

Parent

DECEMBER 2018 / JANUARY 2019

OH, BABY!

OUR ANNUAL **Maternity**
& **Baby** guide

MANAGING LABOR PAINS • POST-PARTUM IMPRESSIONS
DNA TESTS: TO SWAB OR NOT?

Generational skip:
raising
grandbabies

MAKING THE MOST OF OUR
Winter Wonderland!

Keep CALM,
CARRY ON... FOR YOUR
KIDS' SAKE

PLUS: OUR ANNUAL
FINDITGUIDE



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Editor's Note

Yesterday
afternoon, my
daughter came
home from school

lugging a baby doll in an infant car seat. She had been anticipating this day since the first week of school when she learned that a 48-hour parenting adventure was part of the coursework for her early childhood development class.

This wasn't just any baby doll, but a high tech marvel — *thisclose* to some seriously scary artificial intelligence — that was programmed to cry at various intervals for a feeding, a diaper change, a burping, and who knows what else. My 14-year-old tried to put all that she'd learned about infant care into practice, but the *RealCare Baby 3* wasn't cooperating. Sometimes a feeding wouldn't placate it. Other times my daughter would change a diaper that, it turned out, didn't need changing, as evidenced by the robot/manikin's continued cries.

When my daughter, in tears of frustration and sheer panic, brought the doll to me shortly after midnight – on a school night! – and said that she just couldn't stand the wailing, I made an executive Mom decision. It was time to stash the doll away in a back room for the rest of the night, so my daughter could sleep. And so I could, too.

Upon reflection, I realize that this is how I approached my very first night with my firstborn. No, I didn't place him in a sound-proof backroom. But when the postpartum nurse asked me if I wanted my hours-old baby to stay in my hospital room or be taken to the nursery and brought up only for feedings, I opted for blissful sleep. To the nursery he went.

My husband and I didn't have our son with us throughout an entire night until we were back at home, away from the helpful guidance of hospital staff. Let's just say we were freaked out by every sound he uttered. Newborns, we quickly realized, were very noisy. Grunts, snorts, whimpers, half-cries. We needed a bit of a learning curve to find our comfort zone.

Had I given birth now, I would not have had the opportunity to send my newborn to the nursery. He would have bunked in my room, where his dad and I perhaps would have grown a bit more comfortable and confident in how to care for him before taking him home. Lots of things would have been different, as hospitals and neonatal care providers are increasing the sizes of their birthing and postpartum rooms, and shrinking their newborn nurseries, all in an effort to promote maternal-baby bonding.

In this issue's Maternity and Baby Guide, we explore the latest developments in labor and delivery — from new approaches to pain (and anxiety) management to postpartum suites that encourage the entire family to stay overnight. We also look at both the lure and risks of doing "recreational" DNA testing on our babies and young children.

As I write this, snow is falling. I love the first few snowfalls of the season; by mid-January, I'm usually long over it. We suspect many of you are, too. But we live in a four-season state, so why not embrace it? In our Winter Fun Guide, we explore various activities to help you and your kids make the most of the snow.

We have many other features, too, to help you and your family stay grounded and emotionally strong this holiday season and into 2019. This is a magical time of year, but sometimes we can lose sight of that and what intangible-yet-steadfast gifts our kids (and for some of our readers, grandkids) really need from us.

We at Central Penn Parent wish you and yours a blessed holiday season, and much comfort and delight in the New Year.

Happy parenting!

Leslie Penkunas | EDITOR

DECEMBER 2018/JANUARY 2019

Contents

8 EDUCATION MATTERS

A school reaches out to local businesses for entrepreneurial lessons

9 MIND ON HEALTH

10 tips for helping your kids process traumatic events

10 BE OF GOOD CHEER

Head off the holiday stress before it affects your kids

11 MOM-ISH

The bewitching hour: mealtime

50 KIDS AND PETS

51 CALENDAR

54 DECEMBER & JANUARY BIRTHDAYS!



Features

4 EMPTY NEST, INTERRUPTED

The special challenges facing grandparents who are raising their grandchildren.

13 ^{Maternity &} babyguide

What's new and what's tried-and-true in labor and delivery, the risks of genetic testing your tot, and coming to terms with the post-partum body.

31 WINTER FUN!

With both indoor and outdoor activities, we've got the season covered!

37 THE 2019 FIND IT GUIDE

Whatever you're looking for, you can find it in here.

ON THE COVER:

Mack Lucas, son of Central Penn Parent advertising account executive Carley, gets ready to ring in his first New Year!
Photo by Conte Photography



Empty nest, interrupted

Big challenges face grandparents raising their children's children.

By Jamar Thrasher



On the long, quiet drives up from Harrisburg to Penn State's Williamsport campus, Phyllis Dew and her daughter took advantage of the calm by discussing the newly minted freshman's wishes for a career in the culinary arts. That conversation took place over a decade ago. Dew's daughter never finished her first semester of college. Dreams of a culinary career faded.

During her brief months in college, Dew's daughter became addicted to opioids. She had developed the drug habit after being around other college students who were users.

"I had no idea Williamsport had a drug issue," Dew reflects.

With a boorish appetite, the opioid epidemic continues to eat away at the nation. Its victims run the gamut — male, female, black, white, wealthy or poor.

Nearly 90,000 kids in Pennsylvania are in the care of their grandparents; a significant portion of those are due to their parents' addiction problems. The older generation that takes in their children's children get virtually no state assistance.

Dew's daughter became pregnant as the result of a rape; she had the baby. Dew, who worked as a social worker for agencies, became one of the estimated 82,000 grandparents in Pennsylvania to raise her own grandchild in the opioid epidemic. She eventually adopted her grandson when he was 7.

Much-needed help for grandparents

There is little doubt that having grandparents raise their grandchildren is better than the kids going into the foster care system. Children get a sense of permanence and stability living with family members. Economically, it saves the state about \$1 billion per year, according to State Representative Eddie Day Pashinski (D-Luzerne). But it is far from an easy road. According to a September 2017 Psychology Today article, grandparents who take custody of their grandkids are more likely to be

poor, less likely to be employed, and more likely to have physical disabilities and chronic health problems.

State Representative Kathy Watson (R-Bucks), who chaired the House Children and Youth Committee for five years, says grandparents are reluctant to seek help. She adds that, "Many have no idea how our society changes" between what parenting looks like now and what it looked like when they were raising their children.

Watson, who chose not to run for re-election this year due to family concerns, says that she watched her constituents struggle under the weight of addiction. To help this older generation now raising their grandkids, she introduced the Kinship Caregiver Navigator bill to provide a one-stop-shop for vital information; the bill makes available local, state and federal resources as well as information on childcare, health care and schooling. It will be accessible via the internet and, for those grandparents who aren't comfortable navigating a website, via a toll-free number as well. Governor Wolf signed it into law in October 2018.

The governor also signed into law a bill spearheaded by Rep. Pashinski, who chairs the House Agriculture and Rural Affairs Committee. Called Grandparents Raising Grandchildren, the legislation grants temporary guardianship to grandparents or other adult family members when parents are unable to care their child due to alcohol or opioid abuse issues. The bill gives authority to grandparents while also protecting the parental rights of the parents.

Angela M. Liddle, CEO and president of Pennsylvania Family Support Alliance, an advocacy group to

protect children from neglect and abuse, praises the bipartisan legislative action by lawmakers.

"Lawmakers not only listened, they acted and passed two new measures that provide a measure of relief to grandfamilies in these complex situations," she says.

Liddle's fight for families fighting against addiction is partially grounded in her own childhood.

"I became interested in working with families because I was born into one in the mid-1960s that had many challenges — alcohol addiction, mental illness and domestic violence," Liddle says. "I vividly recall being 3 or 4 years old and having an awareness that something was terribly wrong in my family."



The challenges facing grandchildren

Daniel Marrow, M.S., a senior psychotherapist at Geisinger Holy Spirit Behavioral Health, has served his young patients with care and respect for more than 20 years. He explains that the children he sees — whose parents are dealing with addiction — may struggle with anxiety. They can find themselves stigmatized in school and also become the targets of bullies. Additionally, these children are more likely to be exposed earlier to negative behaviors of sex, violence and drugs than students whose parents are not living with addiction.

“Lawmakers not only listened, they acted and passed two new measures that provide a measure of relief to grandfamilies in these complex situations.”

Unfortunately, children born to mothers living with addiction have their own battles to fight. Opioids or other drugs like marijuana and alcohol can pass from a pregnant mom to their unborn child. As a result, babies born to mothers who use have neonatal abstinence syndrome (NAS).

According to Stanford Children’s Health, the symptoms of NAS include tremors, high-pitched crying, poor feeding and sucking, sweating and sleep problems.

Joanne Clough is an attorney in Camp Hill as well as a grandmother busy raising her young granddaughter, Carter. The toddler is infatuated with Disney characters and trick-or-treated as Elsa from “Frozen.” Joanne’s daughter Emily died of a fentanyl overdose when she was 22; she was found dead in her car in the parking lot of the Starbucks across from the Harrisburg Mall.

Clough recalls the countless days when her bright-eyed, ambitious daughter would transform into a violent person under the weight of addiction. In these instances, Clough was forced to call law enforcement on her daughter.

Often, Clough will read Emily’s journal, which details just how she slipped into addiction. It started with exposure as Emily watched her boyfriend (Carter’s father) using heroin. Eventually, he encouraged Emily to use the drug.

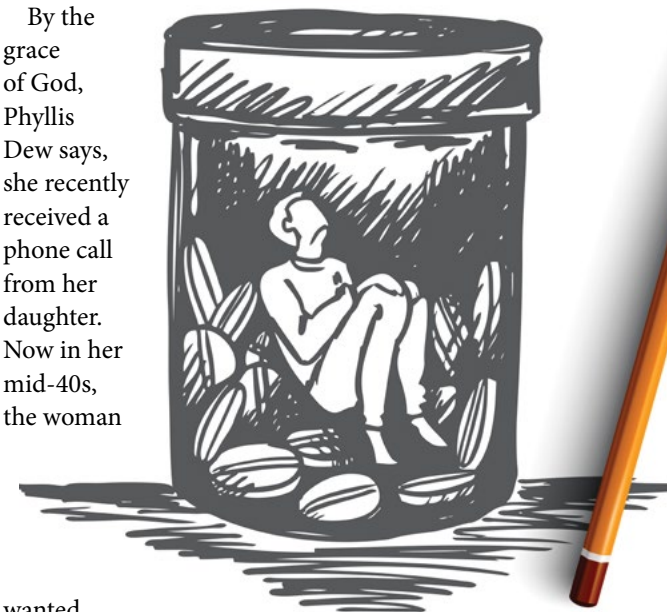
While they juggle careers and raising another generation of children, grandparents like Clough and Dew are working to raise awareness of the opioid epidemic in our state. Corporations are getting in on the fight, too. Aetna Better Health of Pennsylvania has partnered with the Pennsylvania Commission on Crime and Delinquency to bring preventive and supportive programs to early childhood programs in Harrisburg.

By the grace of God, Phyllis Dew says, she recently received a phone call from her daughter. Now in her mid-40s, the woman

wanted to speak with her mother and check in on her teenage son. She told Phyllis that she is back in school and working toward becoming a counselor.

Dew admits that her daughter doesn’t have the best track record for honesty. She may not actually be in school; it is difficult to know for sure. And so Dew, like some 82,000 other grandparents within Pennsylvania, continues to raise her grandson.

Jamar Thrasher is a Pennsylvania-based writer and the owner of a public relations agency. You can follow his blog, Notes on parenting, at CentralPennParent.com.



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Grandparent Guardians and Cyber School: Making it Work and Changing Lives

Grandparents across the region are gaining more guardianship of their grandkids. Whether this is the result of military commitments, teenage pregnancy, illness, or sadly, the opioid epidemic, in 2017 more than 90,000 grandparents served as guardians in Pennsylvania. In fact, Governor Wolf recently signed the temporary guardianship for grandparents bill, meaning these numbers are only likely to rise. At the same time, the schooling situation in America is changing, grandparents are looking for additional options which provide a quality education, safety and support for students with challenging special needs. This is why many guardians are turning to cyber schools!

Agora Cyber Charter School employs an educational process that looks at the needs of each student. Whether a student is struggling with bullying, worrying about safety, needing to utilize the daytime for extracurricular activities, desiring a greater academic challenge, or working with physical or learning disabilities (27% of our students are Special Education), Agora is here to help.

Diagnosed with ADHD and on the Autism spectrum, Juniata County resident Kayla wasn't getting the special education experience that her grandmother hoped for, so she pulled Kayla out of a brick and mortar school and began with Agora. "Kayla wasn't learning, I was unhappy with her IEP and the thought of her heading to middle school and falling behind even more was daunting," said her grandmother Denise, who gained full custody of Kayla when she was just two-years-old. "Her biggest problem was focusing, and the cyber atmosphere has changed that. Kayla has been through a lot so having the stability and assistance Agora provides is incredible. She's graduating this year and wants to help rejuvenate our curly fry business!"

Next is Angela, who had to take over custody for her grandson after his mother passed away. Her grandson was never able to get comfortable at school, so they decided to give Agora a shot for kindergarten, and they quickly noticed incredible changes. In fact, before she passed away, his mom, who struggled with the idea of cyber school said, "I don't want him to go back to brick and mortar school. I look at him typing away and so into his work. He wouldn't get this anywhere else." The biggest concern she had was over social interactions, but those fears have been alleviated. "Many think cyber students are sheltered," said Angela. "That couldn't be further from the truth. He plays with all the kids in the neighborhood."

Finally, we have Marquetta who saw the tremendous value of Agora while she and the three grandchildren she was raising had to reside in a homeless shelter. Despite the situation, none of the students missed a beat in terms of their education. With the use of computers that come with enrollment, it was "business as usual."

In addition to a rigorous curriculum, PA certified teachers, guidance counselors and family coaches, an extensive variety of extracurricular online and in-person activities guarantees an enriching assortment of social opportunities. Every student receives a laptop, printer, course materials, and a subsidy for internet access. Kindergarteners also receive a WACOM Graphic Tablet.

