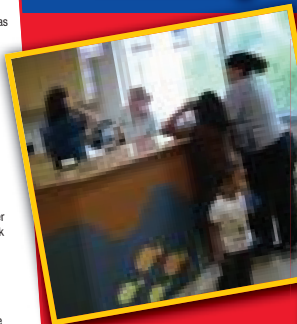
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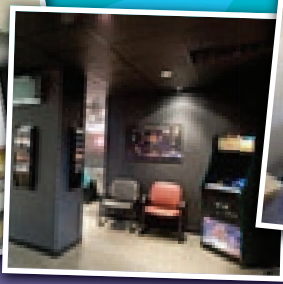


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# COMBATING childhood obesity BEGINS EARLY AND AT HOME

BY ANDREA CICCOCIOPPO

**MANY PARENTS WANT THEIR CHILDREN TO HAVE MORE** than they had growing up. And many of today's children do indeed have more than their parents had. Unfortunately, that includes body mass. Over the past three decades, childhood obesity rates in the United States have tripled. According to the Centers for Disease Control and data from the National Health and Nutrition Examination Survey, childhood obesity affects approximately 12.5 million children—or 17 percent—of kids age 2 to 19 years old. Those numbers increase in the African-American and Hispanic communities, where nearly 40 percent of children are overweight or obese.

Heavy kids don't just suffer on the scale. Overweight children are more likely to have health problems later in life.

Are we hungrier  
and thirstier  
than we were 30  
years ago?  
No, we're not.  
It's the power of  
the media that  
make us think we  
need the supersize.

JAMIE REISINGER

## RAISING AWARENESS

Last year, First Lady Michelle Obama kicked off Let's Move!, a comprehensive initiative dedicated to solving the challenge of childhood obesity within a generation.

Combining comprehensive strategies with common sense, Let's Move! offers parents helpful information and offers schools healthy food choices.

Locally, healthcare, nutrition and school professionals are taking steps to teach families about healthy lifestyles.

"Healthy eating choices begin at the supermarket for many families, which is why GIANT is committed to helping customers make healthy choices while shopping," explained Sylvia Warner, in-store nutritionist at the Camp Hill GIANT.

Warner was one of five panelists at a recent Childhood Obesity Forum held at the GIANT Super Food Store in Harrisburg.

The forum was an effort to educate parents, caregivers and others about the issue, as well as what can be done to alleviate the epidemic—and it's a challenge.

"Are we hungrier and thirstier than we were 30 years ago? No, we're not," said Jamie Reisinger, assistant director of education at the Susan P. Byrnes Health Education Center in York. "It's the power of the media that make us think we need the supersize."

The panelists agreed early intervention is key. "At a young age, children learn from example, which is why it's so very important for parents and caregivers to play a large role in maintaining their own healthy lifestyles," Reisinger said.



## TAKING STEPS

Many area schools provide healthy choices in the cafeteria, as well as identifying at-risk children through Body Mass Index screenings. The screenings are required by the state Department of Health and the results are mailed to parents.

But it's incumbent upon parents to take action if their child's BMI is high or low, and not all readings reflect a problem.

"Each child is different," explained Maryann Williams, nursing chair for Central Dauphin School District. "An athlete's BMI is going to be high. Muscle mass is heavier, increasing BMI." Williams said when parents are concerned about their child's readings, they should seek help. "The family physician is going to be the one to help them understand BMI," she said.

Williams said school nurses are another good starting point for concerned parents, especially if their child has food allergies or special dietary requirements. "Make friends with your school nurse," she said. "We are very eager to work with parents and students to provide what families need."

## TIME FOR CHANGE

Heading off obesity at a young age can prevent a host of health problems later in life. "Childhood obesity can have a harmful effect on one's body that can continue into adulthood, including high blood pressure and cholesterol, breathing and joint problems," said Keith Williams, a physician with Penn State Hershey Children's Hospital Feeding Program. "They also have a greater risk of social

and psychological problems including poor self-esteem."

Williams said it's not about forcing kids to lose weight. It's about changing their lifestyles. "If you change some of the behaviors, you don't have to worry about the weight," he said.

**CPD** *Andrea Ciccocioppo is the editor of Central Penn Parent. She has tried not to pass her unhealthy eating habits down to her daughter.*

## KIDSHAPE

KidShape, PinnacleHealth's free nine-week weight management program for overweight children ages 6-14 and their parents begins this month. Classes will be held at Fredricksen Outpatient Center, 2015 Technology Parkway, Mechanicsburg, from 6-8 p.m. Sept. 14-Nov. 16; and at Community Life Team Center, 1119 S. Cameron Street, Harrisburg from 6-8 p.m. Sept. 27-Nov. 22. Registration is required by calling 717-231-8900.

## HEALTHY COOKING FUN

Central Penn Parent in partnership with GIANT Foods, will offer a cooking class, Healthy Ideas featuring MyPlate for children age 6-10.

The class will be held from 9 to 11 a.m. Oct. 8 at The Cooking School at the Camp Hill GIANT. Kids will learn about the new food guideline chart and healthy eating. Nutritional experts will be on hand and the Cooking School team will assist the kids in making healthy options for meals and snacks. Plus games and a healthy ideas goody bag. Reservations required. Cost is \$10.





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## POSITIVE REINFORCEMENT

By: Angela O'Brien, MA, BCBA and  
Aaron Rich, MA, BCBA

### How to make your child's favorite thing your best tool for managing behavior and keeping your sanity

It's called positive reinforcement and it can be used to strengthen desired behaviors and even discourage unwanted behaviors.

Why does this work? When things make us feel good, we want more, so there is an innate tendency to seek more of it. For example, every time you smile your child gives you a hug, so you find yourself smiling more.

Using this type of reinforcement helps build the foundation for your child to learn the skills to appropriately interact with family, school and community members.

A few key points to remember when selecting and using positive reinforcers:

- ★ **Reinforcers are individual.** Observe your child carefully and select a variety of items and activities that your child enjoys. For some kids it could be as simple as a sticker or a hug, and for others it could mean computer time or a trip to a favorite location.
- ★ **Maintain control of reinforcers.** In order for a reinforcer to remain valuable, your child should have limited access to it. Only provide access when your child exhibits an appropriate behavior.
- ★ **Reinforcers should have different values.** Give great reinforcement for great behavior, and save moderately valued reinforcement for okay behavior.

Once you determine the triggers for your child's unwanted behavior, the key to effective positive reinforcement is to provide it to your child prior to these behaviors occurring.

For example, if your child is refusing to do homework a token economy may work for you. Allow your child to choose small tokens, such as stickers, buttons or pictures. Establish a preferred reinforcer for your child to earn as motivation for homework completion. For every couple of minutes your child is working on their homework, give a token paired with encouragement and praise. Once your child earns five tokens, provide the reinforcer.

Whether it is helping your child complete their homework or escaping the grocery store tantrum free, positive reinforcement is a simple yet effective way to help you accomplish these goals.

PAID ADVERTISEMENT

## special needs

**Ruff!** Got a long day of training ahead of me. You'd be tired, too! **Ruff!**



## Special assistants meet special needs

BY ANDREA CICCOCIOPPPO

**THERE'S ONE SPECIAL NEEDS WORKER** in Central Pennsylvania who is dog tired.

He travels wherever needed across the midstate helping children and adults. Even when he stops at the grocery store to pick up a gallon of milk on his way home, he's on the job. At home, there's little time for cat napping, because there's something new he must learn.

The rewards for his work are much-anticipated treats—of the canine variety. That's because “he” is Dante, a Yellow Labrador who works as a Susquehanna Service Dog.

Susquehanna Service Dogs is a program of Keystone Children and Family Services. SSD trains and provides service and hearing dogs to help children and adults with disabilities gain their independence.

The program was founded in 1993 with a small group of dedicated individuals. Since then, SSD has grown to include more than 190 volunteers across the state and has placed more than 185 service dogs with individuals with disabilities in 23 counties in Pennsylvania.

About 15 service dogs are placed each year with families. The dogs cost \$20,000 to train and those who receive them must pay about a quarter of that fee for the dogs.

Dante, at 6 years old, is an old paw at service—and his skills are in demand.


He has worked at Hilltop Academy in Mechanicsburg and is now a freelancer, taking on a variety of assignments in schools, camps—wherever his four paws take him.

“He's a busy guy, that's for sure,” said his volunteer trainer Linda Noggle of

Boiling Springs. Dante regularly visits with students at W.G. Rice Elementary School in Mt. Holly Springs, where children in first and second grade read to him as a fun way of honing their skills. Dante knows never to be a doggie downer when he's being read to—he just lays on the floor, ears perked in attention, as the children read aloud and show him the pictures.

“The kids absolutely love him,” said Ellen Birsch, literacy coach and first grade teacher at Rice. “He listens so well and doesn't correct them. It's non-threatening for the kids.”

Like other Susquehanna Service Dogs, Dante is well-trained. “You take them everywhere you go. It's very time-consuming,” said Noggle, who has worked with Dante since he was 8 weeks old. “People stop you and want to talk to you and the dog. These dogs have to be desensitized to everything. It's a lot of work.”

But Noggle said she wouldn't give up her volunteer life. “We started as puppy huggers when the litter was 3 weeks old,” she recalled. “I love watching a puppy go from a little lump that doesn't know how to do anything, to helping a person do what they need to do. It's a really good program. It's filling an important need for people out there.” 

**SUSQUEHANNA SERVICE DOGS** is always looking for volunteers.

To learn more about the program or to make a donation, visit

**www.keystonehumanservices.org/susquehanna-service-dogs**

**Coming This November!** Our newest edition of *Capabilities*, a special needs resource, will be on newsstands this Winter. Keep on the lookout!



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# SPECIAL NEEDS



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## Teen cancer support group kicks off

Help for Oncology Problems & Emotional Support will launch a new Teen Cancer Support Network for teens ages 13-19. Geared for current patients and young cancer survivors, the group will hold its first meeting in September, with a pizza party Wednesday, Sept. 21, at 6 p.m., at the H.O.P.E. offices at 150 E. Main St. in New Freedom. For more information, call 717-227-2824.



## Is it a backpack or a burden?

It seems every week kids return home from school with more gear packed into their backpacks. Not only does a heavy load challenge even the most well-crafted satchels, it can also cause health problems for kids.

According to the American Academy of Pediatrics, a backpack should never weigh more than 10 to 20 percent of your child's body weight.

To prevent injuries, choose a backpack with wide, padded shoulder straps and a padded back. And pack it light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

If your child's school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.



## BE ON THE LOOKOUT for bullies

Bullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.

The American Academy of Pediatrics offers these tips on bullying:

### HELP YOUR CHILD LEARN HOW TO RESPOND BY TEACHING YOUR CHILD HOW TO:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away. Teach your child how to say in a firm voice, "I don't like what you are doing," "Please do not talk to me like that," and "Why would you say that?"
- Teach your child when and how to ask for help.
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

### WHEN YOUR CHILD IS THE BULLY

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors and parents of the children your child has bullied.

### WHEN YOUR CHILD IS A BYSTANDER


- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop. CPP



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## family finance



## What If: Are You Properly Insured?

BY ROBYN PASSANTE

### WHEN IT COMES TO LIFE INSURANCE,

there's only one real mistake a parent can make: Not getting any.

"I think people put it off," said Pam Coover, who handles insurance benefits for clients of the financial firm Gunn Mowery in Camp Hill, PA. "People think they're going to die when they're 80, but it doesn't always work out that way."

As parents, we want to meet our child's every need and prepare them for every obstacle. But some theoretical obstacles—like surviving without us—seem just too difficult to face.

According to a 2010 study by the insurance industry group LIMRA, 30 percent of American households don't have life insurance. And of those 35 million households, 11 million include children under 18. That's a lot of parents who are risking their children's future comfort and well-being.

Life insurance can be hard to justify when you're pinching pennies just to keep the lights on and food on the table.

Insurance premiums can seem like free money for insurance companies, as if it's not really paying for anything besides peace of mind. But rest assured it is. And with a little research, you can get the right policy for you at the right price.

Simply put, life insurance is meant to make up for your lost income. A reputable agent can help you figure out exactly how much you need.

### Mind the details

When it comes to insurance, here are a few things to keep in mind:

■ **STICK WITH TERM INSURANCE.** The least expensive and most popular option for those with young children is term life insurance. Term insurance provides coverage for a certain period of time, typically until your kids are no longer dependents. When deciding on the length of the term, Pam Coover of Gunn Mowery said to think in terms of when they think their kids will be ready to be on their own. "Sometimes people don't



look far enough into the future,” she said. “They should consider if they plan on sending their kids to college, for instance.”

■ **THINK OF THE “WHAT IF’S.”** When calculating your insurance needs, consider expenses you might not currently have, like child care and college tuition.

■ **GET QUOTES ONLINE.** Use the Internet to compare premiums and fees, and to research the ratings of a few companies from whom you’re considering buying insurance.

■ **MEET FACE TO FACE.** When you’ve decided on a reputable company and you’re ready to purchase a policy, sit down with an actual agent. They’re trained to calculate every debt and asset, and chances are they’ll ask you questions you hadn’t thought of on your own.

■ **GET IN SHAPE.** There will be a physical exam to determine your “risk class,” so spend a month or so making some changes to improve your health and your chances

at a lower premium. Quit smoking, lose weight, lower your cholesterol, get more sleep. Improving your health can save you thousands and thousands of dollars over the life of your policy (not to mention improve your overall life).

■ **REASSESS REGULARLY.** According to the Insurance Information Institute, up to one-third of all U.S. households don’t update their insurance policies after a new baby is born. Whenever there is a life-changing event—marriage, divorce, new baby, or even an aging parent entering the home—you should revisit your current policy and make any necessary adjustments to keep adequate coverage. “It’s probably not a bad thing to look at your policy every five years or so,” Coover said.

**CPP** *Robyn Passante is a freelance writer and mother of two who believes in the old adage “hope for the best but prepare for the worst.”*



There will be a physical exam to determine your “risk class,” so spend a month or so making some changes to improve your health and your chances at a lower premium.



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**HAIR LOSS. SKIN CHANGES.** Mood swings. Hemorrhoids. Urination problems.

These symptoms sound like the nasty side effects you hear about on those TV commercials for prescription drugs that make you wonder how the condition that required the prescribed treatment could be any worse than the side effects.

But the likelihood of hair loss and hemorrhoids comes not from a costly medication, but rather is often the result of pregnancy, labor and delivery.

A vaginal delivery can have lingering effects that last beyond the time a new mother spends in the hospital.

Some of the residual side effects of pregnancy are noticeable.

Many new mothers find stretch marks that they never had before. Although the

lines won't disappear after delivery, they usually fade from reddish purple to silver or white.

Hair loss is also common after delivery, but within six months, hair usually returns to normal.

Mood changes are something the new mother may not notice, but those around her might pick up on. Childbirth triggers powerful emotions in most mothers and irritability, sadness and anxiety are common. But if a new mother seems depressed for more than a week or two, it may be time to consult a doctor about a more serious condition called postpartum depression.

Other changes after pregnancy are more personal.

Mothers who deliver vaginally should




expect to have a vaginal discharge for up to six weeks following the birth. The discharge will gradually taper off, changing from red to pink or brown to yellow or white. To reduce the risk of infection, use sanitary napkins rather than tampons.

New mothers may also experience contractions during the first few days after delivery. These "afterpains tend to occur during breast-feeding sessions and seem to be more noticeable with second or third babies.

Some mothers, especially those who experienced a difficult labor, may have uri-

nation problems due to swelling or bruising of the tissues surrounding the bladder. Difficulty urinating usually resolves itself, but mothers who experience burning or unusual pain should contact their physician to rule out a urinary tract infection.

Speaking of pain "down there," hemorrhoids are another hazard of pregnancy. The stretched and swollen veins in the anus or lower rectum can be painful or itchy.

Any new mother who has concerns about what's happening to her body should contact her family doctor or OB/GYN. 