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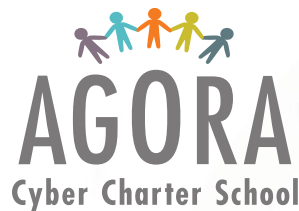
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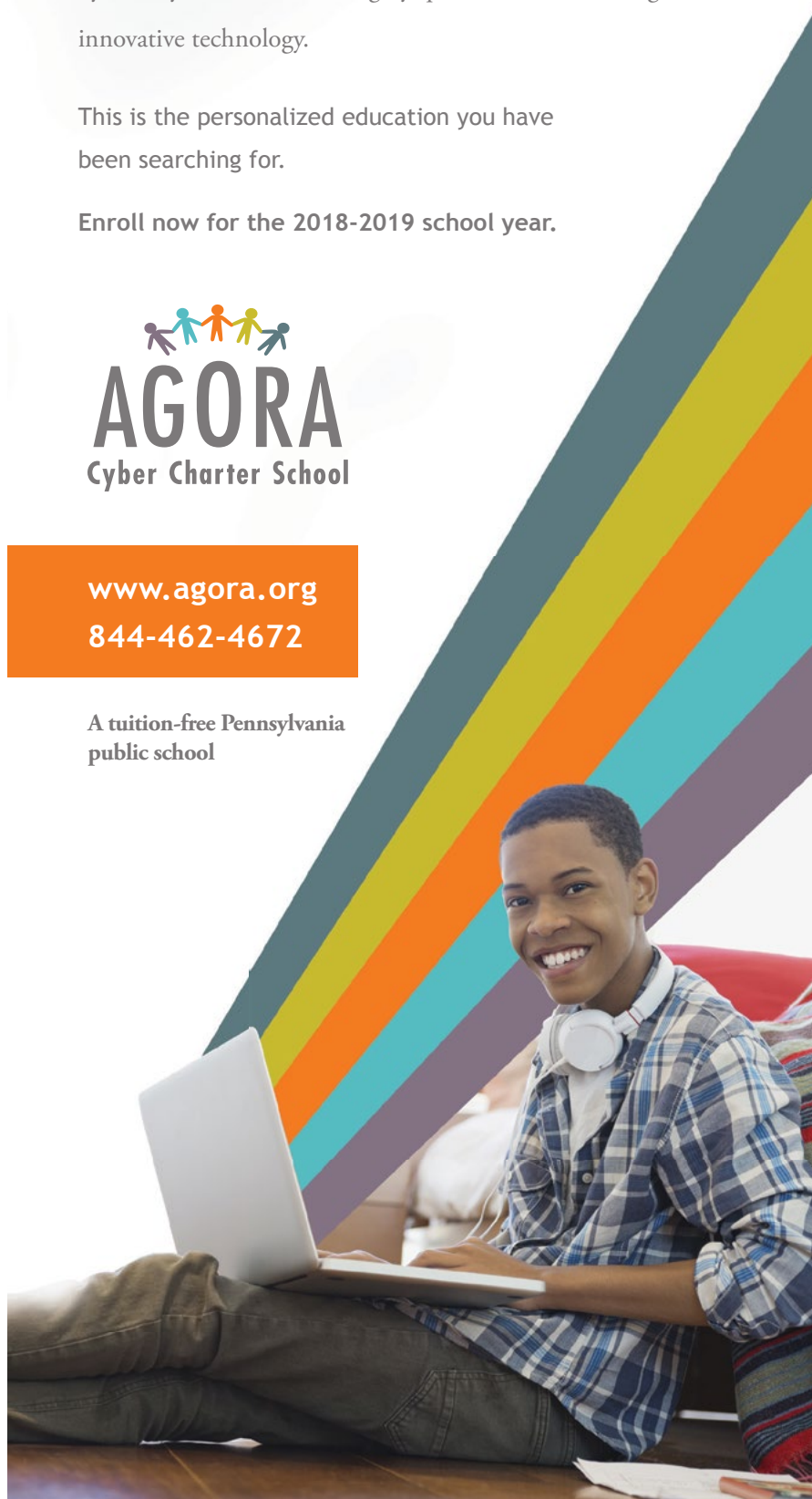
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The next big thing



Student entrepreneurs get guidance from area professionals

By Cassandra Davis

Since 2015, Big Spring High School teacher Cherie Powell has invited business leaders from surrounding communities into her classroom to mentor students and share their expertise in her Business INCubator class. The college-level course gives students a taste of entrepreneurship and provides real-world lessons from those who have experienced it firsthand.

The Business INCubator class calls on students to identify a problem and create a solution with a product or service. Then the students create a company around their product or service. From brainstorming a company name and creating a website to conceptualizing marketing materials and actually producing their solution, the students are involved in every aspect of building a business from the ground up.

Local business professionals serve as mentors to each “company,” bringing their insight and advice to the student business owners. Depending on their schedules, the mentors meet with the student companies in the classroom, or they connect online. Others may serve as experts, presenting on specific knowledge areas that will benefit the budding business owners.

The program is set up similarly to the popular TV show, “Shark Tank.” Community leaders serve on the advisory panel that critiques the start-ups and gauges their potential for future success.

“The highpoint of the year is that teams will ‘pitch’ their ideas to a panel of investors to receive funding,” Powell says. “Those that are funded will advance to the second level of the course and be able to put their plan into action.”

Sharing invaluable knowledge

Powell believes the business professionals involved in the program make a huge impact on the students at all stages of the company development.

“This year so far students have pitched their individual ideas to two groups of business professionals. By talking to these professionals, they were able to gain knowledge about how best to enter the market — what advantage they would need to penetrate the market, how to best market their product, and general ideas they had not considered,” she says. “This opportunity allowed the

students to start determining the feasibility of their ideas based on their own knowledge and strengths as well as having honest, uncensored professional feedback.”

The business professionals involved offer a perspective that Powell says she cannot as their teacher. It is something she is grateful for as it complements the class experience.

“The business professionals who have visited our classroom and who have helped our students provide a wealth of knowledge that can’t be learned in the classroom,” Powell says. “These professionals are people who are talking to students from their own experiences. As an educator, I can read information and visit businesses, but I have not actually experienced what these professionals have in their careers. This first-hand experience is so important for our students.”

Powell also acknowledges that the volunteers in her classroom bring a wealth of connections that are beneficial to the students.

“The volunteers also have connections with other business professionals, so if they don’t know something, they can usually connect students with someone who does know,” she says.

Bringing a legal perspective

Those connections can be powerful, as noted by Kelley Keller, Esq., a prominent business owner who has been involved in the program since its first year. She owns The Keller Law Firm, LLC, and as an intellectual property and small business attorney, the knowledge she imparts on the students is invaluable to their real-world success.

“We talk about the importance of establishing your brand identity really early in the process, so I’ve worked with them on explaining trademarks and how they work,” Keller says. “[I explain] the process you go through in choosing your business name to make sure it is available not only as the business name but also as the brand name, and that you can grow with it online.”

Keller has worked with many small businesses from “soup to nuts,” so she has many connections that she brings to the classroom. She knows how important these relationships can be.



MENTORS AND EXPERTS WANTED!

Are you a business professional looking to give back? There are many ways to make an impact on future community leaders. The Business INCubator program at Big Spring High School in Newville is looking for business owners and professionals to share their knowledge and expertise with aspiring entrepreneurs. While the mentor position requires more of a time commitment than serving as an expert, both have a positive influence on students.

Mentors *(see Experts criteria on next page)*

- 1-2 year commitment
- Willing to meet with students face-to-face or digitally
- Serve as sounding board and resource for students
- Guide students in the development of their product or service
- Connect students with other business professionals if needed

To learn more about these opportunities, email Cherie Powell at cpowell@bigspring.k12.pa.us.



MENTORS AND EXPERTS WANTED!

Experts

- Fill the knowledge gap with skill sets in areas not taught at the high school (i.e. advanced app development)
- Help students locate industry research
- Assist with manufacturing prototypes and electronics
- Visit the classroom and present to the class or small teams of students
- Allow students to reach out with specific questions

To learn more about these opportunities, email Cherie Powell at cpowell@bigspring.k12.pa.us.

“This class gives them the opportunity to start developing relationships very early in their professional careers which are just starting with education in high school,” Keller says. “I think that so much of one’s ability to be successful depends on relationships and the ability to leverage those relationships in a constructive way and that students are able connect with people who are potential role models or people who could then help them navigate the business community once they’re no longer in school.”



A student presents her product idea to the Business INCubator class.
Photo by Cassandra Davis

A rewarding experience

Angela Barlup, a business development representative at Belco Community Credit Union, has been involved with the program since the beginning. She sat on the advisory committee formed during the exploratory phase of the program and has served as a mentor, presented to the class, and acted as a judge during company presentations.

Barlup finds that providing mentorships to students as they explore future career options can be very beneficial.

“These students are the future and it’s important they have confidence and guidance to help them be successful,” she says. “Having a mentor relationship in high school that supports their growth and development can be a great asset to the student as they enter the workforce.”

Helping future business professionals can only have a positive impact on those already in the trenches.

“Today’s youth are tomorrow’s business leaders,” Keller says. “The more they know and the earlier they

start to learn and they start to understand how the business world works and how to participate in the modern economy, then the faster they will be able to be contributing members of society, and the faster they will be able to contribute overall to the economy. It’s never too early to learn.”

And while business professionals can have a great impact on the students, the experience can also benefit the mentors in a unique way.

“For me personally, being a mentor is a fulfilling and rewarding experience that allows me to give back to others and the community,” Barlup says. “Mentoring helped me grow as a person and has increased my understanding of the challenges and pressures students face today. I try to use these experiences to find new ways to reach students in ways that they can relate.”

Cassandra Davis is a communications coordinator and a freelance writer. She contributes frequently to Center Penn Parent.

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What they'll remember

By Dr. Salman Majeed

Violence, natural disasters and hate crimes fill the nightly news and social media feeds. Much as parents may want to shield their children from such tragedies, it's not always possible.

Instant access to news from every corner of the globe may leave children believing that horrible things happen everywhere, all the time. That can have a negative effect on their sense of security and well-being.

Because children's brains are still developing, they are more sensitive to the unexpected acts of violence taking place in our world. They need adults to help them make sense of what they are learning and reassure them of their safety.

Children already know more than adults think they do when it comes to tragic events, so it's important to know how to talk about such incidents with them. Here are 10 tips for how to approach the topic with them.

- 1 The conversations should arise naturally, as a response to a child's questions or comments. As the adult, you should welcome their thoughts and inquiries, and show that you are open to talking about their concerns. Let them know their feelings are normal. Children who don't have a trusted adult to help them process the information they are getting may attach their own personal meaning to it, which can be distorted or misguided.
- 2 When such conversations come up, listen to what the child is saying and tailor the discussion to their level of understanding, interest or distress. Don't ever force a conversation. Let the child lead the discussion. Validate his or her feelings, and gently correct any misinformation.
- 3 Ask questions such as "What do you know?" and "What questions do you have?" Then, adjust your responses accordingly.
- 4 Understand that children younger than 7-9 years of age usually don't fully comprehend the finality of death. They may see video game characters come back to life after being killed and apply that to other situations.
- 5 Avoid adding unnecessary information to what the child already knows, especially when it comes to graphic images or details.
- 6 Focus on those who are helping to make the traumatic situations better, such as government officials, the police, emergency responders, medical professionals and volunteers.



tips for talking with children about tragedy

- 7 Use difficult events as an opportunity to foster empathy for those involved. Talk about the positive things you as a family do to be kind to others and help those in need. When the tragedies result from people hurting each other because of their differences, talk about healthier ways to handle emotions. Send a message of inclusion and kindness.
- 8 Remember that children will learn the most from watching and listening to you. How you respond to and talk about such events will set an example for them, even if you aren't talking directly with them. Be mindful of what you discuss and how you talk about it when they are present. Avoid heated political discussions, sensationalized news or discussions of conspiracy theories when young eyes and ears are around.
- 9 Avoid stereotyping groups of people by race, nationality, or religion. Use negative events as opportunities to teach tolerance and explain prejudice. Model the behaviors you want your children to replicate.
- 10 If your child doesn't want to go to school after hearing about a shooting on television, reassure them that their school is safe. Don't allow them to stay home. That will only make things worse by reinforcing the idea that they do have something to be fearful of.

In cases where a child becomes paranoid, fearful or intensely affected by tragic news, it may be beneficial to seek out counseling or therapy. Younger children may demonstrate this need by regressing with developmental milestones such as toilet training or sleeping through the night. They may appear more anxious and worried or have nightmares. Older children may become overly fixated on following the details of certain events. They may need to take a break or detach so it doesn't consume them. In some cases, a child may become aggressive or withdraw as a way to deal with his or her feelings.

Above all, when processing news of tragic events, children need a message of safety and security.

Salman Majeed, M.D., is a child and adolescent psychiatrist at Penn State Health Milton S. Hershey Medical Center.



Be of good cheer

When the happiest season causes stress in our kids.

We know the added stress that the holidays can place on parents. But this magical time of the year can also cause stress and anxiety in our children. To learn why as well as how we can help, we sought guidance from Thomas Foley, M.D., a psychiatrist with CHI St. Joseph Children's Health Behavioral Health Center, which serves Lancaster County.

Central Penn Parent: Why are the holidays especially stressful for kids?

Dr. Foley: The multiple changes in routine that take place from late November through early January can take an emotional toll on children and their families. It is helpful to remember that the stress parents and caregivers are under during the holiday season also has a significant impact on family routines and stress levels within the home.

CPP: How young have you seen patients exhibiting holiday-related stress and anxiety?

Dr. Foley: Emotional stress and anxiety is a human experience and can be seen at any age. I think it's important to remember that children are products of their environment and are significantly influenced by the homes in which they are raised. At the CHI St. Joseph Children's Health Behavioral Health Center, we believe in the philosophy that all health is directly influenced by emotional and behavioral health. Furthermore, we feel that children are embedded within a family context and therefore their emotional health can best be influenced by focusing on overall family wellness.

CPP: Is there one age group that is more at risk than others?

Dr. Foley: In my experience, children and adolescents who have a history of being emotionally sensitive and/or struggling with changes in routine tend to be the most at risk of being affected by the stressors of the holiday season.

CPP: How can parents recognize that their child is stressed or anxious? Do the signs vary depending upon age?

Dr. Foley: Signals could include changes in behavior, eating patterns, and/or sleep routines. Symptoms vary

dramatically depending on the age of the person. For example, children with depression frequently present with physical complaints such as headaches and bellyaches and often have a withdrawn and sad appearance. Older children or adolescents are more likely to show signs of irritability and teenagers may also present with significant mood swings. These mood swings can be so severe and sporadic that they can be confusing for parents.

CPP: What are some simple steps that a parent can take to help minimize the seasonal stress for their child?

Dr. Foley: In order to help kids directly, it is important to try to keep family routines as consistent as possible during the busy holiday period. Maintain typical sleep and mealtime schedules to the best of your ability. This can be a challenge during this busy time of year but being mindful of these daily routines will put you in a better position to ward off potential unnecessary stressors.

It is extremely important for parents to focus on taking care of themselves both mentally and physically during the holiday season. We know that children and adolescents are affected by the emotional health of their parents and caregivers. Here are a few tips for parents to focus on for their own mental health during holiday season:

Keep It Simple. Try to set aside time without any planned activities for yourself and for other family members to allow for emotional downtime. Allow time for yourself to enjoy and remember the smaller but yet important experiences of the holiday season with your family.

Gifting. Try not to feel pressure to overspend on gifts. Consider making one or two gifts and allow your

children to be part of that experience. Very often, handmade gifts are the most treasured. This experience will teach your children important lessons in addition to quality family time. Science has shown that there are multiple neurologic and health-promoting benefits of "giving versus receiving."

Be mindful. Truly embrace the many experiences of the season. Learn to pause and pay attention to what is happening in the moment, focus your attention on one thing at a time, and attempt to notice how you are feeling in that moment while withholding immediate judgment regarding your thoughts and feelings.

Remember your role. Your behavior and stress management in addition to the traditions you create will be the foundation on which your children base their own future holiday traditions.

CPP: When should parents be concerned that the symptoms they're seeing in their child are more serious than seasonal stress and anxiety?

Dr. Foley: Signs of emotional distress for children that exceed a typical stress reaction would include significant changes in behavior such as mood swings, increases in irritability, changes in sleep patterns, changes in appetite, losses of interest in fun activities, withdrawn or isolative behaviors, or self-injurious behavior.

CPP: When should a parent seek professional guidance?

Dr. Foley: If a parent or caregiver is concerned about any of the above mentioned symptoms and feel that these symptoms are severe in frequency or intensity, prolonged, or interfering with the child's ability to function at home, with friends, or at school, consider having a conversation with the child's primary care provider to discuss the matter further.

Mealtime mania

When expectations rarely match reality

By Lynne Reeder

The bus stop is less than one minute from our house. In that minute, Layla will be screaming and hitting at her sister while Maya yells back and complains about the fact I didn't pack her lunch and she couldn't eat next to Abby G., while Layla's shoe comes flying from over the seats to smash against the windshield and Maya corrects her and I'll correct Maya for correcting Layla and then my head erupts like Te Ka seeking vengeance on Maui. Or yours trying to follow that run-on sentence. I'm an English teacher and my children reduce me to the grammatical ability of a teenager on Twitter within one minute of being around each other again.

And then we pull into our driveway and Maya gets out of the car and I struggle to lug Layla and 13 bags up the steps into our house. The dog barks and runs at my legs where I stumble and Layla squawks angry gibberish while Maya flings her belongings across the floor and asks the question I dread most: "What are we having for dinner?"

I've become convinced that the greatest conspiracy of modern times isn't the moon landing or how exactly the Kardashians became famous, but the family dinner. Seriously, as if the expectations on a modern mother aren't high enough, I now have to

come home from a long day at work to take care of two screaming, belligerent children, one who has homework and some sort of sports practice in an hour, and the other who likes to headbutt the stir-crazy dog when I'm not looking, AND MAKE EDIBLE FOOD? AND THEN HAVE US ALL SIT DOWN TO EAT IT AT THE SAME TIME?

What phenomenon of physics am I expected to pull off here?