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# THE FUTURE of Education

BY CAROLYN JABS

## EDUCATION TODAY IS SO MUCH DIFFERENT FROM EVEN JUST A DECADE AGO.

How can you be sure your children will learn what they need to know at school, especially in a world where technology is so important and changes so quickly? Fortunately, parents now have a crib sheet from the International Society of Technology in Education. Their recently released Horizon Report identifies six technology trends that are reshaping education today, tomorrow and in a few years. Just knowing the jargon for these innovations may give you more insight into what's happening at your child's school.

## On the fly and in the sky

Cloud computing refers to software you can access even it's not stored on the device you are using. If you use Facebook, Google Docs, Flickr and many other popular sites, you've done cloud comput-

ing. Schools are realizing that instead of purchasing expensive software that quickly goes out of date, they can give students better access to a wide variety of up-to-the-minute tools by pointing them toward "the cloud." Kerpoof.com, for example, introduces young learners to powerful creativity apps that allow them to tell stories, draw pictures and produce videos that can easily be shared with classmates. At Ilabcentral.org, students can do virtual science experiments using equipment that might be unavailable at their schools.

Mobiles are devices that allow computing on the go. Laptops and smartphones qualify, but many educators are especially excited about tablet PCs including the Apple iPad. These devices give students and teachers flexibility in when and how they will use technology. Some high schools now present incom-

ing freshmen with a tablet that will store every book the student uses as well as classroom presentations and assignments.

Mobiles can also be used in laboratories, on field trips, in performance spaces and during community service projects.

## Got game?

Game-based learning has come a long way. Early educational games like Math Blaster and Reader Rabbit were dull drill-and-practice exercises that peppered students with right/wrong questions. Now educators are stepping it up a notch with games that simulate complex environments ranging from cells (Immune Attack) to disaster relief (Evoke). Although some teachers aren't comfortable with the open-ended nature of games, many find that a well-chosen game engages and motivates young learners in ways other instructional methods can't match. As

most parents already know, young people can become deeply immersed in games and, as a result, they master content, sharpen problem-solving skills and, in many cases, develop collaborative strategies that mirror the skills they will need in the workplace.

Obviously, schools and individual teachers vary enormously in their willingness and ability to adopt new technologies. Still, knowing about them may help you make sense of what's happening—or not happening—in your child's classroom. At the very least, you'll seem more knowledgeable at the next parent-teacher conference.

To learn more about what's on the horizon, download the entire ISTE report at [www.iste.org/learn/horizon-report.aspx](http://www.iste.org/learn/horizon-report.aspx).

CPP Carolyn Jabs, M.A., has been writing about families and the Internet for more than 15 years. She is the mother of three computer-savvy kids.

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# THE LOW-DOWN on diaper rash

BY CENTRAL PENN PARENT STAFF

**YOU MAKE EVERY ATTEMPT** to change your baby's diaper regularly and do what you can to keep the little bottom dry, so you're surprised when at the next diaper change, you notice a red rash across her skin.

Don't beat yourself up too much. Diaper rash is a common skin condition and most babies will have a case of it now and then.


According to pediatricians at the Nemours Foundation and KidsHealth, the rash can be caused by irritation from the diaper or when the skin comes in contact with urine, feces or sweat.

Signs of diaper rash include red bumps, scaly skin, tenderness and, often, irritability.

During a bout of diaper rash, the best thing to do is limit the amount of time a baby spends in a diaper. Allow air to reach the skin as much as possible. With each diaper change, wash the area with warm water, avoiding soaps and baby wipes, which can irritate skin.

You may use a cream or ointment with zinc oxide to help form a barrier against more irritation.

Treated diaper rash should improve after a few days.

If you notice blisters or open or pus-filled sores, your child could have a skin infection and should be seen by a doctor. 

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## School bus safety KEY FOR YOUNGSTERS

BY CENTRAL PENN PARENT STAFF

**WITH A NEW SCHOOL YEAR UNDERWAY,** parents and drivers need to be proactive to keep kids safe when they're on or around the school bus.

In the United States in 2007, 26 children were killed as pedestrians getting on or off a school bus, or while waiting at the school bus stop. This means that five times as many children were killed while getting on or off the bus than while riding it.

Despite the statistics, a school bus is the safest way for children to get to school—nearly eight times safer than a passenger vehicle.

"School buses are, by far, the safest way for kids of all ages to get to and from school," said Allyson Fulton, Safe Kids Pennsylvania coordinator. "It would be ideal if children did not have to cross a

busy street unattended to get to their bus stop. However, regardless of their bus stop location, all kids should stand on the grass or sidewalk while waiting for the bus.

Kids should not move towards the bus until the driver has opened the door of the bus and signaled it is okay to enter."

Fulton said it's important for parents to remind children about the 10-foot danger zone around the school bus where drivers can't see them. "To be sure the bus driver can see them, young children should take at least five giant steps away from the bus while entering or exiting the bus," Fulton cautioned. "Older kids who must cross the street should look at the bus driver for an 'OK' sign before crossing in front of the bus."



### TEN SCHOOL BUS SAFETY TIPS THAT ALL CHILDREN SHOULD KNOW

- Arrive at the bus stop five minutes early.
- Stay in a safe place away from the street while waiting for the bus.
- Stand at least five giant steps (10 feet) away from the edge of the road.
- Wait until the bus stops, the door opens and the driver says it is okay before moving towards the bus.
- Have your parents help you check that your clothing does not have drawstrings and that your book bag does not have straps or dangling objects. They can get caught in the door when exiting the bus.

- If something falls under or near the bus, tell the driver. Never try to pick it up yourself!
- When you get on or off the bus, look for the bus safety lights and make sure they are flashing. Tell the driver if they are not.
- Be alert to traffic. When you get on or off the bus, look left, right and left again before you enter or cross the street.
- Stay in your seat and sit quietly on the bus so that the driver is not distracted.
- Some school buses now have seat belts. If you have seat belts on your school bus, be sure to learn to use the seat belt correctly on every ride.

**CPP** Source: Safe Kids Pennsylvania



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## It's not cooties, *it's lice!*

BY ANNA BLOOM

**IT STARTS OFF AS AN ABSENT-MINDED HEAD SCRATCH.** Then it becomes an irritating itch. Before you know it, your child can't keep her fingernails off her scalp, and the whole family has an incurable case of the heebie-jeebies. Yep, it's head lice.

The Centers for Disease Control and Prevention estimates that 6 to 12 million children ages 3 to 11 are infested with lice each year. But beyond the gross factor, the American Association of Pediatrics assures parents that lice are not responsible for the spread of any diseases.

So where did these little buggers come from? Typically, lice crawl directly from one person's head to another or hitch a ride on a shared hairbrush, hat or headrest.

Hygiene has nothing to do with lice susceptibility—there's really no way to avoid lice except to avoid those who carry it.

According to the AAP, the gold standard for diagnosing head lice is finding a live louse on the head, or at least a few nits—the eggs of the lice. Nits look like tiny whitish dots that will be attached firmly to the hair near the root. Check along the hairline at the nape of the neck and behind the ears for easy-to-spot nits.

To rid a child of the pests, wash the child's hair with a special lice-removing shampoo, such as Nix, RID or LiceMD,

or use the non-toxic RobiComb. These products can be found at most drug-stores or online. It is important to follow the directions on the package exactly to ensure complete removal.

Once you've treated all affected heads in your household, throw all your recently used clothes, towels, bedding and pillows into the washing machine and wash them in hot water that's at least 130 degrees Fahrenheit to kill any lingering lice and nits.

Soak all recently used hair accessories in hot water and thoroughly vacuum furniture, carpets and beds. Lice can't live more than a day or two away from the scalp.

Make sure to alert your school nurse or day care provider as soon as you discover lice on your child. Some schools will allow students to return after their hair has been treated once, while others ask that students remain at home until all nits have been removed.

Even though lice are a pretty disgusting, unnerving experience, rest assured that it's a totally normal, though undesirable, affliction for your kids.

**CPP** *Anna Bloom is a senior at Asbury University and a Central Penn Parent intern from Carlisle.*

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Scald milk. Add salt, 2 tablespoons sugar and butter. Let stand until cool. Add honey to 1/3 cup warm water. Dissolve 1 teaspoon sugar and yeast in honey mixture. Let stand 20 minutes or until cool. Add yeast mixture to milk mixture. Beat in 3 cups flour; add remaining flour. Knead until smooth. Let rise until doubled in bulk. Punch down; shape into loaves. Bake at 400 degrees for 15 minutes; reduce heat to 350 degrees. Bake for 35 minutes longer. Yield: 6-8 servings.

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# Making PEACE at Home

BY ANNA BLOOM

**IN A HOUSE WITH TEENAGERS**, it's not unusual for family discussions to turn into arguments, miscommunications, or accusations in the blink of an eye.

"You never listen to me," yells a daughter as she slams her door.

"Are you an idiot? What were you thinking," a mother hollers at her son.

Feelings are hurt and relationships are broken as fight after fight erupts. What can a parent do to restore family bonds?

Terry Baker, a facilitator with Lancaster's Making Peace program, suggests that the most important thing a parent can do is listen. "If you listen, you might find more and more things out," said Baker. Listening, he said, can lead to more effective and informed discussion instead of blind, emotional arguments.

It's also important to establish a tone

of conversation that will allow your teen the opportunity to fully express himself. Baker recommends asking your teen open-ended questions instead of just shooting him with accusations and lectures. "That's one of my key things, because I think parents mostly shut their kids down and lecture them," he said. Another important peacemaking tool is the "I-statement." Each person should be given the opportunity to share their own feelings without accusing the other. For instance, a daughter could say to her mother, "I feel frustrated and lonely when I'm not allowed to spend time with my friends," instead of an accusation such as, "You never let me go out with my friends! Why do you hate me?"

Melanie Snyder, coordinator of the Making Peace program, uses I-statements



extensively with her students in the program. "One thing we really emphasize is feelings, without putting others on the defensive," she said.

The Making Peace program is available to help families, through classes and workshops, working with teens and their parents to teach and implement communication tools to rebuild relationships. "When there's peace within the family, that trickles out to lots of other relationships," Snyder said.

While Making Peace works frequently with youth and their parents who have

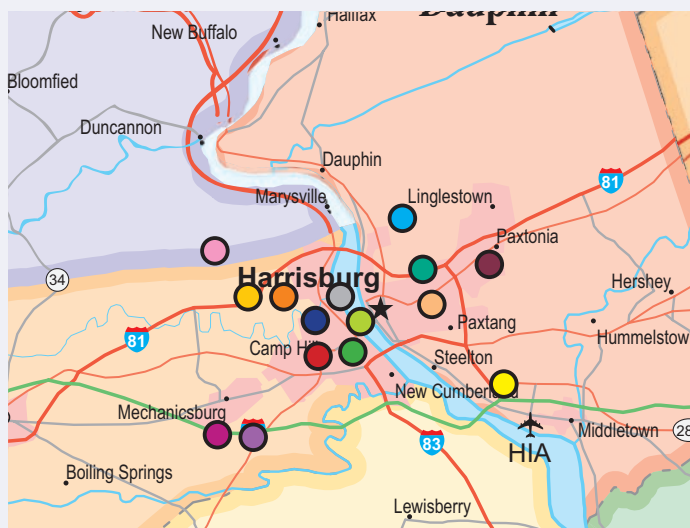
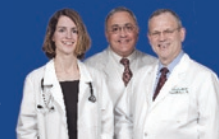
been referred to their program because of past behavioral problems in school or with the law, they are most passionate about working with families before any serious issues may arise. "The Making Peace program is... not for just when families are having problems," Snyder said. "All of us have conflicts; all of us do and say things in relationships with others that we regret."

**CPP** Anna Bloom is a senior at Asbury University and a Central Penn Parent intern from Carlisle.



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# WHEN **parenting** IS YOUR **career**

BY MAUREEN LEADER

The Milton S. Hershey School

**T**he job of parenting can be the very best thing and the very worst thing at the same time. Whether stay-at-home moms, stay-at-home dads, working outside the home full-time or part-time, parenting is—as difficult as it can be—probably the most rewarding career.

But what if you chose to have parenting as your full-time “real” job, earning a living by parenting other parents’ children? This is exactly what the houseparents at the Milton Hershey School in Hershey do.

## **A 24-hour shift**

Houseparenting at Milton Hershey School is a full time job. Houseparents are required to be present at all times for the children. Currently, houseparents work all year with a schedule of 12 days on and two or three days off, with a three-week summer break.

The houseparents are responsible for guiding, nurturing and feeding their students and getting them ready for school each morning, making sure their homework is done and getting them to bed on time—just as any responsible parent would do for their own children.

It’s not a glamorous job, nor is it top-paying. In addition to the housing, food, and utilities provided, husband and wife (houseparents must be married) each earn about \$31,344.

David and Emily Ellis have been married for eight years and have been MHS houseparents for four years. They have no children of their own, but they parent boys in ninth to twelfth grade.

The Ellises both had experience working with youth through their churches and when they learned about houseparenting at MHS, they couldn’t resist the opportunity to work with children. They said the parenting instinct just kicks in.

“It’s very gratifying to help young people with structure and time management,” said David Ellis.

The Ellis’ day begins at 5 a.m. and is followed by breakfast and chores. Religious devotions are also held at all student homes. Then, it’s on to school.

As in any household, not every morning runs like clockwork and the Ellis’ agree that getting this many boys ready for school can be like herding cats.

Evenings are just as challenging. Every evening, the Ellis’ cook dinner for the brood. On weekdays, breakfast and dinner are served in the student home and lunch is provided at school. On weekends, all three meals are prepared at home.

Though the school will provide supplies, each houseparent family has a household budget they must stick to.

Emily said it was hard to go from cooking for two to cooking for 15, but learned that the act of cooking itself

provided her with a lot of parenting opportunities. “Everyone congregates in the kitchen,” she said. “Whether they talk to me or to each other, I learn a lot of what is going on with their lives.”

## **Keeping it real**

Ricky and Paula Bugg have been houseparents for 12 years. They have been married for 22 years and are the parents of two daughters ages 21 and 13 and a son who is 15. They are houseparents to 12 middle school boys ages 10 to 14.

The Buggs, who are originally from New Jersey, said they were drawn to the career of houseparenting because, “It was on our hearts to help children.” They have also always wanted to work together.

The Buggs, who are African-American, enjoy having a racially and socially diverse group of boys in their home. Two boys share a room and the Buggs try to put boys from opposite backgrounds together.



“This is how walls (of prejudice) get broken down,” said Ricky Bugg.

Sometimes, teaching lessons in tolerance is more of a challenge than others. They once had a boy in their home who had a relative involved with the Ku Klux Klan. The Buggs explained that all the children in the home—the MHS students and their biological kids—all have the same rules and are taught to show respect to all. “No one is better than anyone else,” Paula Bugg said.

Ricky Bugg, a veteran, explained when a new boy moves in, he sets the ground rules from the very beginning. He makes it clear that he is the man of the house, and just as he promises to keep each boy safe, he expects the same respect from the boys. He refers to his wife, Paula, as “My queen.” “I keep it real,” Ricky Bugg said. “And I’ve never had a problem.”

Providing the students with a rich family life is important to the Wagners.

Daeshan, a sixth-grader who lives with the Wagners said she loves living with them and even refers to them as “mom” and “dad.”

She enjoys living at the school home. “It is very clean and very big,” Daeshan said. She said she especially loves that she can have her favorite puppy poster in her room. Daeshan said living with all the girls in the Wagner house is a lot of fun and is like having a bunch of sisters, and she said sometimes the girls do argue, just like real sisters.

## The perks

As with most parents, houseparenting isn’t just about nurturing the children, it’s also about nurturing the marriage. After all, there are lots of eyes watching the



David and Emily Ellis agree it's all about communication for a healthy family life.



Steve and Kathy Wagner with Milton Hershey School student, Daeshan

# A home school

The Milton Hershey School was founded by Milton Hershey and his wife, Catherine in 1909 as a school for orphaned boys. It’s grown to become the country’s largest pre-kindergarten through grade twelve residential school for boys and girls from low-income families.

Students who are accepted to the Milton Hershey School attend free of charge and receive housing, education, clothing, meals, and medical, dental, religious and psychological

services. MHS students come from 32 states.