Every now and then I humor myself. I peruse my weekly emails from Pinterest with "posts I might like," full of turkey die-cut vegan triangles and organic yam milk for a fun and healthy kid lunch (*real life translation for me: the crackers Lunchable on sale yesterday*) or "Instant Pot Must Makes!!!" claiming only five ingredients and minimal cleanup. But I haven't spent money on yet another contraption meant to speed up dinners I'll never make. Five ingredients? Try one, called this box of frozen pizza.

I'll get out the cookbooks or pay for a week of prepaid and organized meal prep plans. I'll tell myself if I can just plan ahead I'll be fine because I'll know what ingredients to buy on the weekend grocery run and will have an answer to Maya's



question in the 10 seconds

after we open the

front door. And it works. For like two days. By then I'll have a fridge full of food no one wants and have had my fill of Layla pulling on my leg and chucking gummy packs at me while I'm busy burning my fingers running interference between her tantrum and the hot oven. Not to mention discovering that the homework I reminded Maya to do while I slaved away is still sitting untouched in her backpack; but she's managed to watch three YouTube videos of a Japanese lady with nicely manicured nails opening surprise bags of tiny toys.

My sanity depends on chicken nuggets, mac and cheese, hot dogs, and texts from my husband asking if we want him to pick up a pizza tonight. Yes. Always PLEASE GOD YES.

My sanity depends on chicken nuggets, mac and cheese, hot dogs, and texts from my husband asking if we want him to pick up a pizza tonight. Yes. Always PLEASE GOD YES.

I have enough to make me feel like a failure without the barrage of reminders that I should be preparing and feeding my children well-balanced meals, all while wearing my grandmother's pearls and kitten heels and quickly running the vacuum and serenading the small birds that have come to land on my shoulder while I merrily fulfill my duties. I have literally daydreamed about the day when Layla and Maya are both old enough not to need my constant supervision so that I can possibly make a real dinner (*like once a week or so, let's not get carried away with this fantasy*).

But for now, it's just going to have to be enough that I do, indeed, feed them.

Lynne Reeder is a high school teacher and mom to two girls. You can follow her blog, Mom-ish, at CentralPennParent.com.



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Trends and
practices in labor
and delivery

PAGE 14

Labor
Q&A

PAGE 28

Postpartum
Impressions

PAGE 20

Genetic testing
parents' ethical decisions

PAGE 22

Resource
Directory

PAGE 24

Great expectations

A look at the newer trends and practices in labor and delivery.

Round table photos by Kara Clouser

Central Penn Parent recently welcomed Kenneth Oken, M.D., chair of Obstetrics & Gynecology at UPMC Pinnacle, to our office to discuss trends and developments in labor and delivery. Carley Lucas, CPP's advertising account executive and a new mom who delivered her son Mack this past summer, joined us.



PHOTO COURTESY GRACE MABURY

Leslie Penkunas: How does Pinnacle's birthing center differ from what it might have looked like 15 to 20 years ago?

Dr. Kenneth Oken: We're in the process of just building a new unit. It's scheduled to open in the next several months. I've been practicing for 25 years, and I think initially patients often were moved from a labor room into an OR or into a different room. Now pretty much people labor and deliver all in the same room. We encourage more family members to be present, and visitors, if they should want people to accompany them. So it's been really made to be more patient friendly and less, I'd say, sterile. And most of our rooms have Jacuzzi tubs.

Penkunas: Is that for laboring? Is that for relaxation?

Dr. Oken: Laboring. We don't do water births at Pinnacle. But they encourage it throughout labor for comfort measures. Pretty much most all of the rooms do have Jacuzzi tubs.

Penkunas: Is that something that a patient would request specifically before going in, or is it just the luck of the draw?

Dr. Oken: I'd say even in our new facilities, all but one room has a Jacuzzi tub it. The other thing is we have developed a 'hospital within a hospital' concept. Patients will have one elevator to come up to labor and delivery, so they don't have to traverse the entire hospital.

Penkunas: That's good.

Dr. Oken: The parking and everything will be made easier. During the middle of the night, they used to have to come to the emergency room. They don't have to do that and they also stay on one floor. On top of the Alex Grass Building [at UPMC Harrisburg], there is a brand-new, 39-bed, postpartum facility. With those rooms now, it has been significantly changed. [They] have been made much larger to accommodate patients and their families. One of the biggest complaints [from patients] that we had in looking at developing the new unit was that for the spouses and their family, there is no room. Often they pull out a chair with very little space for their significant other that was staying with them. Now, it's much larger and much more patient-friendly.

with them. Now, it's much larger and much more patient-friendly.



(From left) Kenneth Oken, M.D., chair of OB/Gyn at UPMC, new mom Carley Lucas, and Leslie Penkunas, Editor, Central Penn Parent.

A big change over the last 25 years is that babies really stay with the mother the entire time. We strongly encourage rooming in. The nursery, where it used to occupy a certain amount of square footage, has now really shrunk down. The only babies that go to the nursery are patients that their babies need to be there.

Penkunas: I remember when I had both of my kids — different hospitals, different states — but at both they'd say, 'Do want the baby to stay with you? Or we'll take him, we'll take her.'

Dr. Oken: It's really not even a question anymore. It's pretty much standard that the baby is staying unless they had a complicated Csection, or a complicated delivery or they had an issue and they can't care for the baby.

Penkunas: Is that what you encountered, Carley?

Carley Lucas: Well, I'm thinking about the labor and delivery with the Jacuzzi tub. That saved my life, I feel like. I definitely took advantage of that. I labored at UPMC right down the street [from the CPP office in Harrisburg] and then we had Mack in the room with us.

Penkunas: The rates of women waiting until they're in their 30s to have a child have been trending higher and a number of them are of 'advanced maternal age,' over 35. Are there special considerations in place for those [moms] during labor and delivery? It's been 14 years since I had my daughter. I couldn't do anything because I had monitors attached to me and tethering me to the bed. Has any of that changed?

Dr. Oken: Yeah, a lot of changes. There is probably less monitoring. There are portable monitors where the patient can ambulate with the monitor on them, if need be. But I think we realize that not every patient has to be continuously monitored just because they're 35. You know, certainly a patient in advanced maternal age may have more medical risk factors and more associated issues — diabetes, high blood pressure. They may be higher risk pregnancies, but it doesn't necessarily translate into they have to be continuously monitored, stuck to the bed the entire time.

We strongly encourage patients to ambulate, get up and move around in the tub. That's definitely changed. With these portable monitors, the patient can get up and move around, get up from the chair. The other thing is with more patients waiting longer, these patients tend to be much more educated, too. They've done their homework. They know what to expect.



We encourage people. If they have a particular plan or they have a request, there are very few things we won't accommodate. Most of the time we can work with the patient as long as it's safe. If it's what they want, it's not out of the question.

Penkunas: What changes or trends maybe have you seen in pain management during labor in recent years? Obviously the Jacuzzi in nearly every room. But what else have you seen?

Dr. Oken: We've recently added nitrous oxide as an option. We know the nitrous oxide doesn't really change the rates of epidurals and other pain modalities they're going to use, but it is just an added option that they have.

I'll be honest with you, I was pretty skeptical at first, but I've seen patients get off their labor and delivery with [just] nitrous oxide. It's also helpful for after delivery, if they have not had any anesthesia, not had an epidural. It can help with repairs and sometimes delivery of the placenta. Sometimes they require a little bit of extra pain management. [Nitrous oxide] is just enough.

Lucas: I used an epidural.

Penkunas: I probably would have used [the nitrous oxide] in addition to an epidural. For the anxiety, for just the calming.

Dr. Oken: It's been really helpful early on, but I've had patients here I would have sworn would have gotten an epidural and used the nitrous all throughout.

Penkunas: I know from having my son without having an epidural, that if you don't have an epidural, as soon as the baby is born you can get up. You can go to the bathroom. You can walk around. You don't have to worry about waiting for an epidural to wear off.

Dr. Oken: The nitrous oxide gives the option. And it doesn't prevent you from getting anything else. You can get an epidural right after it. It's a very short half-life. There are very few risks or complications and patients have control over it. They can do it when they want it. It's been a nice addition since we really haven't had anything new for years, besides IV pain medication, epidurals.

We also have patients that do hypno-birthing, which is another new thing. It's been offered through the

childbirth education area of Pinnacle. They do a great job with that. I think just giving patients additional options, knowing that it doesn't have to be all or nothing. It doesn't have to just be an epidural or nothing. I think pain management in labor and delivery has been a little bit behind the times. And then we see a trend lately towards some patients doing laboring without any pain medication, which I find —

Penkunas: More power to them.

Lucas: Yeah.

Dr. Oken: I've seen thousands of births. I don't know how they do it, but they do it and I think, again, it just gives them self-control. At Pinnacle, we don't have walking epidurals. You really can't move around. So it gives you options. Even if you get IV medication, you're really not going to get up out of bed after that. These other things give you definite options.

Penkunas: Are more moms-to-be designing their own birth plans, and have you seen those birth plans change in recent years?

Dr. Oken: Certainly there is a large percentage of patients that will go online and just pull up a birth plan, not really sometimes knowing what's on the birth plan. So we see a lot more of just generic birth plans. But then you have people that have really tailored a birth plan to what they want. It kind of waxes and wanes. [addressing

ROUNDTABLE continued on next page



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Maternity & babyguide Round Table

Carley] I don't know if you had a special request?

Penkunas: I think she requested pain medication.

Lucas: I did. I have a friend that was in labor and delivery, a nurse at Pinnacle for a number of years. She was at my shower and asked me what my birth plan was. We have another friend of ours that with her two boys, had a particular music and [a request for] incense, or whatever it was, and somethings that were strange and off the wall and she's very particular. She's sitting there through this entire conversation. I said, my birth plan is to go in, to make sure that the pain is managed, and to get the kid out safely. She said, that sounds about like the most simple birth plan that you can have. I'm pretty sure everybody in the delivery room is going to love you for it.

Penkunas: When should someone present their birth plan? How do they present it? And how does the hospital follow?

Dr. Oken: We encourage people to present the birth plans ahead of time, so it can be discussed with the provider and

we'll review it. In my particular office, we'll actually pass it around so all the providers see it, look at it, sign off on it. It's kind of hard when in labor to present a birth plan. The train has already left the station.

A lot of the things too that people are asking for now have become standard care. Delayed cord clamping — they want to hold their baby. We do skin-to-skin in well over 90 percent of our deliveries; that used to be a big thing in birth plans. wanted delayed medication. A lot of these things are fine. They just need to be asked ahead.

When you come in in labor, I like to ask the patient, "Do you have special requests? Is there something that you really want?" They'll say the delayed cord clamping. They'll say we want the lights down. We want it to be quiet or we want the father to announce the sex of the baby, things like that. So it's just really communicating with the provider to make sure they know.

Lucas: Pinnacle was very good with that with us, because there were things like delayed cord clamping. That wasn't something that we discussed going in.



Carley Lucas

For those that don't know, delayed cord clamping encourages a more positive blood flow to the baby after birth before they cut the cord and that sort of thing. The cord is still attached for maybe five to seven minutes after birth, so there is still more of the natural blood flow coming from the mother to the baby.

Dr. Oken: They want to wait until it stops pulsing. Which, if you think about nature, it's probably a little bit more natural to have this.

Lucas: Yes. And they asked if my husband wanted to cut the cord and that was just something that Kyle was not interested in. He was just like, 'Nope, I'm good.'

Dr. Oken: That's the point too. If that's part of the birth plan that the father does not want to be involved in the cord, that's fine.

Lucas: Pinnacle, for us at least, was

ROUNDTABLE continued on page 18

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very good about as the situation of things progressed, 'Do you want to do this or do you want to do that?'

Penkunas: Touching bases with you.

Lucas: Yes. You have a choice here at this time in the process. You have X amount of timeframe here. We want to wait for you to have an epidural for a little bit. OK. Do you want to sit in the Jacuzzi or do you want to walk around?

Dr. Oken: Did you have a birth plan?

Lucas: We had talked about it with the OB. We had both, [an OB and a] midwife.

Dr. Oken: That's another good point. Midwives. Our group has two, soon to be three midwives. We have midwives on 70 percent of the time but not all the time. If she wanted a midwife to be at her delivery today, we would have a midwife on call. We may be able to work to get somebody there. But if she was going to be induced, we'd make sure you were induced when a midwife was on call.

Lucas: We were lucky enough to have both there.

Dr. Oken: There are some people that feel very strongly they want a doctor there, which for most births is not necessary. And there are some that say they want to do it more natural with a midwife. But a doctor is always on call.

Penkunas: National statistics show that about 10 percent of women opt for midwives. Are you finding that percentage to be about the same at Pinnacle?

Dr. Oken: The question, too, is when you say 'opt for midwives.' We offer. At Pinnacle there are no sole midwifery practices. We work collaboratively with the midwives. You can choose during your pregnancy to just see a midwife. That's fine. Within our practice, you could just see one physician, knowing when you come in in labor, he's on call. Unless it can be scheduled. I don't even know if you want to go down the whole road of recent discussions about inducing everybody at 39 weeks.

Penkunas: Yes. When I was in the later stages of pregnancy with my son, I was put on bedrest because I had lost too much amniotic fluid. I still ended up going four days past my due date before my OB would schedule me [for an induction]. She said, 'There is no point to induce before your cervix is ready.' Now they're saying that it's okay to induce early, that outcomes are better?

Dr. Oken: We just had a speaker last week come in from Pittsburgh to speak about it. He was part of the study. It says that inducing patients at 39 weeks *may*,

and I would definitely underline *may*, be safer. May be safer and actually *reduce* the C-section rate by inducing at 39 weeks. I think we have to take that with a grain of salt. It's one trial. There were trials years ago that showed that there was a higher C-section rate if you induce people.

Penkunas: So, C-sections. How has an OB's approach to C-sections changed over the last few years, if at all?

Dr. Oken: Having done this for 25, 30, years, it kind of waxes and wanes. Years ago there was a big trend to vaginal birth after C-section, and then we kind of got away from it and we saw the C-section rate rise. I think in the medical legal climate you see more C-sections being done.

With the C-section rate right around 30 percent, we really feel that it should be lower. There are a lot of factors. But I think as providers, we have to do a better job of lowering that C-section rate.

Penkunas: Have you found keeping the baby with the parents has resulted in better outcomes for the baby, as far as the next couple of weeks?

Dr. Oken: We're a baby-friendly hospital. We strongly encourage breastfeeding. I can't speak to fetal outcomes. But certainly bonding is probably better. The amount of teaching and education that goes on the floor before the patient goes home — bathing, feeding, car seats, safety things. How baby sleeps.

Lucas: The education process postpartum, especially with the baby in the room, made us feel much better about taking the baby home. Pinnacle actually went as far as having us sign paperwork that we would not fall asleep while holding the baby and that was to prevent accidents and we have taken that practice into our home. They went over everything. I mean, so we were very well educated.

Dr. Oken: I remember when my first baby, was born. I obsessed over when is the cord falling off, when is the cord falling off.

Penkunas: More new moms in Pennsylvania are breastfeeding their babies. It's up 10 percent from a decade ago.

Dr. Oken: Diaper bags with a formula company, given by a formula company. don't happen anymore. We used to give out formula samples and diaper bags from the formula company in our office.

We no longer have them. And that's been a pretty concerted effort on all parts to make this happen.

Penkunas: With all the various changes in laboring and birthing, how receptive do you think hospitals have been?

Dr. Oken: Hospitals have finally seen that women and babies are a huge area. They've always concentrated on the cardiac, orthopedics, and Pinnacle especially. Now you see Hershey just announced they are building a new unit. NICUs were always these pods of 10 or 15 beds. Now, we're going to have private rooms, a 40-bed NICU. Even with a baby as young as 25 weeks, the family will be able to stay there.

Penkunas: That's such a huge commitment and dedication by a hospital because of the expenses.

Dr. Oken: Space, a huge expense. The Grass Foundation provided this new unit. It's going to be state of the art — but really, it's for the families. The hospital I think has recognized that women and children services are huge. You know, I think we had a decent facility. Now we'll have a great facility.

Lucas: I was actually very impressed [with the current facility]. I was thinking that it would be just like a regular hospital room and it was a suite. There was the bathroom suite with the Jacuzzi tub. Even when I was laboring and my husband couldn't do anything, he was very comfortably sitting there watching the game on TV. We were very pleasantly surprised.