The students live with houseparents in a large home provided by the school, with separate apartment-type living quarters for the houseparent family. If the houseparents have children of their own, they attend schools other than Milton Hershey School.

The houseparents are not foster parents. The children are not taken away from their families and, in fact, family visits are encouraged.

## Making a home

Steve and Kathy Wagner have been married for 35 years and have been houseparents for 12 years. They have three adult children and five grandchildren of their own and now houseparent elementary school-aged girls.

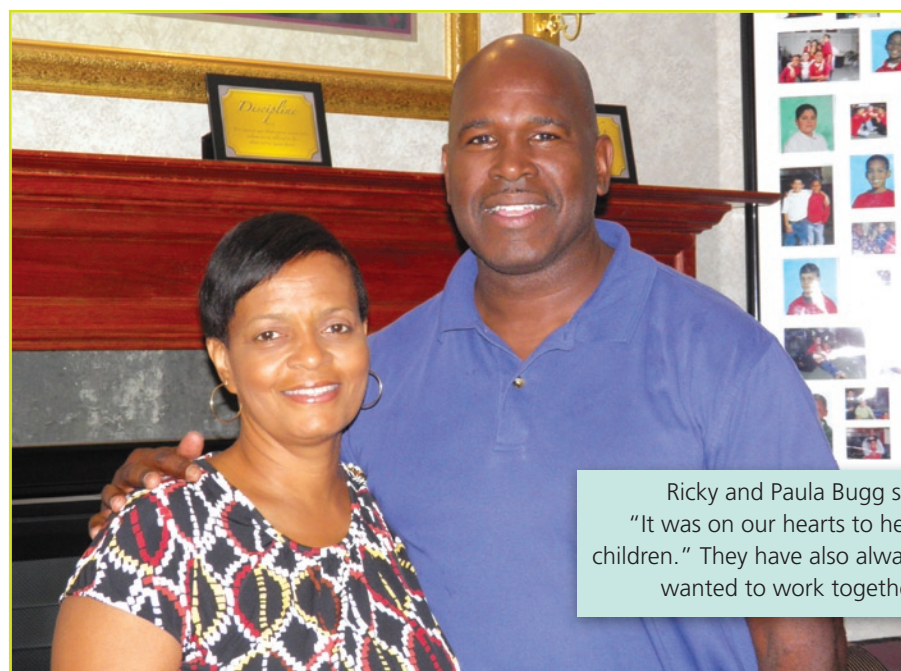
Since the Wagners take care of younger children, they have had to deal with issues like potty training and lice. The couple agreed that some days are better than others but they always try to look at the big picture.

Kathy Wagner said one of the things she loves the most about being a houseparent is “passing on the traditions I have that I take for granted.” She recalled the story of one of the girls she parented who was in sixth grade and had never colored an Easter egg.

parenting example that’s being set. It’s all about communication, according to the Ellises. “We spend a lot of time together,” explained Emily Ellis. “Sometimes there are differences between the way we parent.” But it’s beneficial for the boys to see the couple work out those differences, she said, explaining that many of these boys have never been exposed to a functional, loving, married couple.

Just as with typical parenting, houseparenting can certainly be challenging. “Stuff is always going to happen,” said Ricky Bugg. “But, you can get through anything with the right attitude.”

**CPP** Maureen Leader is a freelance writer originally from New York City. She and her husband, Rick, live in Lancaster with their two daughters.



Ricky and Paula Bugg say “It was on our hearts to help children.” They have also always wanted to work together.





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# GOING IT *alone*

The frustrations and challenges of being a single parent.

BY STEPHANIE ANDERSON WITMER

**S**itting in the sunroom of her Carlisle home, Lori Bannon recalled daydreaming as a teenager about what her life as a grown-up would be like.

"I was going to be married, I was going to have three kids, I was going to have my house, my car," she said with a laugh. "I was going to be a stay-at-home mom, I was going to raise my kids, my husband was going to work and we were going to be happy."

Then reality set in, and it didn't quite resemble those old daydreams.

In 1999, Bannon learned she was pregnant. A month later, her boyfriend, who was serving in the Army, received deployment orders to Korea. That, it turns out,

was the beginning of the end, and Bannon found herself working full time and raising their daughter, Shay, by herself.

Bannon is one of roughly 14 million single parents across the country, according to U.S. Census Bureau data. One in four children in the U.S. live with just one of their parents while the other parent resides elsewhere. More than 80 percent of custodial parents are mothers, most of whom work outside of the home and receive child support but no public assistance.

Bannon said she had a suspicion that she would be raising Shay alone. "You know, it's kind of funny, but in the back of my mind, I think [I knew] from the

beginning," she said.

She was right. The relationship fizzled, and her ex didn't meet Shay until she was 4 years old—and that was just on the telephone. Since then, his involvement in Shay's life has been virtually non-existent—no birthday cards, no Christmas gifts and no child support.

Bannon cites the financial difficulties as being the most challenging aspect of single parenting. For the past five years, Bannon and her daughter, now 11, have been living with Bannon's parents. After six years on their own, the financial toll became too much. Although she and Shay live with her parents, Bannon still pays

for all of Shay's clothing, school supplies and other expenses, as well as her own car payment and other bills.

"The financial responsibility is all on my shoulders," she said. "I think if I were to have some kind of monthly support—a continual support from him, just financially—then I would feel a little more comfortable. When you have kids, they're expensive, from diapers up until they're full grown."

Kimberly Zanni, 32, of Lititz, echoed Bannon's sentiments about the financial challenges of single parenting. After seven years of marriage, Zanni and her husband separated last year. Their son, Luca, is 6.




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Zanni is the founder and owner of the Lititz-based artisan-gelato company Gelato di Babbo. What began in 2007 with Zanni and her husband, who is a chef from Italy, making gelato by hand and selling it from the back of a reconfigured bicycle, now is solely Zanni's enterprise. Since then, Gelato di Babbo has expanded into freezer cases and restaurants across Pennsylvania and into parts of New Jersey and Maryland.

"It's hard every day," said Zanni. "It was hard making the decision to separate. We'd been married for seven years. It's very scary, especially when you're self-employed and totally reliant on your business. I mean, should something happen to my business, I don't know what we'd do."

And she worries about the effects of the separation on their son. "Any child would like to see both of his parents together," she said.

Zanni, unlike Bannon, has little outside support. Her parents live nearby but still work full time. Her husband's family lives in Italy. English is his second language, and the communication barrier

makes it difficult for him to handle some aspects of parenting, such as filling out paperwork for school.

"He still takes [Luca] to school for me," Zanni said, "which is very helpful, especially if I've been up all night working."

The two have tried to remain friendly and co-parent Luca as best they can. The three of them recently took a trip to Italy so Luca could visit his grandparents and other family.

Zanni and her husband's willingness to parent together and be civil with one another could likely pay off in the long run for Luca. Theresa Barrett Male, a Harrisburg attorney whose practice is limited to family law, said that the ability of parents to get along after a divorce or separation is the best predictor of how well a child will fare afterward.

"[It's] really not how much time they

spent with mom and dad or who had more nights during the month, but how well mom and dad got along," Male said. "Were they able to show up at their elementary-school recital and not have everybody upset? Could mom and dad show up at their eighth-grade graduation and not have

an argument in front of everybody?"

She added, "If you're a parent moving forward without your partner, the single biggest gift that that parent can give a child is to encourage and facilitate the child's contact with the other parent."

Male, who earned degrees in psychology and worked as a protective-services caseworker before going to law school, said she views each case from the perspective of what is best for the children involved. Oftentimes, she said, this does not involve going to court. She's a part

of Collaborative Professionals of Central Pennsylvania, a group whose members include roughly 40 local lawyers, mental-health workers and financial professionals.

The goal of the group—and of collaborative family law, in general—is to settle divorce, custody and support issues through a process of collaboration and mediation instead of litigation.

Male explained that our court system is adversarial by its very nature, pitting one parent against another. Collaborative divorce offers an alternative to this by having parents sign an agreement that they will not go to court but will instead resolve their problems together with their lawyers.

"For people who need to co-parent their children after a divorce, it's a good way of getting on the right path," Male said, adding, "I certainly don't mean to suggest that it's easy. Fighting is easier. It's really hard work for some parents to work to set aside their personal gripes with one another and their issues with one another and to try to be generous with the other parent. But that's the best measure of what parents can do for their kids."

It's hard every day. It was hard making the decision to separate...Any child would like to see both of his parents together.



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In her practice, Male sometimes sees one person shouldering a large—even disproportionate—share of the parenting, and she urges those clients to ask for help from the other parent or from family members. Finding creative solutions with friends, like taking both sets of kids one Friday night a month and then swapping, can also be effective. “One person just can’t do it all,” said Male.

Although she gets a lot of support from her parents, without a partner, Bannon does do it all. She has been the one to witness every triumph, wipe every tear, cheer at every soccer game, help with math homework, fix every lunch, and drive her to every practice. It is both rewarding and exhausting.

“It’s just one of the things you learn to deal with,” Bannon said. “Because I’ve done it from the beginning, because I’ve been alone from the beginning, I can’t imagine it being any other way. That would be nice to have somebody to just be like, ‘Can you just run her to practice tonight? I’ve had a long day at work.’ But it’s not like that.”

And there have been heartaches along the way: Missing Shay’s first steps and other milestones because she’s had to work full time. Reuniting with Shay’s father two years ago only to have him disappear again. Feeling a twinge of sadness

when she sees moms and dads cheering together for their kids at soccer games.

“There are days when you just feel defeated and like, ‘Where do I go from here?’ But I think you can feel that in any situation,” said Bannon. “I don’t think that just because I’m a single mom means that I’m the only one who feels this way. We all have moments when you just feel like, ‘OK, I’ve had enough’ or ‘I don’t know what to do from here.’ But you know what? The sun rises the next day, and you just do it all over again.”

Although her life is perhaps a far cry from her *Leave It to Beaver*-esque daydreams of the past, Bannon views her situation with characteristic good humor and a positive outlook. Her daughter is an active, outgoing, well-adjusted middle-schooler with a love of sports and volunteering, and Bannon is proud to have provided her with a stable, loving environment in which to grow up.

“I’m not going to say it sucks being a single parent, because being a parent in general is just the most awesome thing in the world,” said Bannon. “I wouldn’t trade her for a million do-overs to make it better.”

**CPP** *Stephanie Anderson Witmer is a freelance writer and a professor at Shippensburg University. She lives in Carlisle with her husband and son.*



when you work in a beauty shop!).

Takejah is a beautician, motivational coach and single mother who enjoys doing volunteer work in the community, and is a member of our Parent Panel.

Makayla, a bubbly and stylish pre-teen, is preparing to head off to middle school.

Mother and daughter entertained us for a few hours with their fun-loving banter, adorable poses and super smiles.

## >>ON OUR cover

The photo shoot for this month's cover took place on a hot August day, but it was cool inside the Creative Profiles salon in Harrisburg.

Salon owner Takejah Lambert and her daughter Makayla were so excited to go in front of our camera.

In preparation for the shoot, Makayla helped her mother choose their attire, settling on purple. Then, they did own their hairstyles and makeup (so easy,

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# FIELD TRIPS & fundraisers

BY CENTRAL PENN PARENT STAFF

**EACH YEAR, MANY STUDENTS ACROSS THE MIDSTATE** are asked to raise money for their schools, daycare centers or groups. Some sell candy or giftwrap, others host walk-a-thons and some sell sandwiches. The amount of work a typical family must devote to the fundraiser depends on the type of fundraiser and the school or organization goal.

Many area schools and groups use the Campbell's Labels for Education program ([www.labelsforeducation.com](http://www.labelsforeducation.com)) as an easy way to raise money.

For more than 38 years, Labels for Education has been awarding free educational equipment to schools

in exchange for proofs of purchase from the Campbell's family of brands.

Parents, family and friends simply save labels from soup and food cans and turn them in to the participating organization.

More than 60,000 schools and organizations are registered with Labels for Education, benefiting more than 42 million students and distributing more than \$114 million in merchandise to schools nationwide.

Another popular fundraiser is Box Tops for Education (<http://www.bboxtops4education.com/>).

continued on page 36 ►

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A field trip might be as easy as checking out a local farm and their daily work and as far as fundraising, whatever happened to the good ol' lemonade stand?

continued from page 34 ►

Since its creation in 1996, Box Tops has helped schools raise cash by inviting families to cut out the box tops logo and submitting them to their school. Last year, schools across the country earned \$49 million through the program.

These types of fundraisers are simple for most families, since they require no door-to-door sales.

Most parents find the fundraisers anything from a minor annoyance to a necessary hassle.

Here's what our readers said on the *Central Penn Parent* Facebook page about fundraising:

I completely dislike asking friends/family/neighbors to buy junk they don't want or need for a school/event fundraiser. The best fundraiser ever is things people would spend money on anyway. I was buying Stauffers and GIANT Food Store gift cards for face value and then the organization received 5 percent. Since I easily spend \$600 a month on groceries, the organization makes over \$360 a year from just one family. And Girl Scout cookies rock! The frozen pizzas, candles, wrapping paper, subs, cookies ... all are substandard and overpriced and I don't think the organizations benefit as much either.

**SARAH MABE**

When preschool classes are asked to sell sub-standard products three to four times a year, it's just too much, especially for a working mom since, as we all know, mom is the one who ends up dealing with it. I'd rather they just raise tuition.

**KELLY CHRIPCZUK**

I know my son's daycare is in need of a new playground reconstruction due to the change in safe playground regulations from the state Department of Public Welfare, however, I was told it's not in the budget. I think a fundraiser is an awesome way to raise this money. If the fundraiser is for a great cause, or beneficial to the students/attendees, I would definitely participate.


**DESIREE JONES**

Our daughter's school and dance studio both do fundraisers. While I don't love this, because much of it is overpriced, it has become a necessary evil to help pay for things not covered by the overall budget.

**MARISSA BANKERT**



# SMART WAYS *to fundraise*

- Limit the number of fundraisers to two per year: one in the fall and one in the spring. Two good fundraisers will bring more money than 10 mediocre events.
- Rotate volunteers. Parents and teachers should not be responsible for more than one fundraiser each year.
- Six months before your event, set a clear goal for where your profits will go and how much money you need.
- Enlist support from your principal, teachers, parents, students and every one else in the school community.
- Find out which fundraisers nearby schools and local community groups are holding so yours isn't too similar. Time your fundraiser so it doesn't compete with other groups' events.
- Set starting and closing dates for your fundraiser. Two weeks is ideal.
- Assign volunteers to help run the fundraiser — especially on the day products arrive.
- Have each participant make a list of family and friends who may be interested in supporting your fundraising efforts.
- Spread word of your fundraiser. Publicize what the money will be used for — a field trip, a new playground, a year of special assemblies.
- During the fundraiser, regularly update parents and teachers on progress, goals and deadlines.
- For every fundraiser hold two non-fundraiser events like a family movie night or chili cook-off. This helps parents see where their money is going. 

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IT'S NEVER TOO LATE TO GO

# Back to School

BY JENNIFER AUTRY

**D**uring this period of economic hardship when countless parents are unemployed or underemployed, many are contemplating pursuing higher education to bolster their resumes and gain employment.

But there are many unknowns and concerns that keep parents and adults from taking this plunge, ranging from childcare and financial fears to scheduling and commitment dilemmas.

Luckily, there are excellent higher education institutions in the Central Pennsylvania area dedicated to helping parents design a roadmap for their career and navigate their way to success.

Barbara Maroney, the continuing education dean at Central Penn College, headquartered in Summerdale, believes there has been a major cultural change in recent years when it comes to continuing education for adults.

"Years ago, adult students who would return to get an undergraduate degree would do it for personal enrichment; but today, it's economy driven and it's career driven," Maroney said.

Maroney counsels hundreds of adult students, many of them parents, who return to school in pursuit of a better career each year. "The primary reason adults come to us has to do with their place of



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employment,” Maroney said. “They’re being overlooked by someone coming in with a degree, they’re not able to advance in their place of employment or they want to make a career change altogether.”

**Balancing Parenthood**

Danielle Norcross, a 28-year-old mother of two from Marysville, is earning her bachelor’s degree in business administration with a minor in healthcare administration from Central Penn. She’s also working on her human resources certificate.