Dr. Oken: I think historically women and children's services have been on the back burner. Pinnacle has been a leader in the field in the area with close to 4,000 births a year. It's been a passion of mine for the last several years to get this done and I think the administration.

Lucas: I have one more question. Out of the thousands of births that you have witnessed or partaken in, do you have one or two that stick out?

Dr. Oken: Yeah, my own kids. I didn't deliver my oldest, but my other three. My wife would say I didn't *deliver* them, but that I was there and helped her. They were actually very easy, but it was fun. I think OB in general 99 percent of the time is fun and exciting. I wouldn't do any other job.

Note: This discussion was edited for length and clarity. You may read a fuller version online at CentralPennParent.com.



Dr. Kenneth Oken

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Postpartum Impressions

Finding peace in my new skin

By Lynne Reeder

PHOTO BY CHRISTINA PAOLETTI

I stare at the folds of skin around my midsection. I can see my pores there, stretched indentations that line the surface of my stomach like moon craters. I turn my eyes to the bathroom mirror and twist sideways. I flash to how my skin spills over the top of my jeans when I'm sitting on the couch, nursing my newborn. It puddles and drips, lacking substance, searching for somewhere to go.

I pick up a sliver and roll it between my fingertips. I marvel at the texture of it, like a deflated balloon after being blown to its breaking point. I gained way too much weight while pregnant. I shouldn't have let the miscarriage before scare me away from exercise. The doctor told me the running I'd done a week before the bleeding began didn't cause me to lose the baby. Still, I'd been so afraid to move, to shift something.

My ankles are thick and my hips sit wide as my thighs. But my 6-year-old thinks I'm beautiful, and my 4-month-old calls me home.

Three pregnancies, two children. A body not matching my head. My belly button itself appears painted, the skin five shades darker than the rest of me. Stretch marks arc around it like an abstract painting. The kind you have to pretend is beautiful.

I pull back the shower curtain to start the water. Four months post-pregnancy, 65 pounds lighter, and still not feeling like myself. I step in, water pulsing over my forehead. I spread suds over my leg. My flesh ripples, flowing out and away as I scrub. It's unfamiliar to me, how soft I've become.

And suddenly, I'm back in the cafeteria of the school where I work. I'm seven months pregnant,

waddling everywhere I go. I wait patiently for the cafeteria lady to see me from where she's washing up dishes in the back. She comes out, smiling and wiping her hands. She hands me a Styrofoam tray with a chicken patty and, like every single person who crosses my path, asks, "So when are you due?"

I cringe because I hate this question. But answer her.

She puts her hands on her hips and chuckles. "That long yet? My goodness, but you're big! You sure there's not twins in there?"

It's not meant to be hurtful. It's light-hearted and casual, and something people have been saying to me since I was five months pregnant. I freeze my smile in place and duck out.

Every step back to my room hurts. My toes are pinched in my flats and my foot is so bloated it's

spilling over the top. I am mortified. I'm crying over a woman asking me about my pregnancy. I'm crying because she made me feel fat. I'm crying because I do feel fat, and nothing like myself, and I hate that I'm the kind of person who doesn't enjoy being pregnant, because I'm terrified of suffering another loss, because my identity is so tied to my waistline.

And now here I am, lighter than I was when I got pregnant, and I'm still scrubbing the self-doubt from my skin. Because this post-pregnancy body isn't me either. I don't like feeling pourable.

Even so, I slide on my threadbare sweatpants

and the nursing bra I've worn for three days. I pick up a t-shirt from the floor and crawl into it as I walk out to the living room and scoop up the grumpy 4-month-old. Construction paper and crayons sprawl across the living room floor. Maya's embedded in the middle of this chaos. Layla reaches around and grabs onto the skin at the back of my arm. She nestles her head against my chest.

"Mommy!" Maya exclaims. She jumps up, impulsively kisses her sister, then throws her arms around my neck as I sit down. "Mommy," she says, suddenly serious. "You're beautiful."

I smile at her and swallow against the tide rising in my throat. Layla's hand adjusts its grip on my arm and she sighs, her breath skimming my collarbone.

My body is not what it used to be. It has a C-section scar that has bore two little girls. It's blotched with moles and freckles and skin tags. My ankles are thick and my hips sit wide as my thighs. But my 6-year-old thinks I'm beautiful, and my 4-month-old calls me home.

As Maya hugs me again and Layla giggles at her big sister, I realize who I want to be as a woman raising girls, because I don't want them to lose so much time over worrying about their bodies. I don't want them thinking that the most beautiful parts of themselves are stitched inextricably to their jean size. I want them to know their bodies are part of their beauty because of what they are *capable* of, not what they look like. For mine has given me so much more than stress and doubt and resentment.

It's given me them.

A high school teacher for over a decade, Lynne Reeder is a two-time Perry County Poet Laureate and PCCA's 2017 Educator of the Year. You can follow her blog, Mom-ish, at CentralPennParent.com.



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717-901-9898

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the looking glass

By Sandi Schwartz

Recreational genetic testing gives parents ethical decisions to ponder.

If you had access to a crystal ball, would you want to find out your child's fate from a young age? Would you rather be left in the dark or know all the details of your child's health today and potential problems in the future? A new phenomenon called "recreational genetic testing" has arrived, and as parents, we will have some arduous ethical decisions to ponder.

Direct-to-consumer genetic testing has arrived

The Food and Drug Administration recently approved the first home genetic test by the company 23andMe that enables people to determine if they have a genetic risk for certain diseases. This is considered recreational because you can order and take the test yourself without getting a prescription from your doctor. It is similar to the ancestry tests offered by this same company. All it takes is a simple swipe of your, or your child's, saliva.

If you found out your son is tagged to develop a serious disease later in life, would you change how you treated him, the type of school you sent him to, or how often you took him to the doctor?

This new test looks at a patient's risk for a total of 10 diseases including: Parkinson's disease, late-onset Alzheimer's disease, Celiac disease, Gaucher disease type 1, and hereditary thrombophilia and Factor XI deficiency (both blood clotting disorders). This test does not currently evaluate genes that predispose people to cancer.

This new world of genetic testing sounds intriguing because we can easily find out our future health risks in an affordable way. For a few hundred dollars, we can get a report compared to \$1,000 or more for genetic testing in a medical facility. More than a dozen companies now sell genetic tests, and they are becoming more and more popular. The global market for these tests was valued at more than \$70 million in 2015.

Having this information can shape our decisions regarding lifestyle choices like diet and exercise, and can keep us and our doctors on the lookout for signs that a

disease is starting to develop. Some companies are taking advantage of this approach by selling patients diet and fitness advice that is supposedly linked to our genetics. Most companies are marketing to adults, but some offer tests for children as well. One company even promises to provide parents with information on their child's genetic predisposition for success in sports.

Flaws with the tests

With all the promises made about these genetic tests, there are also several important flaws to point out before you jump into anything.

First, consumers need to understand that genetic testing is not always accurate. Our genes almost never indicate a 100-percent risk for any disease. Instead, several different genes interact with our lifestyle and other factors to trigger symptoms of disease. Experts at the National Institutes of Health state that it is unlikely that genetic testing will ever be able to predict disease with complete accuracy. In addition, some genetic mutations are inherited, some develop before birth, and some occur later in life. Because of this uncertainty, we have to be careful of putting too much faith into these results, especially for our children.

Next, a big concern with allowing individuals to take the tests and review the results in their own home is that they will not have experts to explain it to them and to support them if they receive some bad news. The results and their implications can be quite complicated, with some physicians even struggling to understand them fully. The tests do come, however, with a recommendation for patients to seek help from a healthcare professional or genetic counselor before getting the results of the test.

Finally, many people are alarmed by privacy issues since it is not clear what the companies will do to protect patients' results. Will they ensure that the data is safeguarded and unable to be viewed by other individuals?

Emotional fallout

Even though the FDA is requiring that customers click an acknowledgement that they understand the results could cause them anxiety, there are many concerns about the emotional fallout that these tests can cause especially when children are involved.

Imagine, for example, that you had your son tested and found out he is tagged to

PHOTO BY CHRISTINA PAOLETTI



develop a serious disease later in life. What would you do? Would you change how you treated him, the type of school you sent him to, or how often you took him to the doctor? What if you found out that your young daughter carried the BRCA gene for breast cancer? How might this change the trajectory of her life from dating to where she attends college to how early she decides to have children? Ethical experts worry that having this genetic knowledge might cause stigma or discrimination for these children. Also, learning that a child has a disease can impact other members of the family and prompt them to be concerned and to consider getting tested themselves.

Another twist to genetic testing is that people can learn information about themselves that they never expected. Sometimes when tests are taken by both parents and children they can reveal “non-paternity,” meaning that the man someone thought was their dad is not actually related to them. Studies show an estimated rate of 1–10% that this shocking news happens. This can certainly cause intense anxiety and rip a family apart.

Finally, because of the uncertainty that the disease will actually develop, is it really worth all the stress now to think that your children will have an issue when they are older? Experts believe that the majority of genetic tests are unable to predict someone’s health future; sometimes the disease never even develops.

Recommendations

This issue is not expected to go away any time soon. In fact, more and more companies are planning to market home genetic tests, and currently major research projects are underway to explore how to gather complete genetic information at the time a child is born. Genetic testing for children may become the norm before we know it.

So, what should parents do? Before you order the genetic test, consider these recommendations from the American Society of Human Genetics (ASHG) Workgroup on Pediatric Genetic and Genomic Testing.



If your child is healthy, there is no need to have them undergo recreational genetic testing.



Children are considered a vulnerable population because they are unable to make decisions for themselves regarding their own health. Parents should, in most cases, defer testing until their children are old enough to participate meaningfully in the decision.



If your child is at imminent risk for developing a disease during childhood due to family history, such as childhood cancer or hemophilia, then genetic testing makes sense. At this point in time the home tests are too unreliable; children should be tested within the healthcare setting for more accurate results as well as proper counseling and support.



In cases when a teen may benefit from genetic testing, it is best for the teen to talk directly to a trusted health care professional without parents in the room. This will provide an unbiased assessment of the benefits and risks of testing. Then the teen and parents can make the decision together.

Sandi Schwartz is a freelance writer and blogger and mother of two. She has written extensively about parenting, wellness and environmental issues. You can find her at happysciencemom.com.

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Email: info@childcareconsultants.org

Resource Directory

Hospitals/Birthing Centers

CUMBERLAND COUNTY

Geisinger Holy Spirit Hospital
www.hsh.org
503 N. 21st St., Camp Hill
717-763-2100

UPMC Pinnacle Carlisle
www.pinnaclehealth.org/Carlisle
361 Alexander Spring Road, Carlisle
717-249-1212

UPMC Pinnacle West Shore Hospital
www.pinnaclehealth.org
1995 Technology Pkwy., Mechanicsburg
717-791-2400

DAUPHIN COUNTY

UPMC Pinnacle Community Osteopathic
www.pinnaclehealth.org
4300 Londonderry Road, Harrisburg
717-652-3000

UPMC Pinnacle Harrisburg
www.pinnaclehealth.org
111 S. Front St., Harrisburg
717-782-3131

Penn State Health Milton S. Hershey Medical Center
Penn State Children's Hospital
www.pennstatehershey.org
500 University Dr., Hershey
800-243-1455

LANCASTER COUNTY

UPMC Pinnacle Lititz
www.pinnaclehealth.org/lititz
1500 Highlands Drive, Lititz
717-625-5000

Lancaster General Hospital
www.lancastergeneralhealth.org
555 N. Duke St., Lancaster
717-544-4636

Women & Babies Hospital
www.lancastergeneralhealth.org
690 Good Drive, Lancaster
717-544-3700

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YORK COUNTY

UPMC Pinnacle Hanover
www.hanoverhospital.org
300 Highland Ave., Hanover
717-316-3711

UPMC Memorial
www.pinnaclehealth.org/memorial
325 S. Belmont St., York
800-436-4326

Pediatric Hospitals

Lancaster General Health / CHOP Pediatric Hospitalists

www.lancastergeneralhealth.org
555 N. Duke St., Lancaster
717-544-5331
LGH's partnership with the Children's Hospital of Philadelphia, one of the nation's top-ranked children's hospitals, ensures that families in our community have access to the very best experts in pediatric medicine.

OB/GYN Services

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Geisinger Holy Spirit
www.geisinger.org
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717-763-2100
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Shady Grove Fertility Center
www.shadygrovefertility.com
2005 Technology parkway, Bldg. 2, Ste. 340, Mechanicsburg
717-763-1036
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DAUPHIN COUNTY

PinnacleHealth Obstetrics and Gynecology Specialists
www.pinnaclehealth.org
100 S. Second St., Harrisburg
717-231-8341
1 Trinity Drive East, Dillsburg
717-432-3245

LANCASTER COUNTY

Shady Grove Fertility Center
www.shadygrovefertility.com
205 Granite Run Drive, Ste. 350, Lancaster
610-376-1229
As we commemorate 27 years as your trusted provider, we celebrate 50,000 babies born.

YORK COUNTY

Memorial Hospital Family Birth Center
www.pinnaclehealth.org
325 S. Belmont St., York
800-436-4326

Mountain View OB-GYN
hanoverhospital.org/medical-group
20 North St., Hanover
717-637-7755

Other Services/Support

CHIP – Highmark Blue Cross Blue Shield

www.highmarkbcbs.com
P.O. Box CARING, Pittsburgh
800-543-7105
Comprehensive health coverage to eligible children and teens in 29 counties of Pennsylvania. CHIP is available in Pennsylvania to any uninsured child up to age 19, regardless of household income.

CHIP - UPMC for Kids

www.upmchealthplan.com
1-800-978-8762
U.S. Steel Tower
600 Grant St., Pittsburgh
In 2006 we covered 50 kids in Pennsylvania. We're now covering more than 37,000. UPMC for Kids has grown to become the largest CHIP plan in the state.

Child Care Consultants, Inc.

www.childcareconsultants.org
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717-854-2273
Child Care Consultants is committed to helping children, families and early childhood education programs be successful.

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WINTER FUN GUIDE

The weather outside is frightful? Head to the theater for some cheer!

By Central Penn Parent staff

Winter, especially around the holidays, really is the most wonderful time of the year. And what better way to celebrate the season than with a special outing to a ballet, play or other special performance?

Donetsk Ballet Company of Ukraine's Nutcracker Ballet

November 30-December 2
Calvin & Janet High Performing Arts Center
Lancaster Mennonite High School
2176 Lincoln Hwy. East, Lancaster
717-201-1122
vyballet.com/performances
Featuring 20 principal dancers and corps de ballet of the Donetsk Ballet of Ukraine as well as 90 local dancers, with hundreds of exquisite costumes from Ukraine and America. *Tickets are \$37.*

The Steadfast Tin Soldier

Saturdays, December 1, 8 and 15, 1 p.m.
The Popcorn Hat Players Children's Theatre
15 N. Fourth St., Harrisburg
717-238-4111
gamuttheatre.org/php
The performance is an adaption from the Hans Christian Andersen classic about the tin soldier, given only one leg, and his love for a paper ballerina. Suitable for all ages, the show lasts one hour. *Tickets are \$8.*

A Christmas Carol

Saturdays, December 1-29
The Fulton Theatre
12 N. Prince St., Lancaster
717-397-7425
thefulton.org
The holiday classic has been reimagined just for the Fulton. Ebenezer Scrooge encounters spirits of Christmases past, present and future to discover loves and lives he has neglected. The Victorian setting is peppered with pop culture references and a holiday sing-a-long that will bring cheer to every age. *Tickets start at \$11.*

Cinderella's Christmas

Saturdays, December 1-29
Lancaster Marionette Theater
126 N. Water St., Lancaster
lancastermarionette.org
The classic tale of Cinderella is presented in a holiday setting by Robert Brock, the theater's artistic director, with marionettes he created. Arrive early to have a back stage tour of the theater and the John Durang Puppet Museum 20 minutes prior to curtain. The show is appropriate for children who can sit quietly for 35 minutes. *Tickets are \$15.*

The Man Who Saved Christmas

Weekends through December 16
The Playhouse at Allenberry
1559 Boiling Springs Road, Boiling Springs
717-258-3211
allenberry.com
Based on the true story of A.C. Gilbert, the inventor of the Erector Set, the show focuses on Gilbert's battle with the U.S. government as it attempts to ban toy sales during the 1917 holiday season. The musical numbers echo the World War I era. The show features dancing factory workers, singing soldiers, chorus lines of happy kids, and know-it-all politicians. *Tickets are \$28 for adults, \$22 for students.*

Christmas Magic Lantern Show

December 1, 8 & 15; and Tuesdays – Saturdays, December 18-29
Magic Lantern Theater
3121 Old Philadelphia Pike, Bird-in-Hand
717-768-8400
amishexperience.com/magic-lantern-shows/christmas-show
You'll be taken on a trip through the holiday season with theatrical readings of iconic

stories like "A Christmas Carol" and poems like "The Night Before Christmas," with fascinating visual images, heartfelt music and great storytelling. The show lasts 90 minutes. *Tickets are \$19.95 for adults, \$13.95 for children ages 4-12.*

Totem Pole Presents A Christmas Carol

Saturdays and Sundays, December 14-23
The Majestic Theatre
25 Carlisle St., Gettysburg
717-337-8200
gettysburgmajestic.org
This all-new adaptation of "A Christmas Carol" simply and directly tells the redemption of the human soul and preserves the beautiful language, charm and humor of Charles Dickens' classic tale. *Tickets start at \$20.*

Magic & Wonder of Christmas

Through January 1, 2019
Bird-in-Hand Stage
2760 Old Philadelphia Pike, Bird-in-Hand
800-790-4069
bird-in-hand.com/stage/magic-wonder-christmas-2018
Master illusionist Brett A. Myers and his cast combine amazing illusions, comedy and holiday music. There's also audience participation and live animals in this family-friendly show that spreads the Christmas spirit on a journey of joy, hope and celebration for all ages. You can make it a meal-and-show, or opt for show only. *Tickets start at \$27 for adults and \$13 for children ages 4-12.*

Jesus

Through January 5, 2019
Sight and Sound Theatre
300 Hartman Bridge Road, Ronks
800-377-1277
sight-sound.com/shows/lancaster/jesus/2018
While most of the world is celebrating the nativity this season, Sight and Sound Theatre presents an action-packed musical stage adventure that takes audiences on a journey alongside the Prince of Peace and the everyday people whose lives he changed forever. *Tickets start at \$59 for adults and \$26 for children ages 3-12.*

The 2018 Christmas Show The First Noel

Through December 30
The American Music Theatre
2425 Lincoln Hwy. East, Lancaster
800-648-4102
amtshows.com/2018-christmas-show
Beautiful snowscapes, child-like joy, cherished stories, the spirit of love, and all your favorite things about the holiday season are onstage in this celebration of timeless holiday classics. This year's all-new show features beloved seasonal and sacred Christmas songs that are brought to life by vocal talent from across the country, accompanied by the AMT Orchestra. *Tickets are \$42 for adults, \$21 for children.*





WINTER FUN GUIDE

A Charlie Brown

Christmas Live on Stage

December 5 & 6, 8 p.m.
The Hershey Theatre
15 E. Caracas Avenue, Hershey
717-534-3405
hersheyentertainment.com

Adapted from Charles M. Schulz's timeless story of the spirit of Christmas, this show features the cherished music of Vince Guaraldi, as well as a concert of favorite holiday carols performed by the Peanuts characters. *Tickets start at \$25.*

Every Christmas Story Ever Told (And Then Some!)

Fridays-Sundays, December 7-23
The Gamut Theatre
15 N. Fourth St., Harrisburg
717-238-4111
gamuttheatre.org

It's a comic adventure of many Christmas stories, plus Christmas traditions from around the world, seasonal icons from ancient times to topical pop-culture, and every carol ever sung (OK, not every). The show promises to be a fast-paced romp through the holiday season. *Tickets start at \$15.*

Midstate Ballet Presents the Nutcracker

December 8 & 9
Strand Theatre, The Appell Center for the Performing Arts
50 N. George St., York
717-846-1111

The Midstate Ballet presents the magical journey of Clara and her Nutcracker prince from an intense battle between toy soldiers and mice to the Kingdom of Snow and the Land of Sweets. *Tickets start at \$24.75.*

It's Wonderful Life: A Radio Play

December 14-16
The Capitol Theater
159 South Main St., Chambersburg
717-263-0202
thecapitoltheatre.org

The holiday classic comes to life as a live, 1940s-style radio broadcast. With the help of an ensemble that brings a few dozen characters to the stage, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve. *Tickets are \$21 for adults, \$11 for children ages 3-12, and \$16 for students with a valid ID.*

George Balanchine's The Nutcracker

December 15 & 16, The Whitaker Center for the Performing Arts
Sunoco Performance Theatre
222 Market St., Harrisburg
717-214-2787

December 22 & 23, The Hershey Theatre
15 E. Caracas Avenue, Hershey
717-534-3405
George Balanchine's The Nutcracker is a beloved holiday favorite. Performed by the dancers of Central Pennsylvania Youth Ballet, the winter classic features larger-than-life sets and dazzling costumes set to the magical music of Tchaikovsky. The Harrisburg Symphony Orchestra will accompany the performances at the Hershey Theatre. *Tickets start at \$30 for adults, \$25 for children for performances at the Whitaker Center; and \$35 for adults, \$30 for children at the Hershey Theatre.*

The Chambersburg Ballet Presents The Nutcracker

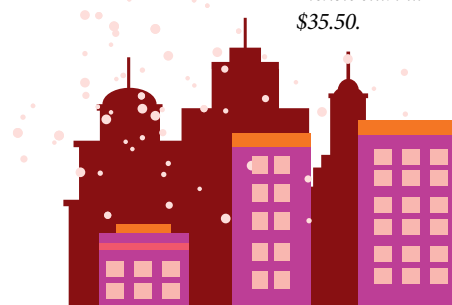
December 15 & 16
The Capitol Theater
159 South Main St., Chambersburg
717-263-0202
thecapitoltheatre.org
Over 40 local dancers and professional guest

artists perform the holiday classic. Truly colorful and magical, the performances feature over 100 colorful costumes designed and handmade by local artisans. *Ticket prices are \$21 for adults, \$15 for students ages 6-17, and \$11 for children ages 3-5.*

Jewel's Handmade Holiday Tour

December 16, 8 p.m.
Hershey Theatre
15 E. Caracas Avenue, Hershey
717-534-3405
hersheyentertainment.com

It's a one-of-a-kind show, with Grammy-nominated songwriter and New York Times' bestselling author and poet Jewel performing holiday classics, holiday originals and classic Jewel songs alongside family members. Pre-show, there will be a unique and interactive gifting experience offering guests the chance to make handmade, one of a kind holiday gifts. *Tickets start at \$35.50.*



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Snow day

When Old Man Winter gives them a day off, make the most of it.

By the Central Penn Parent Staff

There's nothing quite like the excitement of kids learning school has been closed because of the snow. We believe it is a gift that should not be squandered, so we've come up with the blueprints for the best snow day ever.

Building a quick igloo

Sure, there are ways to build a proper igloo that involve angles, math, cutting tools and more. But the kiddos may be back in school tomorrow, so they'll want to spend less time configuring and building, and more time enjoying their igloo. Here is our cheat sheet.

You'll need a steep, heavy snow to make an igloo — the same type of snow that's ideal for creating snowmen. Stomp around in a small circle (don't make it wider than 5-7 feet) to pack the snow. Then place your snow blocks (at least 8 inches thick, for support) around the edges of the circle, leaving a small opening for the entrance.

Continue stacking the snow blocks, in row at a time, in the semicircle until the entrance is tall enough to enter. Before continuing, place a board across the top of the entryway for support. Then resume stacking rows of snow blocks, but now completing the circle. When it's tall enough, place an inverted saucer sled on the top. Cover lightly with snow.



This is a fun, indoor craft project for the kiddos. And no, this paint is not really made of snow, but it will resemble it.

Materials:

½ cup white glue, like Elmer's
½ cup shaving cream
Silver glitter
Paint brushes
Color construction paper
A few drops of vanilla or peppermint extract, if desired

Instructions:

Combine glue and shaving cream in a bowl until it has the consistency of whipped cream.
Add glitter and, if desired, extract, and stir.
Paint pictures on construction paper. Air dry.



Snow paint

Snow Picassos

A fresh snowfall provides the perfect blank white canvas for some fun artwork. And you probably have all you need in your cupboards and pantries already. Find some empty squeeze bottles (go ahead and clean out the nearly empty plastic mustard and ketchup containers if you don't have spare empties around). Fill each up with water and a few drops of food coloring. Have your kids wear some waterproof or at the very least water-resistant mittens or gloves and let the "painting" on snow commence!



Maple snow candy

Adult supervision is required for this as it involves boiling maple syrup on the stovetop. But this old-fashioned treat is fun to make.

Materials:

Snow • Cookie tin • ½ cup pure maple syrup

Instructions:

Gather a bunch of snow and pack it a few inches high onto a large cookie tin. You can do this outdoors and leave the tray outside or bring it into the kitchen — wherever you would prefer to make the candy.

Put the maple syrup in a heavy saucepan and heat on medium-high, stirring frequently. Boil until a candy thermometer registers 235 degrees F. Don't have a candy thermometer? Just boil it for four to five minutes.

Take the pan of super-hot maple syrup to your cookie tray of packed snow. Drizzle the syrup all over the snow's surface. The syrup will cool quickly and then become hard. Pick up the pieces when cooled and eat carefully — this type of candy can pull out a filling!



Snow ice cream

If you have fresh, clean snow, then you can very quickly have fresh, yummy snow ice cream! You can plan ahead and put a large Tupperware container outside the night before and collect freshly fallen snow. If you didn't think of that, just grab a container and fill it with a bunch of snow.

Ingredients:

½ gallon of fresh, clean snow • ½ cup of sugar
1 cup of milk (any type) • ½ teaspoon of vanilla

Instructions:

Stir all of the ingredients in a large bowl until mixed. Eat immediately — before it melts!

Saving a snowflake

This project, which we found at PopularScience.com, is a bit involved, but we think any child — or grown-up, for that matter — interested in science or snowflakes would love making this winter keepsake. If you have a budding chemist in the family, you may already have all the supplies you need.

Materials:

Superglue (original runny style, not the gel form) • Glass microscope slides and coverslips • Tweezers

Instructions:

Put the microscope slides and coverslips, the tweezers and the superglue outside to chill; it should be no warmer outdoors than 20 degrees F.

Pick up a snowflake with the chilled tweezers and place it on the microscope slide; alternatively, you can let snowflakes fall onto the microscope slide. Place a drop of the chilled superglue on the snowflakes. Gently place the cover sleeve on top; do not push into place or slide it as this could the snowflake to melt. Leave the slides outdoors for an hour or more.

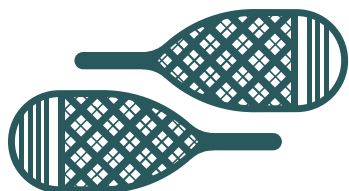
Pick up the slides carefully (so as not to warm with your fingers) and place them in the freezer for two weeks. You need to allow this much time in below-freezing temperatures to allow the superglue to dry completely without the snowflakes warming and melting. After two weeks, you'll have preserved snowflakes!

WINTER FUN GUIDE

By the Central Penn Parent staff

If you can hike, you can snowshoe. So can your kids. This fun and relatively safe activity is the fastest growing winter sport in the United States. That's probably due in large part to its small learning curve and relative affordability.

What do you need to know before you hit the snowy trails with your family? We break it down here.



Gear

Snowshoes are designed to displace your weight evenly across the snow's

surface so that you don't sink far into the snow. So instead of trudging along and struggling with steps, you can walk or hike or even run more easily.

The length of snowshoes depends upon how much the user weighs—the heavier, the longer the snowshoe. The most common sizes, according to Snowshoe Magazine, are 25 inches, 30 inches and 36 inches. For children weighing under 50 pounds, a 16-inch snowshoe is appropriate; for those weighing

between 50 and 90 pounds, lengths of 17 and 19 inches are recommended.

There are three different categories of snowshoes: those for recreational hiking on flat or rolling terrain; those for runners who seek a sleek design and sturdy structure that can handle running and climbing; and backpacking snowshoes that are ideal for deep snow as well as steep terrains. There are also poles used in snowshoeing; those these aren't necessary for leisurely, flat hikes.

For beginners as well as those hiking easier trails around Central Pennsylvania, the flat terrain snowshoes are best. According to equipment seller REI, these snowshoes are easy to walk in and have bindings that are easy to adjust. They're also the least expensive type of snowshoe; you can get a new pair

for as low as \$50, though we've seen most of this entry-level snowshoe priced around \$100 per pair. Unless you are confident you and your family will love this winter sport, you might want to try a trial run before purchasing equipment [see the next page for snowshoeing destinations that include snowshoe rentals]

As far as other gear needed, it's much like that used for other winter activities like skiing, snowboarding and sledding. For your feet, wool socks and sturdy, insulated and waterproof snow boots or hiking boots are a must. For clothing, think layers: long underwear that wicks away sweat; a middle layer for warmth; and a waterproof outer layer. Then top it all off with a warm hat, insulated and waterproof gloves or mittens, and sunglasses of you're lucky enough to be out on a sunny day.

Winter Trails

Strap on some snowshoes and get active!

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Trails

One of the great things about snowshoeing is that you can do it almost anywhere that has snow: your backyard, an area park, a local golf course, or your kids' practice fields. As long as there are at least a few inches of snow on the ground, you're good to go. The activity also lets you explore some great winter hiking trails. Beginners will want to stick to mostly flat terrain. We checked with AllTrails.com, a site that provides detailed, hand-curated trail maps as well as trail reviews, to learn what trails in Central Pennsylvania are specifically recommended for snowshoeing.

Mary Ann Furnace Trail in Codorus State Park, York County, is rated easy. It features a 3.8 mile loop and the lake.

La Ho Trail, also located within Codorus State Park and also rated *easy*, is a 1.7 mile heavily trafficked loop trail.

Kings Gap Hollow in Kings Gap State Park near Carlisle is rated *moderate*. It has a 6.5 mile loop with a winding river. There are some rocky areas and steeper terrain.

Grings Mill Trail, 4 Allison Road, Reading, is rated *moderate* and features a 9.5 mile trail that's flat and runs along a creek.

Lebanon Reservoir Loop in Pine Grove Township is rated *moderate*. It features a 4.1 mile loop around the Lebanon Reservoir.

WINTER FUN GUIDE

Snowshoeing Destinations

Hickory Run State Park, PA-534, Jim Thorpe. Valley to Summit (valleytosummit.com/trips/snowshoeing-adventures) offers day-long snowshoeing excursions in January, February and March with its Hickory Run Lehigh River Hike. Traversing five miles, you'll explore a fire tower and stream-side trails while enjoying expansive views of the Pocono Mountains and the Lehigh River. Snowshoes and poles are included in the \$90 cost.

Promised Land State Park, 100 Lower Lake Road, Greentown. The park has heated cabins available for winter rentals at \$42 per night as well as snowshoe equipment rentals. The Bruce Lake Natural Area and Conservation Island are ideal for snowshoeing.

Seven Springs Mountain Resort, 777 Waterwheel Drive, Seven Springs, 7springs.com. The resort offers guided snowshoeing tours for \$30, including equipment rentals. If you like skiing and/or snowboarding as well, check out their "Winter Family Memories" packages that include two nights of lodging in the Main Lodge, unlimited skiing and snowboarding at Seven Springs, and credits toward meals.

Skytop Lodge, One Skytop Lodge Road, Skytop, skytop.com. They offer snowshoe rentals and trails along the lake or the stream. For two hours, the cost is \$12 for adults and \$6 for children (must be at least age 5).