“I’m getting an education in business because I know I can get a better-paying job,” Norcross said.

Her road to getting an education has not been an easy one, as she faced a severe skin condition that caused her to put her classes on hold for a year. Now, she hopes to finish her programs in the next two years, a testament to her determination when considering other adversity she’s faced.

“As a former teen mom, I really struggled in getting my life together after making a decision like that at a young age,” Norcross said. “It’s taken me this long to get back on track.”

Norcross hopes to secure a job in post-secondary education upon completing her degree and certificate. She’s loved her experience with Central Penn College so much that she hopes to possibly pursue a career at the school.

“As a mom, it can be hard sometimes to balance everything,” Norcross said. “But Central Penn makes it easier because you can take daytime, nighttime or online classes, or any combination of the three.”

Norcross said she currently has “a perfect mixture” of classes, with one daytime class, one night class and two online classes. The flexibility in her schedule helps her to balance her classwork and still spend time with her husband, Henry, and two sons, Jack, 10 and Henry Jr., 7.

“With Central Penn, anyone can do it,” Norcross said, “and in this job market, you need every extra thing to put on your resume that you can find.”

**Making it work**

Michelle Meiser knows firsthand how Central Penn can help adult students earn an education, as she oversees the three admissions teams for continuing education for the college.

“I’m a little unique in that I graduated from Central Penn back in 1993 with a medical assisting degree,” Meiser said. “I worked in that field and decided to teach locally, but I realized for me to ever advance, I needed that higher level of education.”

Meiser, a 38-year-old mother of one from Lemoyne, is now earning her business administration degree, as well as her human resources certificate.

“You can really tailor your education to fit into your life and your daily needs,” she said. “For me, I have an hour-long lunch every day, but I don’t have to go out to lunch. I sit at my desk, eat my sandwich and do my homework. So that’s five hours a week that I can set aside for school work.”

While Meiser takes mostly online classes at Central Penn, she feels comfort in knowing she can take a class on campus if she doesn’t feel totally confident with the course, such as when she had to take finance.

Maroney said students must be careful when taking online classes, as they need to be extremely organized and self-motivated to meet constant deadlines and complete the courses.

“Older students tend do better in the online classes,” Maroney said. “They’re more focused and tend to have their lives together as far as juggling work and family.”

Whether interested in online or on-campus classes, Maroney wants parents and adults to know that while going back



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FOR PARENTS CONSIDERING GOING BACK TO SCHOOL, SNYDER SAID IT’S CRITICAL TO ANSWER THE QUESTION: “*Why do you want to pursue education now?*”



# ADVERTISER NEWS

## New teachers bring music education to store

Marty's Music Store welcomes three new teachers to its Annville store: Michael Hogue, voice and piano; Paul Zerman, guitar and bass; and Alyssa Martin, violin, viola, cello and mandolin.

That brings the total teaching staff at Marty's Music Store to 26 instructors. For a full listing of all Marty's Music Store teachers, visit [www.martys-music.com](http://www.martys-music.com), call 717-867-1000 or visit the store at 1245 E. Main St., Annville.

## Boy Scouts of America begins new season

Are you looking for an exciting action-packed program that you can do with your child? Scouting units all around Central Pennsylvania are gearing up for the new program year. Cub Scouts is for boys in grades 1-5, Boy Scouts for boys in grades 6-12 and Venturing is for boys and girls 14-20. Watch for flyers to come home from school, posters around town and articles in the local papers announcing when and where you can join. For more information on how to join scouting in your community, visit [www.beascout.org](http://www.beascout.org).

## Cherry Crest hosts ministry fair

Cherry Crest Adventure Farm will host its 1st Annual Community Ministry Fair from noon to 6 p.m. Sept. 17.

During that time, visitors can direct \$10 of their regular admission to help one or several ministries that serve Lancaster County, Reading and Gap.

Cherry Crest Adventure Farm, in conjunction with WDAC 94.5 and WBYN 107.5 FM radio, has invited 10 nonprofit associations to participate.

"Cherry Crest has always had a firm

commitment to give back to the community," said Rudy Kilgore, general manager. "We're very excited about the Ministry Fair because it gives our guests the opportunity to decide who they want their Ministry Bucks to go to. The Ministry Fair will be housed in a large tent, where each ministry will have their own information table with a large collection jar. At the end of the day, we will match the Ministry Fair Bucks with real bucks with pleasure. We're hoping the event will be a huge success for everyone involved."

The nonprofit organizations participating include: Bridge of Hope LLC ([www.bridgeofhopelcc.org](http://www.bridgeofhopelcc.org)); Christ's Home for Children ([www.christshomeforchildren.com](http://www.christshomeforchildren.com)); Cornerstone Pregnancy Care Services ([www.cornerstonepcs.com](http://www.cornerstonepcs.com)); Family Resources & Counseling ([www.fracc.org](http://www.fracc.org)); Garden of Hope ([www.lancastergardenofhope.com](http://www.lancastergardenofhope.com)); Handi\*Vangelism Ministries International ([www.hvmi.org](http://www.hvmi.org)); Hope Rescue Mission ([www.hopeforreading.org](http://www.hopeforreading.org)); Joni & Friends Eastern Pa., ([www.joniandfriends.org](http://www.joniandfriends.org)); The Factory ([www.thefactoryyouthcenter.org](http://www.thefactoryyouthcenter.org)); and The Gathering Place ([www.tgpglobal.com](http://www.tgpglobal.com)).

All of the participating ministries are spreading the word via coupons for the event, which will be turned in at Cherry Crest's admission gate for Ministry Fair Bucks (10 bucks for every \$15 Amazing Fun admission purchased).

Many of the ministries are posting promotions of the 1st Annual Community Ministry Fair on their websites, along with the ability to print out the coupons. Coupons are available through the participating ministries as well as Cherry Crest Adventure Farm's Facebook page. Guests without coupons may still participate. Cherry Crest Adventure Farm is located at 150 Cherry Hill Road in Ronks. For more information call 717-687-6843 or toll free 866-546-1799, or visit [www.CherryCrestAdventureFarm.com](http://www.CherryCrestAdventureFarm.com).

There are excellent higher education institutions in the Central Pennsylvania area dedicated to helping parents design a roadmap for their career and navigate their way to success.



to school is certainly a challenge, it's a worthwhile goal.

"It will not be an easy thing to accomplish, but it's very doable and I would encourage anyone who's considering going back to school to do it, because it will only enhance their lives and their family's lives," Maroney said.

## A local institution

Harrisburg Area Community College has long served the adult students of Central Pennsylvania. With an average student age of 28, HACC knows the concerns of adults who return to school and, most importantly, how to help them succeed.

Mary Fourlas, a counselor at HACC, said the college helps adults from all different backgrounds, from those who know exactly what program they want to pursue to those who have no idea where to start.

"We offer career decision making courses, study skills courses and our placement testing is untimed," Fourlas said. "In everything we do we keep in mind that students might need flexibility and might need help orienting to college."

Many adult students complete their first two years of coursework at HACC and transfer to another local college, Fourlas said. Each student works extensively with an assigned counselor to determine which choices they should make to further their education.

"The counselor helps students explore the choices, such as whether to taking classes during the day or at night," Fourlas said. "Students can attend part-time or full-time. They can go at a slower pace

if they work full-time or have a family. We have options that provide flexibility."

Most students take advantage of HACC's virtual campus, which lets them take classes online. The blended form of classes, which includes both online and on-campus classes, is the most popular choice for students, Fourlas said.

HACC offers diplomas, which require 15 to 18 credits; certificates, which require 30 credits; and associate's degrees, which require 60 credits. Many of the programs are career programs, with the goal of helping students get to the job market quickly, Fourlas said.

## Pursuing high-demand careers

Keystone Technical Institute takes a different approach to higher education for adults. Rather than offering a myriad of different majors and programs, like a liberal arts school, Keystone only offers programs in high-demand careers that have a better chance of leading to gainful employment.

"Our sector of education is mostly referred to as the career school and colleges sector," Keystone President David Snyder said. "We help individuals who are unemployed, underemployed, looking for a career change and want to become skilled in a high demand type of a career."

About 75 percent of Keystone's student population is returning adults between the ages of 20 and 50, Snyder said. He is constantly adjusting program enrollment and even eliminating programs in order to ensure that his students



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have the best possible chance of becoming employed after graduation.

"When I first came here in 2006, I eliminated web design and web-related programs because there were no real jobs out there in this region for that," Snyder said. "I decided to not teach that, while other schools continue to teach it today. I didn't believe we had enough employment numbers from our school to justify it."

While there is a high demand for paralegals, many attorneys are filling those roles at firms because they too are struggling to find jobs, Snyder said. To compensate for that trend, he cut his enrollment for the Keystone paralegal program in half by eliminating the day schedule for the program.

"We have staff here that will help you from the very beginning of you saying, 'I need skill training,'" Snyder said. "My admissions department will assess what you want to do and whether we have a program to match that. If we don't have a program to match that, we will send them to another school that does."

Keystone's programs are designed for career readiness, meaning they operate at a very fast pace, which can be challenging—but certainly doable—for parents, Snyder said.

"You earn an occupational associate's degree in as little as 15 months," Snyder said. "In another school, it might take you two to three years to do that. Our students go to school year round and spend between 20 and 30 hours a week in the classroom. So it's like a job, plus homework makes it a full-time job. As a parent, that adds strain because we move

at a quicker pace."

For parents considering going back to school, Snyder said it's critical to answer the question: "Why do you want to pursue education now?"

"We sit down with our students and ask how they are going to manage the day-to-day change in their lifestyle, like no more weekends and no more going out with their friends," Snyder said. "You need to give something up to make this happen. We talk about having childcare worked out, transportation and enough money to make ends meet."

The student's success is Keystone "foremost focus," Snyder said, which is one of the reasons the institute does not offer online classes.

"I don't believe that our students as a whole are the type of learners who learn best online," Snyder said. "Having that interaction with people, creating a team of students and a support system here, and the hands-on environment that we teach in – it's hard to teach that at home."

For parents ready to tackle the challenge of pursuing a fast-paced education in a high-demand career, Keystone is an excellent option," Snyder said.

"I've been training and retraining folks for close to 20 years," Snyder said. "We put the students' success here first. If they're thinking about going back to school, give the career schools a chance."

CPP Jennifer Autry is a freelance writer from Mechanicsburg, Pa.

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## Enrich your Sense of Adventure in the Pocono Mountains

BY JENNIFER AUTRY

**LOCATED JUST 130 MILES FROM HARRISBURG**, the Pocono Mountains are a great option for a day trip or vacation with your family. With beautiful scenery and endless opportunities for family-friendly activities, plus horseback riding and fishing to whitewater rafting and exploring the great outdoors, the Pocono Mountains offer a myriad of ways to expose your kids to the wonder and beauty of nature.

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The animal lovers in your family will love attending the **CLAWS "N" PAWS WILD ANIMAL PARK**, where everyone can

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Claws "N" Paws features all the animals your kids love to see at the zoo, ranging from white tigers and African lions to otters and monkeys.

Your kids can pet friendly and tame deer, lambs and goats in the Petting Zoo and dig for fossils at the Dinosaur Outpost. In Turtle Town, the kids will meet real African Tortoises. And you won't want to miss feeding Twiga, the friendly giraffe. The zookeeper gives everyone—including the kids—carrots to feed to this gentle giant.

Kids can also feed apples to the birds

at the Lory Parrot Aviary. This is a great photo op for the kids, as the parrots will swoop down and eat the apples right out of their hands.

Claws "N" Paws is open through mid-October. Tickets are \$14.95 for adults, \$10.95 for children ages 2-11 and free for children under 1. The zoo is located at 1475 Ledge Dale Road, Lake Ariel. Visit [WWW.CLAWSNPAWS.COM](http://WWW.CLAWSNPAWS.COM) for more information.

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Rock Resort in Lake Harmony, offers fun for the whole family. This is one of the only indoor waterparks in the area that is open to the general public, making it a great option for a day trip to the Pocono Mountains.

There's something for the whole family at this waterpark, from the Komodo Dragon—Pennsylvania's first indoor flow rider—to daredevil slides like Viper, Piranha and Amazon Blast, each of which drops four stories.

The Lava Springs hot tubs are perfect for relaxing with the kids, while the little ones will have a blast splashing around in Jungle Falls and Leapin' Lizards.



Just after sunrise at the Delaware Water Gap on Lake Wallenpaupack.

Photo submitted by Pocono Mountains Visitors Bureau



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Don't forget to bring your towels, as the waterpark doesn't provide them. Lockers are available for \$6 and life jackets are provided for free. You can also exit and re-enter the park on the same day with a wristband.

The park is located at 100 Moseywood Road, Lake Harmony. For more information, visit [WWW.SPLITROCKRESORT.COM/WATERPARK](http://WWW.SPLITROCKRESORT.COM/WATERPARK).

#### ► GO EXPLORING AT BUSHKILL FALLS

Explore the great outdoors with your family at **BUSHKILL FALLS**, also known as the Niagara Falls of Pennsylvania. The park features eight beautiful waterfalls that can be viewed from four different hiking trails and bridges. If your kids are up for a climb, hike the trail to the towering 100-foot Main Falls, a sight their little eyes will not soon forget.

The Pocono Mountains are home to a wide variety of wildlife, from black bears and bobcats to eagles and hawks. You never know what you might see when

hiking to the falls, which are designed for hikers of all ages and abilities. The shortest trail only takes 15 minutes to hike, while the longest takes about two hours.

But if hiking isn't a good option for your kids' little legs, take them to the Pennsylvania Wildlife Museum, where they can learn about the area's native animals. There's also a Native American exhibit complete with a life-size longhouse.

Fishing is also available at **TWIN LAKES**. If the kids don't feel like casting a line, there's always the 18-hole miniature golf course, paddleboat rides and a huge playground to keep them entertained. Kids can also "mine" for gemstones, giving them treasures to take home and remember the trip.

Tickets are \$11 for adults, \$6 for children ages 4-10 and free for children under 3. The Mining for Gemstones activity costs \$8. Mini golf costs \$8, which includes a souvenir golf ball. Paddleboat rental are \$3 per person. Fishing rentals are \$6, while permits cost \$3.

The park is located at Bushkill Falls Road, Bushkill. For more information, visit [WWW.VISITBUSHKILLFALLS.COM](http://WWW.VISITBUSHKILLFALLS.COM).

CPP *Jennifer Autry is a freelance writer from Mechanicsburg, Pa.*

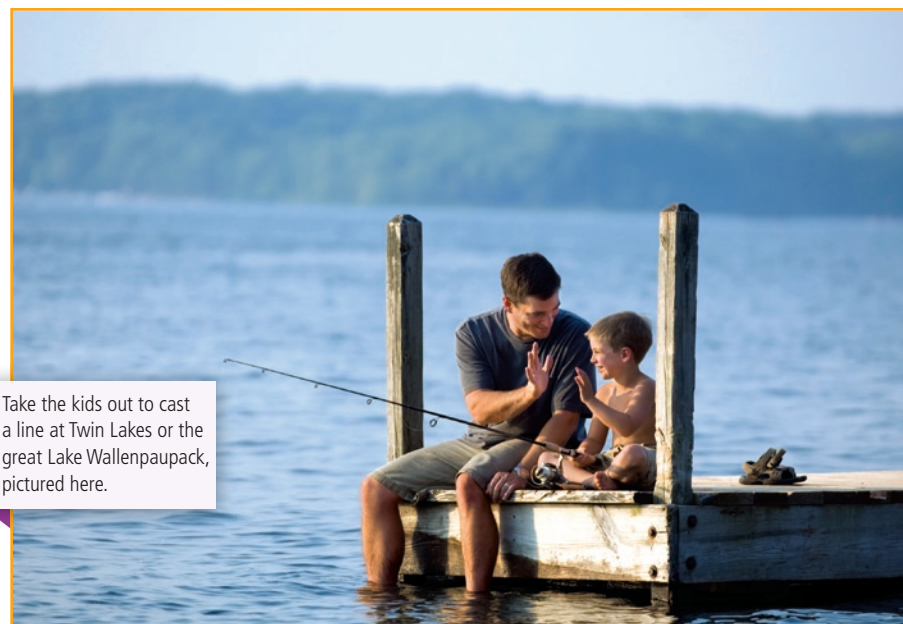


Photo by Russ Schleipman

Take the kids out to cast a line at Twin Lakes or the great Lake Wallenpaupack, pictured here.