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CUMBERLAND COUNTY

3rd Street Gallery
thirdstreetgallery.net
214 Third St., New Cumberland
717-938-6898

The Art Center School & Galleries
theartcenterschoolandgalleries.com
18 Artcraft Drive, Mechanicsburg
717-697-2072

Carlisle Arts Learning Center
carlislearts.org
38 W. Pomfret St., Carlisle
717-249-6973

Create-A-Palooza
create-a-palooza.com
11 E. High St., Carlisle
717-409-5036

DAUPHIN COUNTY

Art Association of Harrisburg
artassocofhbg.com
21 N. Front St., Harrisburg
717-236-1432

Color Me Mine
harrisburg.colormemine.com
5110 Jonestown Road, Harrisburg
717-909-8170

LANCASTER COUNTY

Art Matters Studio
artmattersstudio.com
486 Royer Drive, Lancaster
717-208-6901

Jen's Pottery Den
jenspotteryden.com
711 Olde Hickory Road, Lancaster
717-581-1427

Lancaster County Art Association
lcaaonline.org
149 Precision Ave., Strasburg
717-687-7061

Lancaster Creative Factory
lancastercreativefactory.org
560 S. Prince St., Lancaster
717-509-7547

The Pottery Works
thepotteryworks.com
16 W. Orange St., Lancaster
717-299-9963

LEBANON COUNTY

SPLAT Studio
splatfamilyart.com
21 E. Main St., Annville
717-685-1681

YORK COUNTY

Creative York
creativetork.org
10 N. Beaver St., York
717-848-3200

Hanover Area Art Guild
hanoverareaarts.com
32 Carlisle St., Hanover
717-632-2521

York Art Association
yorkartassociation.org
220 S. Marshall St., York
717-755-0028

DANCE

CUMBERLAND COUNTY

Carlisle Dance
carlisedance.com
1787 W. Trindle Road, Carlisle
717-249-5142

Central Pennsylvania Youth Ballet
cpyb.org
5 N. Orange St., Carlisle
717-245-1190

Dance Revelation Studio
dancerevelation.com
1451 Clark St., Mechanicsburg
717-796-6010

DanceVibe
dancevibe.net
6 State Road, Mechanicsburg
717-795-8423

The Harrisburg Academy of Dance
hadtodance.com
4409 Locust Lane, Harrisburg
717-652-7071

McGinley School of Irish Dance
mcginleyirishdancers.com
701 Pear St., Lemoyne
717-439-2991

New Cumberland School of Ballet
ncballet.dance
323 Bridge St., New Cumberland
717-774-5012

Pennsylvania Ballet Academy
paballetacademy.org
2009 Enfield St., Camp Hill
717-774-7474

Pennsylvania Regional Ballet
prballet.org
211 N. Enola Drive, Enola
717-732-2172

Révérence Studios
reverencestudios.com
5240 Simpson Ferry Road,
Mechanicsburg
717-649-9888

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

The Studio
summerdancedance.com
427 N. Enola Road, Enola
717-614-1942

Wevodau Dance Center
wevodaudancecenter.com
4830 Carlisle Pike, Mechanicsburg
717-761-3301

DAUPHIN COUNTY

One Broadway Dance & Performing Arts Centre
onebroadwaydancecentre.com
38 W. Granada Ave., Hershey
717-533-1111

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

Sharon's School of Dance
sharonsschoolofdance.net
142 Market St., Middletown
717-948-0941

Tap'n'Arts Dance Studio
tapnarts.com
24 Colonial Park Mall, Harrisburg
717-652-1476

LANCASTER COUNTY

Cricket's Performing Arts
cricketsperformingarts.com
1 N. Main St., Manheim
717-664-4018

Encore Dance Center
encoredance.net
780 Eden Road, Lancaster
717-569-1828

Dance Dynamix Studio
dancedynamixstudio.com
521 E. Main St., Lititz
717-626-5093

Pulse Dance Studio
pulsedancestudio.com
22 Wright Ave., Lititz
717-627-8573

Silver Spring Dance Conservatory
ssdcdance.org
3730 Marietta Ave., Columbia
717-285-0550

Susquehanna Dance Center
susquedance.com
120 College Ave., Mountville
717-676-9039

YORK COUNTY

EMC Performing Arts Studio
danceemc.com
101 W. Main St., New Freedom
717-227-1166

Greater York Dance Center for Education
gydance.org
3524 E. Market St., York
717-755-6683

MgM Dance Studio
mgmdancestudio.com
241 N. Main St., Shrewsbury
717-227-9488

Ni Riain School of Irish Dance
irishdanceyork.com
18 Belmont St., York
717-825-5164

LIBRARIES

CUMBERLAND COUNTY

Amelia Givin Library
ameliagivinlibrary.org
114 N. Baltimore Ave., Mt. Holly
Springs
717-486-3688

Bosler Memorial Library
boslerlibrary.org
158 W. High St., Carlisle
717-243-4642

Cleve J. Fredricksen Library
fredricksenlibrary.org
100 N. 19th St., Camp Hill
717-761-3900

East Pennsboro Branch Library
eastpennsborobranch.org
98 S. Enola Dr., Enola
717-732-4274

John Graham Public Library
cumberlandcountylibraries.org/jgr
9 Parsonage St., Newville
717-776-5900

New Cumberland Library
newcumberlandlibrary.org/ncu
1 Benjamin Plaza, New
Cumberland
717-774-7820

Shippensburg Public Library
shippensburglibrary.org
73 W. King St., Shippensburg
717-532-4508

Joseph T. Simpson Public Library
simpsonlibrary.org
16 N. Walnut St., Mechanicsburg
717-766-0171

DAUPHIN COUNTY

East Shore Area Library
dcls.org/esa
4501 Ethel St., Harrisburg
717-652-9380

Elizabethville Area Library
dcls.org/ev
80 N. Market St., Elizabethville
717-362-9825

McCormick Riverfront Library
dcls.org/mrl
101 Walnut St., Harrisburg
717-234-4976

William H. & Marion C. Alexander Family Library
dcls.org/afl
200 W. Second St., Hummelstown
717-566-0949

Johnson Memorial Library
dcls.org/joh
799 E. Center St., Millersburg
717-692-2658

Kline Branch Library
dcls.org/kl
530 S. 29th St., Harrisburg
717-234-3934

Madeline L. Olewine Memorial Library
dcls.org/mom
2410 N. Third St., Harrisburg
717-232-7286

Northern Dauphin Library
 dcls.org/nd
 683 Main St., Lykens
 717523-0340

LANCASTER COUNTY

Adamstown Area Library
 adamstownarealibrary.org
 3000 N. Reading Road,
 Adamstown
 717-484-4200

Columbia Public Library
 columbia.lib.pa.us
 24 S. Sixth St., Columbia
 717-684-2255

Eastern Lancaster County Library
 elancolibrary.org
 11 Chestnut Drive, New Holland
 717-354-0525

Elizabethtown Public Library
 etownpubliclibrary.org
 10 S. Market St., Elizabethtown
 717-367-7467

Ephrata Public Library
 ephratapubliclibrary.org
 550 S. Reading Road, Ephrata
 717-738-9291

Lancaster Public Library City Branch
 lancaster.lib.pa.us
 125 N. Duke St., Lancaster
 717-394-2651

Lancaster Public Library Leola Branch
 lancaster.lib.pa.us
 46 Hillcrest Ave., Leola
 717-656-7920

Lancaster Public Library Mountville Branch
 lancaster.lib.pa.us
 120 College Ave., Mountville
 717-285-3231

Lititz Public Library
 lititzlibrary.org
 651 Kissel Hill Road, Lititz
 717-626-2255

Manheim Community Library
 manheimlibrary.org
 15 E. High St., Manheim
 717-665-6700

Manheim Township Public Library
 mtpl.info
 595 Granite Run Drive, Lancaster
 717-560-6441

Milanof-Schock Library
 mslibrary.org
 1184 Anderson Ferry Rd., Mount Joy
 717-653-1510

Pequea Valley Public Library
 pvpl.org
 31 Center St., Intercourse
 717-768-3160

Quarryville Library
 quarryvillelibrary.org
 357 Buck Rd., Quarryville
 717-786-1336

Strasburg-Heisler Library
 strasburglibrary.org
 143 Precision Road, Strasburg
 717-687-8969

YORK COUNTY

Arthur Hufnagel Public Library
 yorklibraries.org/glen-rock-hufnagel
 32 Main St., Glen Rock
 717-235-1127

Collinsville Community Library
 yorklibraries.org/broque-collinsville
 2632 Delta Road, Brogue
 717-927-9014

Dillsburg Area Public Library
 yorklibraries.org/dillsburg
 204 Mumper Lane, Dillsburg
 717-432-5613

Dover Area Community Library
 yorklibraries.org/dover
 3700-3 Davidsburg Road, Dover
 717-292-6814

Glatfelter Memorial Library
 yorklibraries.org/glatfelter
 101 Glenview Rd., Spring Grove
 717-225-3220

Guthrie Memorial Library
 yorklibraries.org/hanover-guthrie
 2 Library Pl., Hanover
 717-632-5183

Kaltreider-Benfer Library
 yorklibraries.org/kaltreider-benfer
 147 S. Charles St., Red Lion
 717-244-2032

Kreutz Creek Valley Library Center
 yorklibraries.org/hellam-kreutz-creek
 66 Walnut Springs Rd., Hellam
 717-252-4080

Martin Library
 yorklibraries.org/York-martin
 159 E. Market St., York
 717-846-5300

Mason-Dixon Public Library
 yorklibraries.org/Stewartstown-mason-dixon
 250 Bailey Drive, Stewartstown
 717-933-2404

Paul Smith Library of Southern York County
 yorklibraries.org/shrewsbury-paul-smith
 80 Constitution Ave., Shrewsbury
 717-235-4313

Red Land Community Library
 yorklibraries.org/etters-red-land
 48 Robin Hood Drive, Etters
 717-938-5599

Village Library
 yorklibraries.org/Jacobus-village
 35-C N. Main St., Jacobus
 717-428-1034

MARTIAL ARTS/ KARATE

CUMBERLAND COUNTY

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

Crone's Tae Kwon Do School
 cronestkd.com
 24 E. Main St., New Kingstown
 717-691-4116
 Mini Ninjas 3-4 years old, Little Ninjas 5-6 years old, and Tae Kwon Do ages 7 and up.

Fear Knot Martial Arts for Kidz
 fearknot-martialarts.com
 4700 Westport Drive,
 Mechanicsburg
 717-361-9788

Harrisburg Martial Arts Academy
 hbgtaekwondo.com
 3 E. Shady Lane, Enola
 717-732-7000

Itten Dojo
 ittendojo.org
 701 W. Simpson St.,
 Mechanicsburg
 717-766-8871

Tiger Rock Martial Arts
 keetonstkd.com
 3300 Hartsdale Drive, Camp Hill
 910-320-0537

West Shore Academy of Martial Arts
 jungsimdo.com
 3548 Gettysburg Road, Camp Hill
 717-846-3527

West Shore YMCA
 ymcaharrisburg.org/westshore
 410 Fallowfield Road, Camp Hill
 717-737-9622

DAUPHIN COUNTY

Harrisburg Kung Fu Center
 hbkgkungfu.com
 2331 Walnut St., Harrisburg
 717-232-6310

Hershey Karate Club
 hersheykarate.com
 1132 E. Chocolate Ave., Hershey
 717-469-0881

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

Kim Studio of Tae Kwon Do
 kimstudio.com
 3675 Vartan Way, Harrisburg
 717-652-7700

Kim's Institute of Martial Arts
 kimausa.com
 3003 Elizabethtown Road, Hershey
 717-909-5566

LANCASTER COUNTY

Fear Knot Martial Arts for Kidz
 fearknot-martialarts.com
 4 S. Market St., Elizabethtown
 717-361-9788

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

YORK COUNTY

Dillsburg Karate Academy
 dbgkarate.com
 220 S. Second St., Dillsburg
 717-432-7799

Tang Soo Kim
 1450 Mount Rose Ave., York
 717-848-5566

York Shotokan Mixed Martial Arts
 yorkshotokan.com
 3195 E. Prospect Road, York
 717-757-2529

MUSIC

CUMBERLAND COUNTY

The Chimneys Violin Shop
 thechimneysviolinshop.com
 614 Lerew Road, Boiling Springs
 717-258-3203

JW Music
 jwmusic.com
 331 Market St., Lemoyne
 717-761-8222
 127 N. Hanover St., Carlisle
 717-258-6765

The Perfect 5th Musical Arts Center
 theperfect5th.com
 4913 Gettysburg Road,
 Mechanicsburg
 717-691-9100

DAUPHIN COUNTY

Forte Music
 fortemusicpa.com
 550 N. Mountain Road, Harrisburg
 717-657-1400

Melody Place Studios
 melodyplacestudios.com
 5814 Jonestown Road, Harrisburg
 717-635-9278

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

LANCASTER COUNTY

Beam's Music Studio
 beamsmusicstudio.com
 55 New St., Ste. 25, Ephrata
 717-733-8037

Drums Etc.
 drumsetc.com
 548 New Holland Ave., Lancaster
 717-394-3786

Menchy Music Services Inc.
 mencheymusic.com
 1555 Manheim Pike, Lancaster
 717-569-8100

Musikgarten of Lancaster
 musikgartenoflancaster.org
 512 E. Spruce St., New Holland
 717-413-9714

LEBANON COUNTY

Community Music Institute of Lebanon Valley College
 lvc.edu/cmi
 101 N. College Ave., Annville
 717-867-6383

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

YORK COUNTY

Campbell's Music Service
 campbellsmusic.com
 2361 S. Queen St., York
 717-741-2634

Hershey Percussion Studio and Shop
 hersheypercussion.com
 1708 W. Market St., York
 717-846-0642

Kindermusik at Windham Music Studios
 windhammusicstudios.com
 Locations in York and Red Lion
 717-817-6586

Menchey Music Services Inc.
 mencheymusic.com
 80 Wetzel Drive, Hanover
 717-637-2185

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Music Together in Susquehanna Valley
 musictogethersusquehanna.
 yourvirtuoso.com
 Locations across Central Penn.
 717-712-5098

PERFORMING ARTS

ADAMS COUNTY

Majestic Theater
 gettysburgmajestic.org
 25 Carlisle St., Gettysburg
 717-337-8200

CUMBERLAND COUNTY

Allenberry Playhouse
 allenberry.com/playhouse
 1559 Boiling Springs Road, Boiling Springs
 717-462-4401

Carlisle Theatre
 carlisletheatre.org
 40 W High St, Carlisle
 717-240-9070

DAUPHIN COUNTY

Gamut Theatre Group
 gamutplays.org
 15 N. Fourth St., Harrisburg
 717-238-4111

Open Stage of Harrisburg
openstagehbg.com
25 N. Court St., Harrisburg
717-232-6736

Rose Lehrman Arts Center
hacc.edu/rfac
1 HACC Dr., Harrisburg
717-231-7673

Theatre Harrisburg
theatreharrisburg.com
513 Hurlock St., Harrisburg
717-232-5501

Whitaker Center for Science and the Arts

whitakercenter.org
222 Market St., Harrisburg
717-214-2787

FRANKLIN COUNTY

Totem Pole Playhouse
totempoleplayhouse.org
9555 Golf Course Road,
Fayetteville
717-352-2164

LANCASTER COUNTY

American Music Theatre
amtshows.com
2425 Lincoln Hwy. E., Lancaster
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Bird-in-Hand Stage
bird-in-hand.com
2760 Old Philadelphia Pike, Bird-
in-Hand
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Ephrata Performing Arts Center
ephrataperformingartscenter.com
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Fulton Theatre
thefulton.org
12 N. Prince St., Lancaster
717-397-7425

Popovsky Performing Arts Studio
popovskyperformingarts.com
245 Butler Ave., Lancaster
717-517-8543

The Ware Center
artsmu.com
42 N. Prince St., Lancaster
717-871-7018

YORK COUNTY

Appell Center for the Performing Arts
appellcenter.org
50 N. George St., York
717-846-1111

DreamWrights Youth and Family Theatre
dreamwrights.org
100 Carlisle Ave., York
717-848-8623

Eichelberger Performing Arts Center
theeich.org
195 Stock St., Hanover
717-637-7086

The Pullo Center
pullocenter.york.psu.edu
1031 Edgecomb Ave., York
717-505-8900

York Little Theatre
ylt.org
27 S. Belmont St., York
717-854-5714

RECREATION/ CLUBS

CUMBERLAND COUNTY

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

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

West Shore YMCA
ymcaharrisburg.org
410 Fallowfield Road, Camp Hill
717-737-9622

DAUPHIN COUNTY

Camp Curtin YMCA
ymcaharrisburg.org/campcurtin
2135 N. Sixth St., Harrisburg
717-238-9622

East Shore YMCA
ymcaharrisburg.org/eastshore
701 N. Front St., Harrisburg
717-232-9622

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

Girls Scouts in the Heart of Pennsylvania
gshpa.org
350 Hale Ave., Harrisburg
717-233-1656

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

Northern Dauphin YMCA
ymcaharrisburg.org/northerndauphin
500 N. Church St., Elizabethtown
717-362-9494

LANCASTER COUNTY

Ephrata Recreation Center
ephratarec.com
130 S. Academy Dr., Ephrata
717-738-1167

Lampeter-Strasburg YMCA
lancasterymca.org
800 Village Road, Lancaster
717-464-4000

Spooky Nook Sports
spookynooksports.com
2913 Spooky Nook Road, Manheim
717-945-7087

YWCA, Lancaster and Millersville Area
ywcalanaster.org
110 N. Lime St., Lancaster
717-393-1735

YORK COUNTY

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

York YMCA
yorkcoymca.org
90 N. Newberry St., York
717-843-7884

YWCA York
ywcayork.org
320 E. Market St., York
717-845-2631

SPORTS/ FITNESS

CUMBERLAND COUNTY

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

Central PA Academy of Gymnastics
cpagymnastics.com
85 Gateway Dr., Mechanicsburg
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Mechanicsburg
717-697-8326

Cumberland Gymnastics
cumberlandgymnastics.org
221 Petersburg Rd., Carlisle
717-245-0561

My Gym
mygym.com/mechanicsburg
5103 Carlisle Pike, Mechanicsburg
717-737-1936

DAUPHIN COUNTY

Artistic Sports Academy Plus
artisticsportsacademyplus.com
20 Bradford Blvd., Harrisburg
717-540-3547

Babies at the Barre
babiesatthebarre.com
Camp Hill, Enola, Harrisburg
717-585-0354

Capital Area Soccer Association
capsoccer.org
1288 N. Mountain Road, Harrisburg
717-652-3676

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

LANCASTER COUNTY

Fusion Gymnastics Center
fusion-gymnastics.com
10 Citation Lane, Lititz
717-560-4978

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

Prestige Gymnastics
prestigegyms.com
3549 Hempland Road, Lancaster
717-285-9009

Spooky Nook Sports
spookynooksports.com
2913 Spooky Nook Road, Manheim
717-945-7087

YORK COUNTY

Dillsburg Area Soccer Club
dascoccer.org
717-891-5241

Gymnastics of York
gymnasticsofyork.com
2615 Course Road, York
717-378-0101

Fusion F.C. Soccer
fusionfcpa.org
250 Old Quaker Road, Etters
717-932-7887

Tiny Tumblers
tinytumblers.net
221 Pauline Drive, York
717-332-6157

York Ice Arena
yorkskate.com
941 Vander Ave., York
717-848-1084

CENTRAL PA

Soccer Shots
soccershots.org
717-805-1255

CHILDCARE & PRESCHOOL

CUMBERLAND COUNTY

Bethel Preschool & Daycare
bethelpreschoolanddaycare.com
1412 Holly Pike, Carlisle
717-249-1327

CAIU Preschool Program
caiu.org/families/preschool
55 Miller St., Summerdale
717-732-8400

Camp Hill United Methodist (CHUM) Preschool
chumpreschool.com
417 S. 22nd St., Camp Hill
717-737-0262

Carlisle Early Education Center
carlisleearlyeducation.com
100 E. Pomfret St., Carlisle
717-243-1528

Children's Center
caccinc.org
417 S. 22nd St., Camp Hill
717-737-4515

Early Childhood Center
ecc.ctbc.org
220 Gettysburg Pike,
Mechanicsburg
717-697-0184

Dickinson College Children's Center
dickinson.edu/childrenscenter
28 Garland Ave., Carlisle
717-245-1088

KinderCare Learning Center
kindercare.com
Locations in Camp Hill, Enola &
Mechanicsburg

The Goddard School
goddardschool.com
4955 Woodland Drive, Enola
717-728-3070
5049 Ritter Rd., Mechanicsburg
717-766-7680

Harrisburg Academy
harrisburgacademy.org
10 Erford Road, Wormleysburg
717-763-7811

Kids Kountry
kidskountrycc.com
14 Fairfield St., Mt. Holly Springs
717-486-3124

Kidz Quarterz Child Care Center
kidzquarterz.com
425 N. 21st St., Camp Hill
717-975-2320
5005 Carlisle Pike, Mechanicsburg
717-737-2047

Kiddie Academy of Silver Spring Township
kiddieacademy.com/
mechanicsburg
188 Woods Drive, Mechanicsburg
717-791-0111

Learning and Sharing, Inc
learningandsharing.com
335 Front St., New Cumberland
717-774-6844

Tender Years Child Development
tenderyears.com
203 House Ave., Camp Hill
717-761-7113
201 Bryant St., Mechanicsburg
717-590-7050

U-GRO Learning Centres
u-gro.com
100 Mt. Allen Drive,
Mechanicsburg
717-796-8157

DAUPHIN COUNTY

Aa to Zz Child Care & Learning Center
aatozz.com
Dauphin and Lebanon counties
717-566-1488

The Brenner Family Early Learning Center
jewishharrisburg.org/jewish-
community-center/brenner-family-
early-learning
3301 N. Front St., Harrisburg
717-236-9555

Bright Beginnings Child Development Center Inc.
brightbeginningsinc.com
98 S. Clover Lane, Harrisburg
717-671-8810

Bright Horizons Child Care Center
brighthouse.com
400 North St., Harrisburg
717-783-3842
1500 Elmerton Ave., Harrisburg
717-777-2309
160 Alumni Drive, Middletown
717-948-6128

Capital Area Head Start
keystonehumanservices.org/
capital-area-head-start/
3700 Vartan Way, Harrisburg
717-541-1795

The Goddard School
goddardschool.com
4397 Sturbridge Drive, Harrisburg
717-526-0404
1035 Middletown Road,
Hummelstown
717-566-2273

Linglestown Christian Nursery School
linglestownlife.org/ministries/
nursery-school/about-us
1430 N. Mountain Rd., Harrisburg
717-545-3617

Northern Dauphin Christian School Early Education Center
northerndauphinchristian.org
1072 Rt. 25, Millersburg
717-692-1940

St. Mark's Nursery School
stmarksharrisburg.org/nursery
4200 Londonderry Rd., Harrisburg
717-652-6700

Tender Years, Inc.
tenderyears.com
50 E. Chocolate Ave., Hershey
717-533-1466

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3 locations in Harrisburg and 1 in
Hershey

LANCASTER COUNTY

Bright Horizons Child Care Center
brighthouse.com
Locations across Lancaster County
717-509-5400

Elizabethtown Child Care Center
etownchildcare.org
777 S. Mount Joy St.,
Elizabethtown
717-361-9824

Jacob's Ladder Nursery School
chestnutlevel.org/jacobs-ladder
1068 Chesnut Level Road,
Quarryville
717-548-1257

Kindercare Learning Center
kindercare.com
Locations throughout Lancaster
County

Lancaster Cooperative Preschool
lancastercooperativepreschool.org
538 W. Chestnut St., Lancaster
717-393-1733

Mount Calvary Christian School
mcchristianschool.com
629 Holly St., Elizabethtown
717-367-1649

Neffsville Christian Nursery School
neffsvillechristianpreschool.com
2660 Lititz Pike, Lancaster
717-560-5575

Noah's Ark Preschool & Rainbow Tots
noahsarkhempfield.com
3050 Marietta Ave., Lancaster
717-285-7110

St. Peter's Preschool
stpeterslutheran.org/preschool
10 Delp Road, Lancaster
717-569-9211

STARS Preschool & Schreiber Day Care
schreiberpediatric.org/stars
625 Community Way, Lancaster
717-393-0425

U-GRO Learning Centres
u-gro.com
Locations in Elizabethtown,
Hempfield, Lancaster, Lititz and
Rohrerstown

Wee Care Day School
weecaredayschool.com
1575 State St., East Petersburg
717-569-7930

WonderKids Medical Daycare
wonderkidsmedicaldaycare.com
647 E. Roseville Road, Lancaster
717-617-2021

LEBANON COUNTY

Jack and Jill Preschool & Kindergarten
jackandjillschool.org
280 Hillcrest Road, Lebanon
717-272-3588

U-GRO Learning Centres
u-gro.com
825 Helen Drive, Lebanon
717-274-2222

YORK COUNTY

Aa to Zz Child Care & Learning Center
aatozz.com
3350 Alta Vista Road, Dover
717-767-4043
2498 W. Philadelphia St., West
York
717-792-6700
215 St. Charles Way, York
717-741-5426

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westyorkcob.org/preschool
5101 Darlington Road, York
717-792-9260

Kindercare Learning Center
kindercare.com
120 S. Northern Way, York
717-755-2821
1540 Rodney Road, York
717-764-4721

Faith & Fun Christian Preschool
faithfun.net
473 Plank Road, New Freedom
717-235-4029

Grace Academy Preschool
graceacademyofyork.com
3930 Farm Drive, York
717-755-6438

Head Start of York County
headstartofyorkcounty.org
226 E. College Ave., York
717-846-4600

JCC Early Childhood Center
yorkjcc.org
2000 Hollywood Drive, York
717-843-0918

Keystone Kids Early Learning Center
keystonekids.com
140 Fairview Court, New Freedom
717-235-5888

Kidsville Junction Childcare & Preschool
kidsvillejunction.com
89 Hunt Club Road., Fawn Grove
717-382-9380
300 Bailey Drive, Stewartstown
717-993-9380

Rainbow Junction Child Care Center
zionumcyork.org/rainbow-junction-daycare
1030 Carlisle Ave., York
717-843-8414

St. Paul's Lutheran Preschool
stpaulspreschoolyork.com
25 W. Springettsbury Ave., York
717-854-1996

St. Joseph Roman Catholic School
school.sjdrc.org
271 East Main St., Dallastown
717-244-9386

St. Joseph School
sjyschool.com
2945 Kingston Road, York
717-755-1797

U-GRO Learning Centres
u-gro.com
1321 N. Sherman St., York
717-757-5900

YWCA Early Learning Center
ywcayork.org
320 E Market St., York
717-845-2631

EDUCATION

CHARTER SCHOOLS

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Harrisburg
717-732-8450

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infinityschool.org
5405 Locust Lane, Harrisburg
717-238-1880

Sylvan Heights Science Charter School
shscs.org
915 S. 13th St., Harrisburg
717-232-9220

LANCASTER COUNTY

La Academia: The Partnership Charter School
lapcs.org
30 N. Ann St., Lancaster
717-295-7763

YORK COUNTY

Lincoln Charter School
lincolncharterpa.com
559 W. King St., York
717-699-1573

York Academy Regional Charter
yorkacademy.com
Lower School: 32 W. North St., York
717-801-3900
Upper School: 2 Hamilton St., York
717-900-5001

CYBER CHARTER SCHOOLS

21st Century Cyber Charter School
21cccs.org
877-932-2923

Agora Cyber Charter School
agora.org
844-402-4672

Commonwealth Charter Academy
ccaeducate.me
844-590-2864

K12
k12.com/pa
844-624-8232

PA Distance Learning Charter School
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888-997-3352

PA Leadership Charter School
palcs.org
610-701-3333

PA Virtual Charter School
pavcsk12.org
866-728-2751

Pennsylvania Cyber Charter School
pacyber.org
888-722-9237

SusQ-Cyber Charter School
susqcyber.org
866-370-1226

LEARNING SUPPORT

DAUPHIN COUNTY

Huntington Learning Center
huntingtonhelps.com
5094-D Jonestown Road,
Harrisburg
717-657-1911

Keystone Human Services
keystonehumanservices.org
124 Pine St., Harrisburg
717-232-7509

New Story
newstory.com
2700 Commerce Drive, Harrisburg
877-901-9905

LANCASTER COUNTY

SpeechCare
speechcare.com
2137 Embassy Drive, Lancaster
717-569-8972

Your Language Connection
yourlanguageconnection.com
Lancaster
717-371-9144

YORK COUNTY

Brain Balance Center of York
brainbalancecenters.com/locations/york
2300 Carlisle Road, York
717-793-3684

Enlightened Learning
enlightenedlearning.org
1446 Baltimore St., Hanover
717-630-8218

PRIVATE SCHOOLS

Catholic Schools in Central PA
hbgdiocese.org/catholic-schools/find-catholic-school
717-657-4804

CUMBERLAND COUNTY

Carlisle Christian Academy
carlislechristian.org
1412 Holly Pike, Carlisle
717-249-3692

Good Shepherd School
gsschpa.org
3400 Market St., Camp Hill
717-737-7261

Harrisburg Academy
harrisburgacademy.org
10 Erford Road, Wormleysburg
717-763-7811

Heritage Christian Academy
gohca.org
4681 E. Trindle Road,
Mechanicsburg
717-761-7000

St. Joseph School
sjsmch.org
420 E. Simpson St.,
Mechanicsburg
717-766-2564

St. Patrick School
spscarlisle.org
87 Marsh Drive, Carlisle
717-249-4826

St. Theresa School
sainttheresaschool.org
1200 Bridge St., New Cumberland
717-774-7464

Trinity High School
thsrocks.us
3601 Simpson Ferry Road, Camp Hill
717-761-1116

West Shore Christian Academy
westshorechristian.org
201 W. Main St., Shiremanstown
717-737-3550

DAUPHIN COUNTY

Bishop McDevitt High School
bishopmcdevitt.org
1 Crusader Way, Harrisburg
717-236-7973

Catholic Diocese of Harrisburg
hbgdiocese.org/schools
4800 Union Deposit Road,
Harrisburg
717-657-4804

The Circle School
circleschool.org
727 Wilhelm Road, Harrisburg
717-564-6700

Covenant Christian Academy
discovercovenant.com
1982 Locust Lane, Harrisburg
717-540-9885

East Shore Montessori School
eastshoremontessori.org
6130 Jonestown Road, Harrisburg
717-545-7748

Harrisburg Christian School
harrisburgchristian.com
2000 Blue Mountain Pkwy.,
Harrisburg
717-545-3728

Holy Name of Jesus School
holynamEOFjesus.com
6150 Allentown Blvd., Harrisburg
717-652-4211

Lancaster Mennonite Hershey
lancastermennonite.org
1525 Sand Hill Road, Hummelstown
717-533-4900

Northern Dauphin Christian School
northerndauphinchristian.org
1072 Route 25, Millersburg
717-692-1940

Seven Sorrows of the Blessed Virgin Mary School
sevensorrows.org
360 E. Water St., Middletown
717-944-5371

St. Catherine Laboure School
schhbg.org/school
4020 Derry St., Harrisburg
717-564-1760

St. Joan of Arc School
school.stjoanhershey.org
329 W. Areba Ave., Hershey
717-533-2854

St. Margaret Mary School
stmmparishschool.org
2826 Herr St., Harrisburg
717-232-3771

St. Stephen's Episcopal School
sseschool.org
215 N. Front St., Harrisburg
717-238-8590

Vista School
thevistaschool.org
1021 Springboard Drive, Hershey
717-583-5102

The Silver Academy
silveracademypa.org
3301 N. Front St., Harrisburg
717-238-8775

LANCASTER COUNTY

Dayspring Christian Academy
dayspringchristian.com
120 College Ave., Mountville
717-285-2000

Ephrata Mennonite School
ephratamennonite.com
598 Stevens Road, Ephrata
717-738-4266

The Janus School
thejanusschool.org
205 Lefever Road, Mount Joy
717-653-0025

Lancaster Catholic High School
lchyses.org
650 Juliette Ave., Lancaster
717-509-0315

Lancaster Country Day School
lancastercountryday.org
725 Hamilton Road, Lancaster
717-392-2916

Lancaster County Christian School
lccs.cc
2390 New Holland Pike,
Lancaster
717-556-0711

Lancaster Mennonite School
lancastermennonite.org
5 campuses in Central PA
717-509-4459

Linden Hall
lindenhall.org
212 E. Main St., Lititz
717-626-8512

Lititz Area Mennonite School
lams.info
1050 E. Newport Road, Lititz
717-626-9551

Lititz Christian School
lititzchristian.net
501 W. Lincoln Ave., Lititz
717-626-9518

Manheim Christian Day School
manheimchristian.org
686 Lebanon Road, Manheim
717-665-4300