## What is Scouting?

**Scouting is learning by discovery and discovery by doing.** It's fun, friends, and family where skills are learned, confidence built, and stories born. A Scout who knows the buddy system learns to trust and be trusted. A Scout who hikes and camps learns to appreciate the outdoors and take care of it. And a Scout who's part of a den and a pack has a genuine sense of belonging. This is Scouting. Scouts Meet Here.

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# THE BIG

## Our Contestants



**AMY AUSTIN,** Lebanon, Lebanon County. "I am a single mom, 36 years old and have two daughters,

ages 12 and 16. I am trying my hardest to be a good role model to my daughters. My girls are very active and I would love to be able to be active with them. I am 'team mom' and that means a team of softball players look up to me. I have lost weight before, but don't know how to do it the healthy way. I want to change our entire way of eating to make us all healthy. I am afraid that being overweight has affected how people look at me. If I were able to lose weight and get healthy, it would mean so much to me."



**TRACY CARSON** of Hummelstown, Dauphin County. "I have a weight problem—I go up and down on the scales. I want to live longer for family, so I want

me and my to get healthy too. Weight Watchers works for me every time and then

when I think I don't need it anymore, my weight goes right back up. It took me a lot of time to plan meals on Weight Watchers, too. I don't exercise much. I walk when I can. I have a daughter who is 11 and a son who is 9 and they are both overweight and I am very concerned about their health and being made fun of."



**WALTER COOVER** of Shippensburg, Cumberland County. "I'm tired of being fat. I'm tired of not being able to keep up with my 11-year-old son.

I am trying to teach my son better nutrition and exercise habits and I want to be able to set an example. Recently, I had a health scare and it really motivated me to change, but so far, no success. I have always tried to do as much as possible on my own but this time I realize I need help. I want to be around to see my son graduate and to see him start a family of his own. I also want to be here to enjoy and participate in my girls' lives as long as the good Lord will allow them to be here. I just want to be the best for my family that I can be. After all, my family is the most important thing to me."



**LISA FILIPIAK** of Dauphin, Dauphin County. "When I look in the mirror, I no longer like who I see staring back at me. Growing up, being active

was never a challenge for me. I was a star athlete who would not back down from a challenge. Now, I don't know where to find the motivation to take control of my body. I have already accepted that I need to lose weight, now I just need the encouragement."



**MICHELLE MCBURNEY** of Halifax, Dauphin County. "My son, who is very into fitness, has told me on several occasions that he is

worried about me because I am not fit. This makes me want to cry because I feel that I have let him down in some way. He is my inspiration. I am a mother of two children and am a grandmother to an 8-month-old grandson. I am currently working part time as a secretary, going to college part time for photography, am in the bell choir at my church and volunteer

as an assistant volleyball coach. I run my children where they need to be, take care of the home and, on the side, I run a very small photography business. I want to get healthier for myself and my family so that I may be around for many years to come.



**BEST OF LUCK TO OUR CONTESTANTS FROM LEFT TO RIGHT:** Walter Coover, Tracy Carson, Amy Austin, Michelle McBurney and Lisa Filipiak. We'll be following them the next few months and look forward to seeing their success in this healthy journey.



# SQUEEZE

## Ready! Set! Let's start The Big Squeeze!

For the next 12 weeks, six lucky contestants will learn about nutrition, work out at the gym and get healthy, by squeezing nutrition and fitness into their busy lives.

Our team of professionals from GIANT Foods, PinnacleHealth and The YMCAs of Carlisle and Harrisburg will work side-by-side with our contestants as they start to squeeze into a healthier lifestyle. It won't be easy, but the results promise to be worth it!

We invite you to join our contestants in the quest for health by following the monthly tips, taking classes or just offering support to our team.

### YOU ARE WHAT YOU EAT

— From PinnacleHealth

Healthy eating is one of the best things you can do to prevent and control many health problems, such as heart disease, high blood pressure, Type 2 diabetes and some types of cancer. Healthy eating also prevents loss of muscle strength, bone mass and vitamin deficiency.

The body requires carbohydrates, fats, proteins, vitamins, and minerals to maintain healthy organs, bones, muscles, nerves, and to produce hormones and chemicals that are necessary for proper organ function.

Healthy eating is not the same thing as dieting. It means making changes that you can live with and follow the rest of your life. Healthy eating, paired with increased physical activity, is more likely to get you to a healthier weight and keep you there, than by just dieting alone. Instead of focusing on what you eat, which is what most diet plans do, focus on how and why you eat.

- Know your body signals—hunger, fullness, appetite
- Know your eating triggers—causes of stress, certain social situations
- Choose sensibly, and control portions—balance fat, minerals, carbohydrates, protein, fiber, etc.
- Get support—having the support of people close to you increases your chances of success

Healthy eating can help you feel good, stay at a normal weight, and have plenty of energy for work and play. It can help you handle stress better. In fact, healthy eating can help your whole family live better.

### GET FIT!

— From the YMCAs of Carlisle and Harrisburg

Free weight resistance training offers many advantages over using circuit machines. Stabilizing muscles are challenged in addition to main muscle groups. In addition free weights offer the flexibility to change the path of motion whether it is to accommodate an injury/limitation or simply to work the muscles at a different angle. Safely progressing to free weight exercises can offer a new challenge to your workouts

Cardiovascular recommendations are 60 minutes on most days of the week. Don't worry if you can not complete this right off the bat. Start with a lower goal of 20 minutes three times per week. Each week you can gradually increase duration by a minute and build up your cardiovascular fitness level.

Mix in different activities to keep your routine fresh. It could be a group exercise class, swimming, boxing, or anything in between. This will help prevent boredom from setting in and reduce the risk of abandoning your exercise program.

### LEARN MORE

The in-store nutritionists at GIANT Food stores in Camp Hill and Linglestown are offering classes to help you learn about food and healthy eating. Here are the upcoming classes being held in conjunction with *The Big Squeeze*:

#### WEDNESDAY, SEPTEMBER 14

6-7:30 p.m.

Community Center of the Linglestown Road GIANT Foods.

*Reading Food Labels & Supermarket Tour. Do you know what partially hydrogenated oil means? How about acesulfame potassium? How can a food have 12 grams of sugar if it doesn't have sugar in the ingredient list? Explore labels and what all those words and numbers mean, plus a tour of the store to ensure that better foods go into your grocery cart. Registration required by Sept. 9. FREE.*

#### THURSDAY, SEPTEMBER 28

6-7 p.m.

Community Center of the Camp Hill GIANT Foods.

*Fiber: What's great about it? Plants bring to our bodies an abundance of the necessary nutrient, fiber. Find out how much fiber you need and how to make the best food choices to be sure that you get it. Registration required by Sept. 23. FREE.*

#### WEDNESDAY, OCTOBER 12

6-7 p.m.

Community Center of the Linglestown Road GIANT Foods.

*SoFAS and Sodium. SoFAS stands for solid fats, added sugars. Discuss healthy alternatives to the many packaged food products that contain trans fats, added sugar, and sodium and sample some yummy alternatives. Registration required by Oct. 7. FREE.*

#### WEDNESDAY, OCTOBER 26

6-7:30 p.m.

Community Center of the Camp Hill GIANT Foods.

*Staying Motivated for Weight Control. Looking for information and strategies to keep your weight control efforts alive? This discussion offers practical tips and self-help ways to build a mindful lifestyle and ensure success with weight control. Registration required by Oct. 21. FREE.*

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# Gettin' in the GAME

BY JANE SUTER

That's me!  
(Second row,  
second one in.)  
Amongst these  
lovely other Bunco  
veterans, you'd  
think I was a pro.



**IT SEEMS LIKE EVERY MOM ON THE PLANET GATHERS ONCE A MONTH** to play Bunco with her girlfriends. Everyone but me, that is. Apparently, I was the last Bunco virgin in suburban America.

I didn't even know what I was missing until I found myself among a group of women (at the umpteenth birthday party my son was invited to this year) jabbering away about their Bunco night bliss.

On and on and on they went, until I couldn't take it anymore. Instead of continuing to smile and nod, pretending

to understand what they were talking about, I asked, "What's Bunco?"

Dead silence. "Uh," I stammered, all eyes fixed on me, their mouths slack with astonishment and full-blown pity.

Great, I'm a dork once more. Slap some pimples on my face, give me poofy '80s hair and load my mouth with braces because I totally know "that" look. Then, like they were speaking to a small child, they explained the parlor game that requires 12 of your closest friends, some dice, scorecards, three

tables for four, food, drinks and prizes.

Wait just one minute here! Did that lady just say 12 friends? I'm still looking for two cool moms to hang out with and these people can muster an egg carton?

And speaking of food, the more they swooned over the hors d'oeuvres and drinks, the more it sounded like you need an event planner to pull off one of these soirees. What are they throwing here, some dice, or a bridal shower for the Kardashians?

The whole thing seemed completely

## readers:

### WRITE TO JANE!

Have a comment or funny coincidentally similar story for Jane? E-mail her at [plainjane@centralpennparent.com](mailto:plainjane@centralpennparent.com).



## Full Day Child Care

### East Shore Branch YMCA

Serving Children Ages 6 Weeks – 5 Years

#### Lower Paxton Child Care Center

4618 Linglestown Rd., Harrisburg, PA 652.3681

#### Downtown Child Care Center

701 N. Front St., Harrisburg, PA 17101 232.YMCA (9622)

### Northern Dauphin County YMCA

#### Jelly Bean Junction

35 S. 4th Street, Halifax, PA 17032



West Shore Branch  
717.737.9622

East Shore Branch  
717.232.9622

Northern Dauphin County Branch  
717.362.9494

## Before & After School Care

Care includes safe and friendly environment where children are given a unique mix of activities and important relationship interactions. Afternoon snack is provided.

### East Shore Branch YMCA

#### Central Dauphin School District

##### Elementary Schools

Chambers Hill	E.H. Phillips
Lawnton	Rutherford
Mountain View	Southside
Paxtang	Tri-Community
Paxtonia	West Hanover
Linglestown United Methodist Church	

#### Lower Dauphin School District

##### Elementary Schools

East Hanover  
Nye Elementary  
South Hanover

#### Steelton Highspire School District

Elementary Schools  
Steelton Highspire Elementary

#### Susquehanna Township

Elementary Schools  
Thomas Holtzman

### Northern Dauphin County Branch YMCA

#### Elementary Schools

No. Dauphin Co. YMCA  
Halifax Elementary

### West Shore Branch YMCA

#### Cumberland Valley School District

##### Elementary Schools

Hampden	Middlesex
Monroe	Silver Spring
Green Ridge	Sporting Hill
Shaull	

### Half Day Kindergarten Care

#### East Shore YMCA Programs

Linglestown Elementary half-day Kindergarten

#### West Shore YMCA Programs

##### Kids-in-Motion (½ Day Kindergarten)

Open to any child enrolled in kindergarten. Morning class is from 7:00 a.m.-12:30 p.m.; Afternoon class is from 12:30 p.m.-6:00 p.m. Includes arts and crafts, blocks, computers, imaginative play, listening and reading, math and science. Swimming and water park included.

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

Financial aid available to those who qualify.



cliquey and snooty. Of course, I made it my mission to get invited to one of these mommy mixers.

I began by dropping not-so-subtle hints to every lady I know. That's right, I pulled out the holy trinity of motherly motivators: guilt, shame and bribery. To my surprise, nothing worked. I had almost given up hope until an e-vite appeared in my inbox. Guess who's been invited to a Bunco bash?

The day of the party I was half giddy with excitement and half emotional basket case. What if they don't like me? What if I say something stupid? I was in an endless loop of what-iffing myself through the Gumdrop Mountains of anxiety, only to be pushed back to the Peppermint Forest of insecurity.

In the end I focused on what was truly important—the new shirt I bought for the occasion. It was time to roll! When I arrived at the party, my friend Sharon introduced me to everybody. To my great relief these strangers were strangely nice. I even got a compliment on my new blouse. We ate M&Ms, feasted on amazing morsels and talked about our children and husbands in a way only women are allowed to.

All in all, it was a really good time. Now I see why those people were so into this whole Bunco thing. It was basically men's poker night minus the cigars, belching and beef jerky. I was addicted.

So enraptured was I, that when they asked for a volunteer to host the next event, my hand shot up like they were giving away new cars. I practically screamed, "Pick me, pick me!" My strategy was to be chosen as hostess so I could have one more shot at winning these moms over. I was gambling on some new gal-pals and stacking the deck in my favor.

Happily, my bid triumphed and I landed my very own night. But there was just one problem.

Ever build a shoebox diorama in grade school? Well, my home is about the same size as one of those. How was I going to cram everybody in? Good thing my husband is a whiz at Jenga, because he made all the tables fit. The party was a success and I now count these women as some of the finest friends I have.

But that's how it goes, right? You take a gamble, toss the dice, and hope for a big score. Fortunately, every now and then, the machine pays off. For me it was a windfall of friendship, but the odds swing wildly in this game of life we're all playing. Sometimes you win, other times, not so much. And once in a very great while, you hit the jackpot.

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

Oh! Look at all this yummy food. Hey, how'd that *Central Penn Parent* magazine get in there? What are the odds?



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# Calendar

## september

### SEPTEMBER 2 THROUGH SEPTEMBER 5

**Long's Park Art & Craft Festival.** *Long's Park, Lancaster, 10 a.m.-5 p.m.* The annual four-day long festival showcases 200 top artists and craftspeople from across the United States, Canada and beyond. Proceeds benefit the Long's Park Summer Music Series.  
[www.longspark.org/art.html](http://www.longspark.org/art.html)

### SEPTEMBER 2

🍁 **Live Music.** *Roundtop Mountain Resort, 7-10 p.m.* Enjoy live music with the Jazz Me Band at Mountain View Food & Spirits. FREE.  
717-432-9631 • [www.skiroundtop.com](http://www.skiroundtop.com)

🍁 **Make-and-Take from Upcycled Materials.** *Lancaster Creative Reuse at the Stahr Center, 438 North Queen Street, Lower Level, Room B-5, Lancaster, 5-9 p.m.* At the open craft table, surrounded by materials, children can let their imaginations take charge. FREE.  
717-341-4850 • [www.lancastercreativereuse.org](http://www.lancastercreativereuse.org)

### SEPTEMBER 3 THROUGH SEPTEMBER 4

🍁 **Model Railroad Open House.** *Masonic Village, One Masonic Drive, Elizabethtown, 2-4 p.m.* More than 1,200 feet of track. Club members will be available to answer questions. FREE.  
717-361-5180 • [www.masonicvillagespa.org](http://www.masonicvillagespa.org)

### SEPTEMBER 3

**Corn Maze.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-10 p.m.* Master the maze & experience pig races, barnyard animals, pony rides, hayrides and more. Adults and children 13 and older, \$10; children 4-12, \$8; children 3 and under, free.  
717-872-1554 • [www.countrybarmkt.com](http://www.countrybarmkt.com)

**Kipona Artfest.** *Riverfront Park, Harrisburg, 10 a.m.* Juried art and craft festival with 15,000 attendees expected.  
<http://calendar.1dnews.com/harrisburg-pa/events/show/156444825-kipona-artfest>

### SEPTEMBER 4

**Labor Day Fireworks.** *Sesame Place, 100 Sesame Road, Langhorne, dusk.* The night sky will sparkle with a spectacular fireworks show set to a Sesame Street soundtrack.  
[www.sesameplace.com](http://www.sesameplace.com)

**Labor Day BBQ.** *Sesame Place, 100 Sesame Road, Langhorne, 5:30 p.m.* Enjoy a buffet and character appearances in the outside pavilion.  
[www.sesameplace.com](http://www.sesameplace.com)

### SEPTEMBER 5

**Corn Maze.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-3 p.m.* Master the maze & experience pig races, barnyard animals, pony rides, hayrides and more. Adults and children 13 and older, \$10; children 4-12, \$8; children 3 and under, free.  
717-872-1554 • [www.countrybarmkt.com](http://www.countrybarmkt.com)

### SEPTEMBER 6 THROUGH SEPTEMBER 27

**Mommy & Me Sign.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 9 a.m.* Learn American Sign Language signs to empower your children with enhanced communication, language and educational skills. Registration required. \$60; additional \$10 for second caregiver.  
717-761-4975 • [www.ombabycenter.com](http://www.ombabycenter.com)

**Toddler Signing.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 5:15 p.m.* Learn the signs for colors, feelings, family, pets and more. Registration required. \$60; additional \$10 for second caregiver.  
717-761-4975 • [www.ombabycenter.com](http://www.ombabycenter.com)

### SEPTEMBER 6 THROUGH OCTOBER 4

🍁 **Bilingual Family Storytime.** *Kline Library, 530 South 29th Street, Harrisburg, 3 p.m.* Stories, music and fun that is educational as well, presented in both English and Spanish. FREE.  
717-234-3934 • [www.dcls.org/events](http://www.dcls.org/events)

### SEPTEMBER 6

🍁 **Family Movie Night.** *Kline Library, 530 South 29th Street, Harrisburg, 5:30 p.m.* Munch on some snacks and have a cool drink as you relax with a family-friendly movie. FREE.  
717-234-3934 Web site: <http://www.dcls.org/events>

🍁 **Greater Harrisburg Birth Circle.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 6:30 p.m.* Women share their thoughts, feelings, ideas and information about childbirth. FREE.  
717-761-4975 • [www.ombabycenter.com/Birth\\_Circle.html](http://www.ombabycenter.com/Birth_Circle.html)

### SEPTEMBER 9 THROUGH SEPTEMBER 18

**2011 York Fair.** *York Fairgrounds, 334 Carlisle Avenue, York.* America's Oldest Fair. Grandstand of Stars, rides, livestock, exhibits and great food.  
717-848-2596 • [www.yorkfair.com](http://www.yorkfair.com)

### SEPTEMBER 9

**Summer Nights.** *Sesame Place, 100 Sesame Rd, Langhorne, 6-10 p.m.* Middle-schoolers mix, mingle, enjoy water rides, dance contests, prizes and more.  
[www.sesameplace.com](http://www.sesameplace.com)

🍁 **Preschool Discovery Story Time.** *Kline Library, 530 South 29th Street, Harrisburg, 11:15 a.m.* An introduction for children ages 3-6 to early mathematical and scientific concepts. Registration is required one day prior to program. FREE.  
717-234-3934 • [www.dcls.org/events](http://www.dcls.org/events)

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

🍁 **Live Music.** *Roundtop Mountain Resort, 7-10 p.m.* Enjoy live music with Hemlock Hollow at Mountain View Food & Spirits. FREE.  
717-432-9631 • [www.skiroundtop.com/entertainment.htm](http://www.skiroundtop.com/entertainment.htm)

**Corn Maze.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-10 p.m.* Master the maze & experience pig races, barnyard animals, hayrides and more. Adults and children 13 and older, \$10; children 4-12, \$8; children 3 and under, free.  
717-872-1554 • [www.countrybarmkt.com](http://www.countrybarmkt.com)

**Blood, Sweat & Tears.** *H Ric Luhrs Performing Arts Center at Shippensburg University, 1871 Old Main Drive, Shippensburg, 8 p.m.* A musical institution since 1968 performs. \$29-\$45.  
717-477-7469 • [luhrscenter.com](http://luhrscenter.com)

🍁 **3rd Annual Southern York County BBQ Cook-Off.** *The Markets at Shrewsbury, 12025 Susquehanna Trail, Glen Rock, 4-9 p.m.* The Best of the Best Barbecue Teams compete in a variety of categories. Trophies and cash awards, sanctioned by the Kansas City Barbecue Society. FREE.  
717-235-6611 Web site: [www.marketsatshrewsbury.com](http://www.marketsatshrewsbury.com)

### SEPTEMBER 10 THROUGH SEPTEMBER 11

**Dauphin County Jazz Festival.** *Fort Hunter Park, 5300 North Front Street, Harrisburg, 4 p.m.* Featuring national and regional jazz artists. Bring blankets and lawn chairs. \$20 advance; \$25 at the gate.  
717-599-5188 • [www.dauphincounty.org](http://www.dauphincounty.org)

**Fairy Festival.** *The Rosemary House, 120 South Market Street, Mechanicsburg, 10 a.m.-4 p.m.* Create Fairy Wings and Magical pouches, enjoy music and shows. \$5 for adults.  
717-697-5111 • [www.RosemaryHouseFairyFestival.blogspot.com](http://www.RosemaryHouseFairyFestival.blogspot.com)

### SEPTEMBER 10

🍁 **3rd Annual Southern York County BBQ Cook-Off.** *The Markets at Shrewsbury, 12025 Susquehanna Trail, Glen Rock, 10 a.m.-5 p.m.* The Best of the Best Barbecue Teams, compete in a variety of categories. Trophies and cash prizes awarded, sanctioned by the Kansas City Barbecue Society. FREE.  
717-235-6611 • [www.marketsatshrewsbury.com](http://www.marketsatshrewsbury.com)

**Corn Maze.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-5 p.m.* Master the maze & experience pig races, barnyard animals, pony rides, hayrides and more. Adults and children 13 and older, \$10; children 4-12, \$8; children 3 and under, free.  
717-872-1554 • [www.countrybarmkt.com](http://www.countrybarmkt.com)

**Harvest Fest.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-5 p.m.* Take a hayride out to the 10-acre pumpkin patch and pick your own Great Pumpkin. \$1 per person or free with paid admission to the corn maze.  
717-872-1554 • [www.countrybarmkt.com](http://www.countrybarmkt.com)

🍁 **Live Music.** *Roundtop Mountain Resort, 7-10 p.m.* Enjoy live music with Dave Winter Trio at Mountain View Food & Spirits. FREE.  
717-432-9631 • [www.skiroundtop.com/entertainment.htm](http://www.skiroundtop.com/entertainment.htm)







**Little Gardeners.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 10 a.m.* Develop childrens' connection to the natural world through educational, fun and interactive gardening activities. Registration required by Sept. 8. \$15 per class.  
717-761-4975 • [www.ombabycenter.com/Little\\_Gardeners.html](http://www.ombabycenter.com/Little_Gardeners.html)

**Sleep Circle.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 1 p.m.* Sleep deprived and disgruntled? Need a space to air your concerns, hopes and complaints about life in the sleep-free zone? Join the Sleep Circle for parents on the 2nd Saturday of every month. Babies are welcome. Registration required by Sept. 3. \$15 for individual consultation or \$30 per hour.  
717-761-4975 • [www.ombabycenter.com/Sleep\\_Circle.html](http://www.ombabycenter.com/Sleep_Circle.html)

**BOPstacle Race 2011.** *Sovereign Bank Stadium, 5 Brooks Robinson Way, York, 10 a.m.* Teams of four adults will run follow clues in marked envelopes, battling for awesome prizes and championing the Bring On Play cause. Entry fee is \$60 per team; General admission is \$5 per person; Children 3 and under and admitted for free.  
717-849-2287 • [www.bopstacle.com](http://www.bopstacle.com)

### SEPTEMBER 11 THROUGH OCTOBER 30

**Prenatal Yoga.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 6:30 p.m.* Expectant mothers learn breathing exercises, stretching and strengthening poses and relaxation techniques. \$120 for 8 weeks, sessions pro-rated if starting mid-session.  
717-761-4975 • [www.ombabycenter.com/Prenatal\\_Yoga.html](http://www.ombabycenter.com/Prenatal_Yoga.html)

### SEPTEMBER 11

**Harvest Fest.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 11 a.m.-5 p.m.* Take a hayride out to the 10-acre pumpkin patch and pick your own Great Pumpkin. \$1 per person or free w/paid admission to the corn maze  
717-872-1554 • [www.countrybarnmkt.com](http://www.countrybarnmkt.com)

# CENTRAL PENN Parent

Our favorite events this month

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

## Kipona Artfest.

Riverfront Park, Harrisburg, 10 a.m. Juried art and craft festival with 15,000 attendees expected.  
<http://calendar.ldnews.com/harrisburg-pa/events/show/156444825-kipona-artfest>



## Chix with Stix.

East Pennsboro Library, 98 South Enola Drive, Enola, 6 p.m. Monthly knitting or crocheters at all levels of experience. Assistance with projects or learning techniques available. Second Monday of month. FREE.  
717-732-4274  
[www.eastpennsborobranchlibrary.org](http://www.eastpennsborobranchlibrary.org)



## Cookout for the Cure.

Infinity of Mechanicsburg, 6305 Carlisle Pike, Mechanicsburg, 5-8 p.m. The 2nd annual event will include a full picnic provided by Sophia's on Market, lemonade stand and silent auction. Proceeds benefit the Leukemia & Lymphoma Society. Adults, \$25; Children 6-12, \$12.50; Children under 5, \$1  
717-975-3800 • [www.sophiasonmarket.com](http://www.sophiasonmarket.com)

## Corn Maze.

Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-5 p.m. Master the maze & experience pig races, barnyard animals, pony rides, hayrides and more. Adults and children 13 and older, \$10; children 4-12, \$8; children 3 and under, free.  
717-872-1554 • [www.countrybarnmkt.com](http://www.countrybarnmkt.com)

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





## FARMLAND FUN AT VERDANT VIEW FARM

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1-877-207-8599**

**Kayak Long Pine Run Reservoir.** Long Pine Run Reservoir, Michaux State Forest, 1 and 3 p.m. Novice and experienced paddlers can participate in a relaxed 1.5 hour exploration of Long Pine Run Reservoir located in Michaux State Forest. Basic instruction and safety procedures will be reviewed before launching. \$15.  
717-486-5031 • www.dcnr.state.pa.us/stateparks/parks/kingsgap.aspx

### SEPTEMBER 12 THROUGH SEPTEMBER 27

**Happiest Baby on the Block.** Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 6 p.m. Learn Dr. Harvey Karp's extraordinary way of calming fussy babies fast and help them to sleep longer. Registration required by Sept. 5. FREE.  
717-761-4975 • www.ombabycenter.com/Happiest\_Baby.html

### SEPTEMBER 12 THROUGH NOVEMBER 18

**Music Together.** Popovsky Performing Arts Studio, 5515 C Main Street, East Petersburg. Weekly music and movement classes for children birth to Kindergarten and the adults who care for them. Call for class times and prices.  
717-517-8543 • www.popovskystudios.com/music-together.asp

### SEPTEMBER 12

**Chix with Stix.** East Pennsboro Library, 98 South Enola Drive, Enola, 6 p.m. Monthly knitting or crocheters at all levels of experience. Assistance with projects or learning techniques available. Second Monday of month. FREE.  
717-732-4274 • www.eastpennsborobranchlibrary.org

### SEPTEMBER 13 THROUGH OCTOBER 25

**Fall Storytime.** East Pennsboro Library, 98 South Enola Drive, Enola, 10 (ages 3 ½ to kindergarten) and 11 a.m. (ages 2 ½-3 ½). Fall storytimes and activities at the library. Registration required. FREE.  
717-732-4274 • www.eastpennsborobranchlibrary.org

### SEPTEMBER 13

**Reading to Dogs.** East Pennsboro Library, 98 South Enola Drive, Enola, 6 p.m. Reluctant readers may become more confident with reading skills while reading to dogs trained to listen. FREE.  
717-732-4274 • www.eastpennsborobranchlibrary.org

**Birth Light Support Group.** Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 6:30 p.m. A safe place for women and partners to gather into a supportive community to process through unexpected and sometimes traumatic birth experiences. FREE.  
717-761-4975 • www.ombabycenter.com/Birth\_Light\_Support.html

### SEPTEMBER 14 THROUGH OCTOBER 2

**Archaeological Excavation.** Fort Hunter Park, 5300 North Front Street, Harrisburg, 10 a.m.-3 p.m. State archaeologists continue to uncover evidence of 1700s military and settlement life as well as objects from local prehistoric Indians. FREE.  
717-599-5188 • www.forthunter.org

### SEPTEMBER 14 THROUGH OCTOBER 8

**Sleeping Beauty.** Gamut Classic Theatre, 605 Strawberry Square, Harrisburg, 10:15 a.m. Loosely based on the beloved classic, this adaptation will have you spinning with laughter. \$7.  
717-238-4111 • www.gamutplays.org

### SEPTEMBER 14

**How to Become a Pirate.** Alexander Family Library, 200 West Second Street, Hummelstown, 6 p.m. Children ages 5 to 12 will hear stories about pirates, choose from several crafts and go on a treasure hunt at the library. FREE.  
717-566-0949 • http://www.dcls.org/events

**Breastfeeding & Returning to Work/School.** Women & Babies Hospital, 690 Good Drive, Lancaster, 10 a.m. A 1 ½ hour class includes working with your child care provider, pumping and storing breast milk and how to safeguard your milk supply. Registration due Sept. 11. \$10.  
888-544-4636 • www.lancastergeneralhealth.org

### SEPTEMBER 15 THROUGH OCTOBER 6

**Infant Massage.** Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 11:15 a.m. Learn how to massage your baby. \$60 for 4 weeks.  
717-761-4975 • www.ombabycenter.com/Infant\_Massage.html

### SEPTEMBER 15

**An Evening With Loretta Lynn.** H Ric Luhrs Performing Arts Center at Shippensburg University, 1871 Old Main Drive, Shippensburg, 8 p.m. Loretta Lynn's instantly recognizable delivery is one of the greatest country-music voices in history. \$32-\$49.  
717-477-7469 • luhrscenter.com

**BookRATS.** East Shore Area Library, 4501 Ethel Street, Harrisburg, 6 p.m. A book discussion group for children ages 6-11. Registration due the day before the program. FREE.  
717-652-9380 • http://www.dcls.org/events

### SEPTEMBER 16

**Live Music.** Roundtop Mountain Resort, 7-10 p.m. Enjoy live music with Autumn Brew at Mountain View Food & Spirits. FREE.  
717-432-9631 • www.skiroundtop.com/entertainment.htm



# STRASBURG



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Closed Tuesday through Thursday  
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300 Paradise Lane, Strasburg, PA  
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717-687-8976 • [www.nttmuseum.org](http://www.nttmuseum.org)

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**717-687-7911**

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**Look for the train on the roof!**



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Magazine of Mid-America

**Only two weeks left for our Boomerang Special**  
Buy an "AMAZING FUN" general admission and COME BACK FREE again and again, anytime thru Sept. 17th! See website for details.

**866.546.1799 • CHERRYCRESTADVENTUREFARM.COM**

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LEADER OF THE TRACK TOUR 2011

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**Storytelling, Live Music, Build with Mega Bloks® and Much More!**

**STRASBURG RAIL-ROAD**  
SINCE 1832

**September 17 – 25, 2011**  
Route 741 East, Strasburg, PA  
[StrasburgRailRoad.com](http://StrasburgRailRoad.com)



For tickets and information, visit  
[www.ticketweb.com/dowt](http://www.ticketweb.com/dowt) or call 866.468.7630

Tickets are \$18 for ages 2 and up. Advance purchase is recommended. Ticket sales are final. Events are rain or shine.

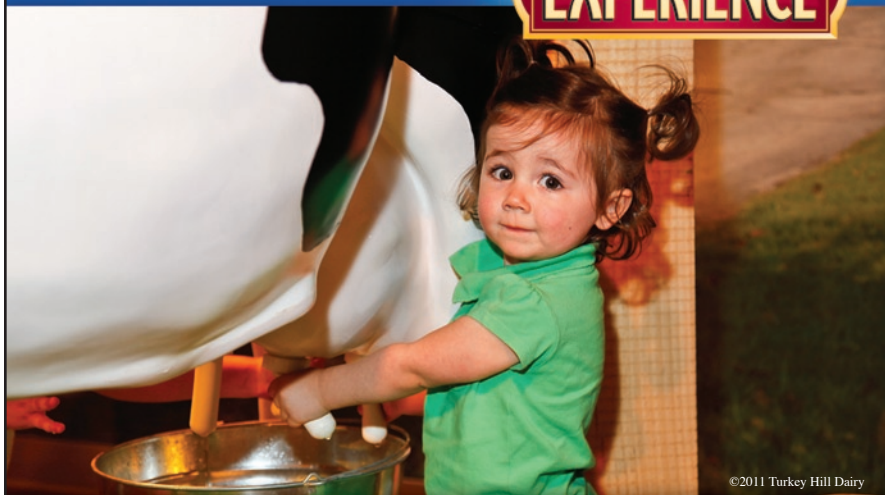
Day Out With Thomas™, Thomas the Tank Engine & Friends™  
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*York Country Day School is an affiliate of York College of Pennsylvania*

**Bee Local@Fredricksen.** *Fredricksen Library, 100 North 19th Street, Camp Hill, 7 p.m.* See the award-winning film *Queen of the Sun: What are the Bees Telling Us?* [www.fredricksenlibrary.org](http://www.fredricksenlibrary.org)

**Tykes2Teens Fall/Winter Children's Consignment Sale.** *The Masonic Temple, 910 South Market Street, Mechanicsburg, 9 a.m.-6 p.m.* Join Tykes2Teens Consignments for the fall/winter sale. New parents may visit [www.tykes2teens.com](http://www.tykes2teens.com) for early shopping privileges. 717-695-7579 • [www.tykes2teens.com](http://www.tykes2teens.com)

### SEPTEMBER 17 THROUGH SEPTEMBER 18

**Corvair Club Moving Event & Concours.** *AACA Museum, 161 Museum Drive, Hershey, 9 a.m.-3 p.m.* Judging based on points and various skill contests like dropping pennies in hubcaps, People's Choice Awards, etc. 717-566-7100 • [aacamuseum.org](http://aacamuseum.org)

**Fall Harvest Fair.** *Historic Alexander Schaeffer Farm, Route 501, Schaefferstown, 10 a.m.-5 p.m.* Period artisans, crafts, cooking, baking cider-pressing field and farmlife demonstrations, traditional entertainment and more. \$5 per person. 717-949-2244 • [www.hsimumuseum.org](http://www.hsimumuseum.org)

**World War II Weekend.** *Eisenhower National Historic Site, 1195 Baltimore Pike, Gettysburg, 9 a.m.-5 p.m.* A living history encampment with Allied soldiers, a German camp, World War II jeeps and trucks, and USO Dance. Adults, \$7.50; Youth, \$5; Children 5 and under free. 717-338-9114 • [www.nps.gov/eise](http://www.nps.gov/eise)

**Creatures of Culture.** *Philadelphia Zoo, 3400 West Girard Avenue, Philadelphia, 10 a.m.-4 p.m.* Learn about South American cultures and endangered species from the same regions. [www.philadelphiazoo.org](http://www.philadelphiazoo.org)

### SEPTEMBER 17

**Bee Local @ Fredricksen Library.** *Fredricksen Library, 1-5 p.m.* The local foods festival includes a farmers market, informational booths and childrens' activities. [www.fredricksenlibrary.org](http://www.fredricksenlibrary.org)

**Tykes2Teens fall/winter sale.** *Masonic Temple, 910 South Market Street, Mechanicsburg, 8 a.m.-1 p.m.* New parents may visit [www.tykes2teens.com](http://www.tykes2teens.com) for early shopping privileges. 717-695-7579 • [www.tykes2teens.com](http://www.tykes2teens.com)

**Sibling Class.** *Women & Babies Hospital, 690 Good Drive, Lancaster, 9:30 a.m.* Help children prepare for the birth of a new baby and the emotions surrounding the big event. Registration required. \$20 888-544-4636 • [www.lancastergeneralhealth.org](http://www.lancastergeneralhealth.org)

**Steampunk Horalogia Festival.** *National Watch and Clock Museum, 514 Poplar Street, Columbia, 10 a.m.* 717-684-8261 [www.museumoftime.com](http://www.museumoftime.com)

**Live Music.** *Roundtop Mountain Resort, 7-10 p.m.* Enjoy live music with Copper Sky at Mountain View Food & Spirits. FREE. 717-432-9631 • [www.skiroundtop.com](http://www.skiroundtop.com)

**Adams Seminar.** *Gettysburg National Military Park Museum and Visitor Center, 1195 Baltimore Pike, Gettysburg, "They Too Fought Here: The Cavalry in the Gettysburg Campaign" with Licensed Battlefield Guide Andie Custer. Registration required. Friends of Gettysburg members, \$65; Non-members, \$80. 717-338-1243 • [www.gettysburgfoundation.org](http://www.gettysburgfoundation.org)*

**Kids Clothing and Equipment Sale.** *First Church of God Community Center, 210 East Green Street, Mechanicsburg, 8 a.m.-1 p.m.* Huge selection of gently used kids fall/winter clothing, accessories, toys, furniture and maternity wear. Proceeds benefit Keystone Mothers of Multiples. FREE. [www.kmom.us](http://www.kmom.us)

**Back to the Books.** *Johnson Memorial Library, 799 East Center Street, Millersburg, 11 a.m.* School-aged children will make a book-cover craft and a personal notebook for school work or just plain doodling. Bring a favorite textbook and your creativity. Registration is required by Sept. 16. FREE. 717-692-2658 • [www.dcls.org/events](http://www.dcls.org/events)

### SEPTEMBER 18 THROUGH OCTOBER 16

**Healthy Kids Running Series.** *Cumberland Valley High School, 6746 Carlisle Pike, Mechanicsburg, 5:30 p.m.* This five-week running program for kids from Pre-K to eighth grade offers events such as the 50 yard dash, the 1/4 mile, the 1/2 mile and the one mile run. \$10 per race or \$30 for series. 717-395-1335 • [www.healthykidsrunningseries.com/registration/mechanicsburg-pa/](http://www.healthykidsrunningseries.com/registration/mechanicsburg-pa/)

### SEPTEMBER 18

**Fort Hunter Day.** *Fort Hunter Park, 5300 North Front Street, Harrisburg, 10 a.m.-5 p.m.* Autumn festival featuring children's crafts and games, exhibits, farm animals, music, craft show, demonstrations, food and more. FREE. 717-599-5188 • [www.forthunter.org](http://www.forthunter.org)

**Archaeological Excavation.** *Fort Hunter Park, 5300 North Front Street, Harrisburg, 10 a.m.-3 p.m.* State archaeologists continue to uncover evidence of 1700s military and settlement life as well as objects from local prehistoric Indians. FREE. 717-599-5188 • [www.forthunter.org](http://www.forthunter.org)

### SEPTEMBER 19

**Cookout for the Cure.** *Infiniti of Mechanicsburg, 6305 Carlisle Pike, Mechanicsburg, 5-8 p.m.* The 2nd annual event will include a full picnic provided by Sophia's on Market, lemonade stand and silent auction. Proceeds benefit the Leukemia & Lymphoma Society. Adults, \$25; Children 6-12, \$12.50; Children under 5, \$1 717-975-3800 • [www.sophiasonmarket.com](http://www.sophiasonmarket.com)



# CENTRAL PENN Parent COMMUNITY NEWS

Check out what's going on in your community.

**AmeriChoice** held its 3rd Annual Family Fun Extravaganza at the Bumble Bee Hollow branch. Kids enjoyed the free event by playing activities with participating vendors and hanging out with Dollar Dog.



The **Colonial Park Rotary Club** gave more than \$40,000 to the community through donations and scholarships this year. Pictured are Jason Mead, club president (back row, left) and representatives of community organizations that received donations.



A young boy enjoys play time in Mason's Active Adventure Garden at **Hands-on House Children's Museum of Lancaster**. The new exhibit combines hands-on activities with hardscape and planted areas designed to encourage active play and active imaginations.



The **Ephrata Area Summer Enrichment Program** celebrates 30 years of offering activities for children. The goal of the program is to provide activities that promote exploratory learning and intellectual curiosity. This year, 34 courses were offered and more than 200 students participated. These students had fun at wiffle ball camp.

**Submit YOUR photos!** We want to see your pictures of great things happening with children and families in Central Pa. Send us shots of scouting projects, charity galas, children's honors/awards — it's your opportunity to brag about the good

things kids and families are doing right here in our community! *Not all photos will be published. Please submit photos as .jpg attachments to [editor@centralpennparent.com](mailto:editor@centralpennparent.com), subject line Community News.*



"Neighbors helping neighbors"—that's what Community Aid is about.

For more than a year, Community Aid has provided help to residents of Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry and York counties from its Mechanicsburg storefront and through more than 250 bins scattered across the region.

The faith-based nonprofit 501(c)3 charity was created to raise funds for local schools, churches, synagogues, temples and nonprofit charitable organizations by recycling goods and distributing funds throughout Central Pennsylvania.

The idea is simple: neighbors can help neighbors by donating outgrown/unwanted clothing to the beige bins; the bins are emptied and cleaned; the

clothing is taken to the store, where it's evaluated, tagged and racked for sale; shoppers purchase the resale goods at reasonable prices; and proceeds (after overhead and payroll) are divvied out quarterly to area partner nonprofits.

Since the existence of CommunityAid, over 300,000 in cash donations has been given to area charities; more than 2 million pounds of clothing that probably would have gone into local landfills was recycled; more than 90 local people are working steady jobs at the stores; and thousands of shoppers have saved money by purchasing clothing and housewares.

Both the 34,000-square-foot flagship store, located at 4833 Carlisle Pike in Mechanicsburg, and the new 34,000-square-foot store at 789-91

## OUR PARTNERS:



Baltimore Street in Hanover, are open from 9 a.m. to 9 p.m. Monday through Saturday and from noon to 6 p.m. Sunday.

There are special sales nearly every day: Color tag 50 percent off discounts are Monday and Thursday; Senior Day is Tuesday; Wed is family day, which most items are 50% off; Dollar Day is Thursday; and Student Night is 7-9 p.m. Friday.

Anyone wishing to donate items may look for the beige donation bins located throughout Central Pennsylvania or call 717-412-7706.

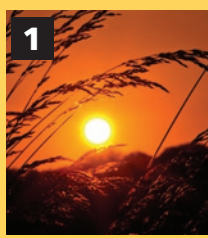
For more information, visit [www.communityaid.net](http://www.communityaid.net).



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**8AM-noon  
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325 S. Railroad St., Palmyra  
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[www.palmyrafarmersmarket.com](http://www.palmyrafarmersmarket.com)



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[www.PalmyraRealFood.com](http://www.PalmyraRealFood.com)

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Open Every FRI 8-6 and SAT 8-3

**Present this ad for a \$5 discount on a purchase of \$15 or More!**



## FALL FUN for the Entire Family!

3

### PUMPKIN PATCH & HAYRIDES

Now at both Brown's locations!

Call ahead for dates and times.

### Brown's Fall Fest

October 8 & 9 Emigsville

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717-767-4142

[www.brownsorchards.com](http://www.brownsorchards.com)

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Orchards &  
Farm Market

7

Open Daily



### Fresh Fruit & Produce ...

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"Corn Castle" Corn Maze - 4 acre Corn Maze

Fall Farm Tours Starting Now!



110 Ducktown Rd Hellam PA 17406 • 717-252-2540 • [www.flinchbaughsorchard.com](http://www.flinchbaughsorchard.com)

4

## BEE LOCAL @ Fredricksen Library!



**HONEY & LOCAL FOODS  
FESTIVAL**

**1PM TO  
5PM**

- Bee Local Farmers' Market
- Hands-on Children's Activities & Informational Booths
- Programs on beekeeping, community supported agriculture (CSAs), and gardening for pollinators
- Unveiling of Fredricksen's Green Energy Initiatives
- Friday, Sept. 16 @ 7pm - *Queen of the Sun* - What are the Bees Telling Us? Regional Film Premiere

**Fredricksen  
Library**  
100 N. 19th St.  
Camp Hill  
761-3900 x 225  
[fredricksenlibrary.org](http://fredricksenlibrary.org)

8

## Strites' Orchard

Farm Market and Bakery

### PICK-YOUR-OWN APPLES!

Mouth-watering apples and fresh pressed apple cider

Also featuring pumpkins and a corn maze!

Check our website for Pick-Your-Own information.

1000 Strites Road Harrisburg, PA 17111

(717) 564-3130 • [www.stritesorchard.com](http://www.stritesorchard.com)

5

## Risser-Marvel Farm Market



■ ZOOAMERICA SATURDAY, SEPT. 10  
11 am ■ Desert Animals

**Fun family activities in September:**

corn maze, trike track, rubber duckie races, hayrides, groups welcome.

**Lots of delicious homegrown produce**

U-Pick pumpkins and school/preschool tours in October.



2425 Horseshoe Pike Annville 17003 • 717-838-1438 • [www.rissermarvel.com](http://www.rissermarvel.com)

9

10<sup>th</sup> Annual Apple Harvest Festival 2011



**Sycamore Spring  
ORCHARD & FARM MARKET**

Sept 23 2:00PM - 7:00PM

Sept 24 9:00AM - 8:00PM

Sept 25 9:00AM - 5:00PM

*Pick your own apples!*

FUN FAMILY ACTIVITIES | WAGON RIDES | PYO APPLES

PYO PUMPKINS | BOUNCE HOUSE | FACE PAINTING

KIDS TATOO BOOTH | PONY RIDES (Sat and Sunday 10AM-2PM)

CORN MAZE | SATURDAY PIG ROAST

2501 Heilmandale Road, Jonestown, PA 17038 (717) 867-4389

Visit our web site for more information:

[www.sycamorespringorchard.com](http://www.sycamorespringorchard.com)

## FUN FALL WEEKENDS

**Corn Maze • Flashlight Mazes  
Pedal Karts • Corn Shed  
Wagon Rides • Tube Slides**



★ U-Pick  
Apples and  
Pumpkins every  
Weekend in Sept.  
and Oct.

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# FULTON THEATRE

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The Hershey Company FEDERAL CREDIT UNION

**FULTON ACADEMY OF THEATRE**  
**THEATRE CLASSES:**

Fulton Academy of Theatre Sponsor: **Susquehanna**  
Doing what counts.™ Susquehanna Bank

COURSE TITLE	AGE/GRADE	DATES
Story Drama: Parent and Me	Ages 3-4, + 1 Parent	Saturdays, Oct. 1-Dec. 10
Story Drama	Ages 5-6, Grades K-1	Fridays, Oct. 7-Dec. 16
Pop, Splash, Crash	Ages 5-6, Grades K-1	Saturdays, Oct. 1-Dec. 10
Books Alive!	Grades 2-3	Saturdays, Oct. 1-Dec. 10
Mystery Theatre	Grades 2-4	Thursdays, Oct. 6-Dec. 15
Improvisation	Grades 4-5	Saturdays, Oct. 1-Dec. 10
Acting 101	Grades 6-8	Saturdays, Oct. 1-Dec. 10
Awakening the Body	Grades 6-9	Wednesdays, Oct. 5-Dec. 14
All the World's a Stage	Grades 6-12	Mondays, Oct. 3-Dec. 12
Stage Makeup	Grades 7-12	Saturdays, Oct. 1-Dec. 10
Production Lab: Directors	Grades 9-12	Saturdays, Oct. 1-Dec. 10
Acting 101	Adults	Mondays, Oct. 3-Dec. 12

# FULTON THEATRE

717-397-7425 | [THEFULTON.ORG](http://THEFULTON.ORG)  
12 N Prince Street, Lancaster PA

## SEPTEMBER 20

🌸 **International Cesarean Awareness Network of Harrisburg.** Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 6:30 p.m. The local non-profit organization's mission is to improve maternal-child health by preventing unnecessary cesareans through education. FREE.  
717-761-4975 • [www.ombabycenter.com/ICAN.html](http://www.ombabycenter.com/ICAN.html)

🌸 **Bingo for Books.** East Pennsboro Library, 98 South Enola Drive, Enola, 6:30 p.m. Bingo fun for families with children's books as prizes. Third Tuesday of month. Register at the library. FREE.

🌸 **Family Fun Night.** Kline Library, 530 South 29th Street, Harrisburg, 6 p.m. An evening of jumbled jigsaw, creative crafting fun. Bring a photo to frame and we'll supply the rest. Registration required by Sept. 19. FREE.  
717-234-3934 • [www.dcls.org/events](http://www.dcls.org/events)

**Cyber Safety.** Dillsburg Area Public Library, 17 South Baltimore Street, Dillsburg, 6:30 p.m. Pennsylvania Attorney General Special Agent LeCadre will cover topics such as cyberbullying, social networking and Internet predators, as part of the Operation Safe Surf program.  
717-432-5613 • [www.yorklibraries.org/dillsburg/](http://www.yorklibraries.org/dillsburg/)

**Father's Boot Camp.** Women & Babies Hospital, 690 Good Drive, Lancaster, 7 p.m. Under the guidance of a veteran dad, rookie dads practice baby care skills, network and receive support on a variety of topics. Registration required. \$20.  
888-544-4636 • [www.lancastergeneralhealth.org](http://www.lancastergeneralhealth.org)

## SEPTEMBER 21

🌸 **Princess Tea Party.** Olevine Memorial Library, 2410 North Third Street, Harrisburg, 4 p.m. Children ages 3-8 can dress up and come to tea, with a princess story and craft. Registration required. FREE.  
717-232-7286 • <http://www.dcls.org/events>

**CPR/First Aid.** Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 9:30 a.m. American Heart Heartsaver CPR certification offers an opportunity to be prepared for an emergency. CPR, \$60; CPR & First Aid, \$75.  
717-761-4975 • [www.ombabycenter.com/CPR.html](http://www.ombabycenter.com/CPR.html)

## SEPTEMBER 23

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

🌸 **Live Music.** Roundtop Mountain Resort, 7-10 p.m. Enjoy live music with Antonio Andrade at Mountain View Food & Spirits. FREE.  
717-432-9631 • [www.skiroundtop.com/entertainment.htm](http://www.skiroundtop.com/entertainment.htm)

## SEPTEMBER 24

**Fall Crafts Festival.** South 8th Street, Lebanon, 9 a.m.-4 p.m. Stroll down Cumberland Street to view a variety of artisans and vendors selling their items. Eighth Street Jazz Festival (1-7 p.m.), plus live music, food and more.  
717-273-7215 • [www.lebanonpa.com](http://www.lebanonpa.com)

🌸 **Fall Harvest Festival.** Dauphin County Community Gardens, Elmerton Avenue & State Farm Road, Harrisburg, 3 p.m. A vegetarian garden potluck supper, pumpkin and gourd painting, children's play and more. FREE.  
717-921-2599 • [www.childrenrainbowgarden.blogspot.com](http://www.childrenrainbowgarden.blogspot.com)

🌸 **Live Music.** Roundtop Mountain Resort, 7-10 p.m. Live music with Dennis McCaughey at Mountain View Food & Spirits. FREE.  
717-432-9631 • [www.skiroundtop.com/entertainment.htm](http://www.skiroundtop.com/entertainment.htm)

🌸 **Pheasant Run's Festival of Fun.** Pheasant Run Greenhouse, 10341 Brillhart Road, Glen Rock, 10 a.m.-4 p.m. FREE.  
717-235-6558

**Mama's Retreat: Relax, Restore, Renew.** Warm Springs Lodge, 601 Warm Springs Road, Landisburg, 10 a.m.-8 p.m. Rejuvenate your spirit with a day filled with yoga, meditation, art, massage, canoeing, hiking and drumming. Registration required by Sept. 9. \$175.  
717-761-4975 • [www.ombabycenter.com/Mamas-Retreat.html](http://www.ombabycenter.com/Mamas-Retreat.html)

## SEPTEMBER 25

🌸 **ABC Construction Rodeo.** ABC Keystone, 135 Shellyland Road, Mount Joy, 1-5 p.m. Construction-related activities and competitions, heavy equipment, games, door prizes, food and clowns. FREE.  
717-653-8106 • [www.abcrodeo.org](http://www.abcrodeo.org)

**Get to Know Real Simple Soul.** Cornerstone Coffeehouse, 2133 Market Street, Camp Hill, 3:30 p.m. Creative writing workshops that soothe the soul for adults and bring out the imagination in children and teens. No writing experience needed. \$20.  
717-439-9045 • [www.RealSimpleSoul.com](http://www.RealSimpleSoul.com)

**Matchbox Toy Show.** AACAMuseum, 161 Museum Drive, Hershey, 9 a.m.-3 p.m. The Diecast Toy Exchange is sponsoring this Matchbox Toy show.  
717-566-7100 • [www.aacamuseum.org](http://www.aacamuseum.org)

**Sweet Beginnings.** Strand Theatre, 50 North George Street, York, noon-3 p.m. A culinary cabaret featuring more than 20 restaurants, bakeries, caterers and confectioners. Adults, \$20; children 12 and under, \$5.  
717-846-1111 • [www.strandcapitol.org](http://www.strandcapitol.org)

🌸 **Zembo Shrine Annual Car and Cycle Show.** Zembo Shrine, 2801 North Third Street, Harrisburg. All proceeds benefit Zembo Shrine. FREE.  
717-238-8107 • [www.zembo.org](http://www.zembo.org)





Brain Balance®  
ACHIEVEMENT CENTERS

- AD/HD
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- Autism
- Asperger's
- Tourette's
- Learning Disabilities
- Processing Disorders
- OCD

## LOCATIONS

### Mechanicsburg:

5521 Carlisle Pike Ste A  
Mechanicsburg, PA 17050  
717.697.5340

Dr. Chris Turnpaugh

mechanicsburg@BrainBalanceCenters.com

### York:

2300 Carlisle Road  
York, PA 17408  
717.793.3684

Dr. Michael Swank

york@BrainBalanceCenters.com

[www.BrainBalanceCenters.com](http://www.BrainBalanceCenters.com)

# What is Brain Balance?



• The Brain Balance Program® is a comprehensive, research-based, individualized program that integrates physical and cognitive exercises with dietary change.

• Brain Balance is designed for kids who are ages five through seventeen years of age who have been labeled with or exhibit the signs of such neurobehavioral disorders as ADHD, Dyslexia, Autism, Asperger's, Tourette's, learning disabilities or processing disorders.

• These conditions were previously thought to be unrelated, but we now know that they share many common features and can be accurately grouped into what is referred to as a Functional Disconnection Syndrome.

• The goal of the Brain Balance Program is to correct a fundamental imbalance between the two hemispheres of the brain — a 'communication breakdown' that results in a range of negative symptoms and behaviors.

• The Brain Balance Program does not rely on drugs, medical procedures, or psychotherapy.



**Where Every Kid Connects with Success.**



[www.BrainBalanceCenters.com](http://www.BrainBalanceCenters.com)







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Clark R Kaufman MD  
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## 1. My child has allergies when school starts in August. Might this affect his learning?

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

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

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

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

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

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

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

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

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

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**Walk for Wildwood.** *Wildwood Park, 100 Wildwood Way, Harrisburg, 1 p.m.* Three-mile trail walk around Wildwood Park. Awards for kids and prizes for top pledge collectors. Registration required. Adults, \$10; children admitted for free. 717-221-0292 • [www.wildwoodlake.org](http://www.wildwoodlake.org)

## SEPTEMBER 26 THROUGH OCTOBER 31

**Family Time Art 4 Kids.** *Om Baby Pregnancy & Parenting Center, 2201 Rear Market Street, Camp Hill, 10 a.m.* The elements and principles of design. paint, clay, collage and construction materials provide for creative expression. Registration required by Sept. 19. \$78 for 6 weeks. 717-761-4975 • [www.ombabycenter.com](http://www.ombabycenter.com)

## SEPTEMBER 27

**Family Movie Night.** *Northern Dauphin Library, 683 Main St, Lykens, 6 p.m.* The entire family can enjoy a free movie and popcorn. FREE. 717-453-9315 • <http://www.dcls.org/events>

## SEPTEMBER 28 THROUGH SEPTEMBER 30

**Banned Books Week After-School Movie Marathon.** *Kline Library, 530 South 29th Street, Harrisburg, 3 p.m.* While some places have tried to challenge and ban many books for various reasons, some of these same books were so popular that they were made into movies. FREE. 717-234-3934 • <http://www.dcls.org/events>

## SEPTEMBER 28

**Go Go Driver Rally.** *Olewine Memorial Library, 2410 North Third Street, Harrisburg, 4 p.m.* If it has an engine, we will celebrate it at this awesome party for ages 3 to 8. Registration is required by Sept. 27. FREE. 717-232-7286 • <http://www.dcls.org/events>

## SEPTEMBER 30

**Live Music.** *Roundtop Mountain Resort, 7-10 p.m.* Live music with Ric LeBlanc at Mountain View Food & Spirits. FREE. 717-432-9631 • [www.skiroundtop.com/entertainment.htm](http://www.skiroundtop.com/entertainment.htm)

**Corn Maze.** *Country Barn Market & Greenhouses, 211 Donerville Road, Lancaster, 10 a.m.-10 p.m.* Pig races, barnyard animals, pony rides, hayrides and more. Adults and children 13 and older, \$10; children 4-12, \$8; children 3 and under, free. 717-872-1554 • [www.countrybarnmkt.com](http://www.countrybarnmkt.com)

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**Breastfeeding Learning To.** *Women & Babies Hospital, 690 Good Drive, Lancaster, 9 a.m.* Taught by a certified lactation consultant, this 2-hour class is designed to help you learn the benefits of breastfeeding, practical how-to information, emotional/physical effects of nursing on mother and baby. Registration required. \$20. 888-544-4636 • [www.lancastergeneralhealth.org](http://www.lancastergeneralhealth.org)

**Gordon Lightfoot.** *H Ric Luhrs Performing Arts Center at Shippensburg University, 1871 Old Main Drive, Shippensburg, 8 p.m.* Canadian-born, Gordon Lightfoot is one of the most accomplished singer-songwriters and best known for his hits, "Sundown, Wreck of The Edmund Fitzgerald" and "If You Could Read My Mind." \$35-50. 717-477-7469 • [luhrscenter.com](http://luhrscenter.com)

## OCTOBER 2

**Childbirth Education.** *Ephrata Recreation Center, 130 South Academy Drive, Ephrata, 8 a.m.-5 p.m.* Learn about pregnancy, labor and delivery, anesthesia, relaxation, breathing techniques, medical options and practices, & the immediate postpartum period. Bring a blanket, pillows, snacks/drinks. \$70. 888-544-4636 • [www.lancastergeneralhealth.org](http://www.lancastergeneralhealth.org)

**Archaeological Excavation.** *Fort Hunter Park, 5300 North Front Street, Harrisburg, 10 a.m.-3 p.m.* State archaeologists continue to uncover evidence of 1700s military and settlement life as well as objects from local prehistoric Indians. Pennsylvania Historical and Museum Commission staff will search for clues about the 1750s French and Indian War fort. FREE. 717-599-5188 • [www.forthunter.org](http://www.forthunter.org)

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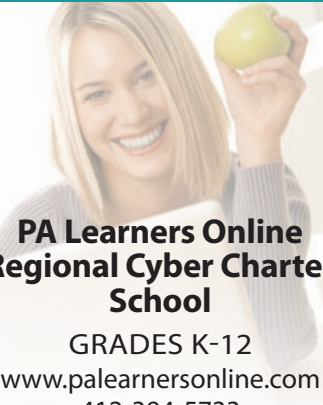
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## MEET THE *Schoenbergers*

**JAMIE AND ANDREW SCHOENBERGER** have their hands full. The Elizabethtown couple owns Epic Photography (they do the cover shoots for Central Penn Parent!) and have two young daughters—Isla Zayre, 4, and Siena Eve, 18 months, at home, plus two cats named Gnocchi and Jaeger.

**Q WHAT ARE SOME OF YOUR FAVORITE PARENTING MOMENTS?**

**a** I love when Isla tells a story—hearing her lingo and watching how she moves her hands—and her facial expressions are priceless and make me wonder where she gets that from. With Siena, it is watching as she learns to interact with all of us and especially Isla. She just thinks Isla is the greatest and funniest person on earth!

**Q DESCRIBE ONE OF YOUR FAMILY'S FAVORITE TRADITIONS.**

**a** Sunday dinners at grandma Susan and papa Bob's, which is almost every Sunday and a wonderful way to end any weekend. Pool days at grandma Becky and poppy Greg's are also a favorite. A nice getaway and so much fun!

**Q WHAT'S THE MOST IMPORTANT THING YOU'VE LEARNED FROM BEING A MOTHER?**

**a** Everything you do or say will be seen, heard and mimicked! I have learned that they absorb it all. It amazes me the things that come out of Isla's mouth some days. I have also learned (and am still learning) to be patient and to try to absorb it all in as they do. I know these days will be gone in a flash and will wish them back someday.

**Q WHAT ARE YOUR FAVORITE/LEAST FAVORITE PARENTING DUTIES?**

**a** I have a love/hate relationship with bedtime. I love getting them all washed up and ready for bed, reading books, telling stories and tucking them in. And then comes, "Mommy, one more story. Mommy, please lay with me. Mommy, I want to sleep in your bed." I am a softy and always give in and therefore must

endure it every single night.

Plus, as a mom of two girls, dressing them is so much fun, but also seems very demanding. Isla has a very strong fashion sense and doesn't let me slack for even a second.

**Q YOU AND YOUR HUSBAND OWN A BUSINESS. HOW DO YOU JUGGLE WORKING AND PARENTING?**

**a** Our biggest and best secret to it all is our family and friends. Without the grandparents and great-grandparents, we would never be able to work half as much as we do. Scheduling where the girls will be during shoots, weddings or meetings does seem like a full-time job, but we are so lucky to have such a wonderful network of family and friends who are willing to help us out at a moments notice. Andrew and I also make sure we each get some time to ourselves at least every other day, even if it is just to go out for a quick run. It is amazing how much that can rejuvenate the spirit.

**Q WHAT'S IT LIKE WORKING WITH YOUR HUSBAND?**

**a** I couldn't imagine working with anyone else day in and day out. We are each other's right-hand man and compliment each other very well. Andrew is a bit more technical and business savvy and I tend to be more of an artist-type personality. But he is also very charismatic and at times has to loosen me up. We balance each other well and I think this has helped Epic emerge and be successful.

**Q WHAT'S IT LIKE BEING PARENT OF A SPECIAL NEEDS CHILD?**

**a** Siena was diagnosed with Prader-Willi Syndrome two days before her first birthday in March.



**THE SCHOENBERGERS:** Isla, Andrew, Jamie and Siena

Since then, we have immersed ourselves in learning about this rare genetic disorder so we can give her the best care and life possible. As with all things in life, you can't be sure what the future will hold, but one thing I do know for certain is that Siena will be the light that leads the way. She has already taught us so much about ourselves and has taken on us a journey outside of ourselves as well. Being a parent of a child with special needs really makes you realize what a gift our children are and that nothing should ever be taken for granted. It softens you up and at the same time makes you stronger.

Prader-Willi syndrome is the most common known genetic cause of life-threatening obesity in children. It results from an abnormality on the 15th chromosome and occurs in males and females equally and in all races. PWS typically causes low muscle tone, short stature, incomplete sexual development and a chronic feeling of hunger that, coupled with a metabolism that utilizes drastically fewer calories than normal, can lead to excessive eating and life-threatening obesity. Learning, social and motor deficits can also exist. Because there is little knowledge about Prader-Willi in the general public, we are trying to make people more aware of the syndrome. Maybe with more awareness there can one day be a cure, and if nothing else understanding and acceptance of the Prader-Willi population. CPP

readers:

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You have the opportunity to publicly recognize and thank a health care professional who has touched your life in a special, memorable way. Central Penn Parent magazine's fifth annual Healthcare Heroes awards program recognizes excellence, promotes innovation and honors the efforts of individuals and organizations making significant positive impacts on the quality of health care in Central Pennsylvania. Take a few moments to thank a hero in your life.

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Additional program information, award descriptions, eligibility and an electronic nomination form are available at [www.centralpennparent.com](http://www.centralpennparent.com). A printable version of the form is also available.



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# My Labor Day!



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