Montessori Academy of Lancaster
montlanc.com
2750 Weaver Road, Lancaster
717-560-0815

Mount Calvary Christian School
mcchristianschool.com
629 Holly St., Elizabethtown
717-367-1649

The New School of Lancaster
newschool.net
935 Columbia Ave., Lancaster
717-397-7655

Our Lady of the Angels
ourladyoftheangels.org
404 Cherry St., Columbia
717-684-2433

Our Mother of Perpetual Help School
omph.org
330 Church Ave., Ephrata
717-738-2414

St. Anne School
stannelancaster.org
108 E. Liberty St., Lancaster
717-394-6711

St. Leo the Great School
stleoschool.com
2427 Marietta Ave., Lancaster
717-394-1742

Susquehanna Waldorf School Inc.
susquehannawaldorf.org
15 W. Walnut St., Marietta
717-426-4506

Veritas Academy
veritasacademy.com
26 Hillcrest Ave., Leola
717-556-0690

YORK COUNTY

Bible Baptist Christian Academy
bbcayork.com
4190 Susquehanna Trail N., York
717-266-2544

Christian School of York
csyonline.com
907 Greenbriar Road, York
717-767-6842

Shrewsbury Christian Academy
scaonline.org
701 Windy Hill Road, New Freedom
717-235-5763

St. Patrick Catholic School
school.stpatrickyork.org
235 South Beaver St., York
717-854-8263

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stroseschoolpa.org
115 N. Bieseker Road, Thomasville
717-792-0889

York Catholic High School
yorkcatholic.org
601 E. Springettsbury Ave., York
717-846-8871

York Country Day School
ycds.org
1000 Indian Rock Dam Road, York
717-815-6700

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Dorney Park/ Wildwater Kingdom
dorneypark.com
3830 Dorney Park Road, Allentown
610-395-3724

Hersheypark
hersheypark.com
100 W. Hersheypark Drive,
Hershey
717-534-3100

Knoebels Amusement Resort
knoebels.com
391 Knoebels Blvd., Elysburg
800-487-4386

Sesame Place
sesameplace.com
100 Sesame Road, Langhorne
866-464-3566

ANIMALS/ ZOOS

Hershey Gardens & Butterfly Atrium
hersheygardens.org
170 Hotel Road, Hershey
717-534-3492

Lake Tobias Wildlife Park
laketobias.com
760 Tobias Road, Halifax
717-362-9126

Land of Little Horses
landoflittlehorses.com
125 Glenwood Drive, Gettysburg
717-334-7259

Wolf Sanctuary of Pennsylvania
wolfsancta.org
465 Speedwell Forge Road, Lititz
717-626-4617

ZooAmerica
zooamerica.com
100 W. Hersheypark Drive,
Hershey
717-534-3900

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717-330-6148

Chuck E. Cheese
chuckecheese.com

GIANT Food Stores
giantfoodstores.com

Grand Slam Inflatables & Games
grandslaminflatables.com
717-232-4727

Monkey Joe's
monkeyjoes.com
3608 Hartzdale Drive, Camp Hill
717-635-8300

My Fantasy Party (Princesses and Superheroes)
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603-496-3692

The Pennsylvania Bakery
pabakery.com
1713 Market St., Camp Hill
717-763-7755

Red Brick Bakery
redbrickbakery.com
55 N. Main St., Red Lion
717-332-7427

Roundtop Mountain Resort
skiroundtop.com
925 Roundtop Road, Lewisberry
717-432-9631

Splat! Studio
splatfamilyart.com
21 E. Main St., Annville
717-685-1681

Sweet Confections Cakes
sweetconfectionscakes.com
4713 Queen Ave., Harrisburg
717-671-7111

Tents & Events
tentsandeventsannville.com
955 E. Main St., Annville
717-867-7560

Tiny Town
tinytownpa.com
533 Janet Ave., Lancaster
717-947-7350

HISTORY, SCIENCE AND MORE

B&O Railroad Museum
borail.org
901 W. Pratt St., Baltimore, Md.
410-752-2490
The B&O Railroad brings alive the magic and adventure of railroading. This historic national landmark allows you to see, touch, hear and explore the most important railroad collection in all of America.

The Crayola Factory
crayolaexperience.com
30 Center Square, Easton
610-515-8000

Eisenhower National Historic Site
nps.gov/eise
1195 Baltimore St., Gettysburg
717-338-9114

Gettysburg National Military Park
nps.gov/gett
1195 Baltimore St., Gettysburg
717-334-1124

Maryland Science Center
mdsci.org
601 Light St., Baltimore, Md.
410-685-2370

Please Touch Museum
pleasetouchmuseum.org
4231 Avenue of the Republic,
Philadelphia
215-581-3181

Port Discovery
portdiscovery.org
35 Market Pl., Baltimore Md.
410-727-8120

World of Little League: Peter J. McGovern Museum
littleleague.org/world-of-little-league
525 Montgomery Pike, South
Williamsport
570-326-3607

CUMBERLAND COUNTY

Army Heritage & Education Center
armyheritage.org
950 Soldiers Drive, Carlisle
717-258-1102

Cumberland County Historical Society Museum
historicalsociety.com
21 N. Pitt St., Carlisle
717-249-7610

The Oakes Museum of Natural History
messiah.edu/oakes
Messiah College, Grantham
717-691-6082

DAUPHIN COUNTY

Antique Auto Museum
aacamuseum.org
161 Museum Drive, Hershey
717-566-7100

Fort Hunter Mansion & Park
forthunter.org
5300 N. Front St., Harrisburg
717-599-5751

The Hershey Story
hersheystory.org
63 W. Chocolate Ave., Hershey
717-534-3439

Hershey's Chocolate World
hersheys.com/chocolateworld
251 Park Blvd., Hershey
717-534-4900

Middletown & Hummelstown Railroad
mhrailroad.com
136 Brown St., Middletown
717-944-4435

National Civil War Museum
nationalcivilwarmuseum.org
1 Lincoln Circle, Reservoir Park,
Harrisburg
717-260-1861

Ned Smith Center for Nature and Art
nedsmithcenter.org
176 Water Company
Road, Millersburg
717-692-3699

Pennsylvania State Capitol
pacapitol.com
300 N. Third St., Harrisburg
717-787-4980

Pride of the Susquehanna
harrisburgriverboat.com
11 Championship Way, Harrisburg
717-234-6500

State Museum of PA & Planetarium
statemuseumpa.org
300 North St., Harrisburg
717-787-4980

Whitaker Center for Science & the Arts
whitakercenter.org
222 Market St., Harrisburg
717-214-2787

LANCASTER COUNTY

1719 Hans Herr House
hansherr.org
1849 Hans Herr Drive, Willow
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bird-in-hand.com
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Choo Choo Barn
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Hands-on House Children's Museum
handsonhouse.org
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717-569-5437

James Buchanan's Wheatland
lancastrhistory.org
1120 Marietta Ave., Lancaster
717-392-4622

Julius Sturgis Pretzel Bakery
juliussturges.com
219 E. Main St., Lititz
717-626-4354

Lancaster Science Factory
lancastrsciencefactory.org
454 New Holland Ave., Lancaster
717-509-6363

Landis Valley Museum
landisvalleymuseum.org
2451 Kissel Hill Road, Lancaster
717-569-0401

National Toy Train Museum
nttmuseum.org
300 Paradise Lane, Strasburg
717-687-8976

National Watch and Clock Museum
nawcc.org/index.php/museum
514 Poplar St., Columbia
717-684-8261

North Museum of Natural History & Science
northmuseum.org
400 College Ave., Lancaster
717-358-3941

Railroad Museum of Pennsylvania
rrmuseumpa.org
300 Gap Road, Strasburg
717-687-8628

Winters Heritage House Museum
elizabethtownhistory.org
47 E. High St., Elizabethtown
717-367-4672

YORK COUNTY

Agricultural and Industrial Museum
yorkheritage.org
250 E. Market St., York
717-848-1587

Indian Steps Museum
indiansteps.org
205 Indian Steps Road, Airville
717-862-3948

Police Heritage Museum
policeheritagemuseum.com
54 W. Market St., York
717-845-3611



York County History Center
yorkhistorycenter.org
250 E. Market St., York
717-848-1587
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NATURE

Crystal Cave
crystalcavepa.com
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610-683-6765

Hawk Mountain Sanctuary
hawkmountain.org
1700 Hawk Mountain Road, Kempton
610-756-6961

Hershey Gardens
hersheygardens.org
170 Hotel Road, Hershey
717-534-3492

Indian Echo Caverns
indianechocaverns.com
368 Middletown Road, Hummelstown
717-566-8131

Ned Smith Center for Nature & Art
nedsmithcenter.org
176 Water Company Road, Millersburg
717-692-3699

Susquehanna River Valley Visitors Bureau
visitcentralpa.org
81 Hafer Road, Lewisburg
800-525-7320

PERFORMING ARTS THEATERS

Majestic Theater
gettysburgmajestic.org
25 Carlisle St., Gettysburg
717-337-8200

Totem Pole Playhouse
totempoleplayhouse.org
9555 Golf Course Road, Fayetteville
717-352-2164

CUMBERLAND COUNTY

Allenberry Playhouse
allenberry.com/playhouse
1559 Boiling Springs Road, Boiling Springs
717-462-4401

Carlisle Theatre
carlisletheatre.org
40 W High St., Carlisle
717-240-9070

H. Ric Luhrs Performing Arts Center
luhrscenter.com
1871 Old Main Drive, Shippensburg
717-477-7469

DAUPHIN COUNTY

Gamut Theatre Group
gamutplays.org
15 N. Fourth St., Harrisburg
717-238-4111

Hershey Theatre
hersheyentertainment.com/hershey-theatre
15 E Caracas Ave., Hershey
717-534-3911

Open Stage of Harrisburg
openstagehbg.com
223 Walnut St., Harrisburg
717-232-6736

Rose Lehrman Arts Center
hacc.edu/rlac
1 HACC Dr., Harrisburg

Theatre Harrisburg
theatreharrisburg.com
513 Hurlock St., Harrisburg
717-232-5501

Whitaker Center for Science and the Arts
Whitakercenter.org
222 Market St., Harrisburg
717-214-2787

LANCASTER COUNTY

American Music Theatre
amtshows.com
2425 Lincoln Hwy. E., Lancaster
717-397-7700
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dutchapple.com
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717-898-1900

Ephrata Performing Arts Center
ephrataperformingartscenter.com
320 Cocalico St., Ephrata
717-733-7966

Fulton Theatre
thefulton.org
12 N. Prince St., Lancaster
717-397-7425

Lancaster Marionette Theatre
hiwpuppets.org
126 N. Water St., Lancaster
717-394-8398

Popovsky Performing Arts Studio
popovskyperformingarts.com
245 Butler Ave., Lancaster
717-517-8543

Sight & Sound Theatres
sight-sound.com
300 Hartman Bridge Road, Ronks
800-377-1277

The Ware Center
artsmu.com
42 N. Prince St., Lancaster
717-871-7018

YORK COUNTY

Appell Center for the Performing Arts
appellcenter.org
50 N. George St., York
717-846-1111

The Belmont Theatre
thebelmont.org
27 S. Belmont St., York
717-854-5714

DreamWrights Youth and Family Theatre
dreamwrights.org
100 Carlisle Ave., York
717-848-8623

Eichelberger Performing Arts Center
theeich.org
195 Stock St., Hanover
717-637-7086

The Pullo Center
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RECREATION/ SPORTS CENTERS

CUMBERLAND COUNTY

Carlisle Sports Emporium
carlisesportsemporium.com
29 South Middlesex Road, Carlisle
717-258-4741

Climbnasium Inc.
climbnasium.net
339A N. Locust Point
Road, Mechanicsburg
717-795-9580

The Coliseum
coliseumfun.com
410 St. John's Church Rd. Camp Hill
717-972-1000

Monkey Joe's
monkeyjoes.com
3608 Hartzdale Drive, Camp Hill
717-635-8300

SkyZone Indoor Trampoline Park
skyzone.com/harrisburg
95 Gateway Drive, Mechanicsburg
717-208-8908

Tumble Town
tumbletownyork.com
Colonial Park Mall, Harrisburg
717-412-4711

DAUPHIN COUNTY

Adventure Sports in Hershey
adventurehershey.com
3010 Elizabethtown Road, Hershey
717-533-7479

Challenge Family Fun Center
challengefamilyfun.com
366 Middletown Road,
Hummelstown
717-566-6322

Doc's Family Fun Center
docsfamilyfuncenter.com
1733 E. Harrisburg Pike, Middletown
717-944-7866

LANCASTER COUNTY

Laserdome
laserdome.com
2050 Auction Road, Manheim
717-492-0002

SkyZone Indoor Trampoline Park
skyzone.com/lanaster
1701 Hempstead Road, Lancaster
717-208-8922

Spooky Nook Sports
spookynooksports.com
75 Champ Blvd., Manheim
717-945-7087

YORK COUNTY

Speedway 94
speedway94.com
1724 Hanover St., Hanover
717-632-1040

Tumble Town
tumbletownyork.com
2899 Whiteford Road, York
717-600-2363

York Ice Arena
yorkskate.com
941 Vander Ave., York
717-848-1084

SPECTATOR SPORTS

Penn FC
pennfc.com
FNB Field, City Harrisburg
717-441-4625

Harrisburg Senators
senatorsbaseball.com
City Island, Harrisburg
717-231-4444

Hershey Bears Hockey
hersheybears.com
550 W. Hersheypark Drive, Hershey
717-534-3380

Lancaster Barnstormers
lancasterbarnstormers.com
650 N. Prince St., Lancaster
717-509-4487

Williams Grove Speedway
williamsgrrove.com
1 Speedway Drive, Mechanicsburg
717-697-5000

York Revolution Baseball
yorkrevolution.com
5 Brooks Robinson Way, York
717-801-4487

STATE PARKS

Caledonia State Park
dcnr.state.pa.us
101 Pine Grove Road, Fayetteville
717-352-2161

Codorus State Park
dcnr.state.pa.us
2600 Smith Station Road, Hanover
717-637-2816

Colonel Denning State Park
dcnr.state.pa.us
1599 Doubling Gap Road, Newville
717-776-5272

Cowan's Gap State Park
dcnr.state.pa.us
6235 Aughwick Road, Fort Loudon
717-485-3948

Gifford Pinchot State Park
dcnr.state.pa.us
2200 Rosstown Road, Lewisberry
717-432-5011

**Kings Gap Environmental
Education Center**
dcnr.state.pa.us
500 Kings Gap Road, Carlisle
717-486-5031

Little Buffalo State Park
dcnr.state.pa.us
1579 State Park Road, Newport
717-567-9255

Pine Grove Furnace State Park
dcnr.state.pa.us
1100 Pine Grove Road, Gardners
717-486-7174

Samuel S. Lewis State Park
dcnr.state.pa.us
Mt. Pisgah Road, Lewisberry
717-252-1134

Susquehannock State Park
dcnr.state.pa.us
1800 Park Drive, Drumore
717-548-3361

FAMILY SERVICES

ADOPTION

Adoptions from the Heart
afth.org
717-399-7766

**Adoption Links at Jewish Family
Service of Greater Harrisburg Inc.**
jfsfghbg.org
3333 N. Front St., Harrisburg
717-233-1681

Adoption Network Law Center
adoptionnetwork.com
866-607-9851

Adoption Services Inc.
adoptionsservices.org
800-943-0400

Bethany Christian Services
bethany.org
2101 N. Front St., Harrisburg
717-238-3549
1681 Crown Ave., Lancaster
717-399-3213
25 N. Duke St., York
717-799-1616

**Catholic Charities Adoption &
Foster Care**
cchbg.org
4800 Union Deposit Road,
Harrisburg
717-657-4804

Children's Home of York
choyork.org
77 Shoe House Road, York
717-755-1033, ext. 411

Diakon Adoption & Foster Care
diakon.org/adoption

**Penn. Dept. of Welfare Statewide
Adoption and Permanency
Network**
adoptpakids.org
800-585-7986

BANKS/ FINANCIAL SERVICES

AmeriChoice FCU
americhoice.org
717-697-3474

BB&T
bbt.com
800-226-5228

First National Bank
fnb-online.com
800-555-5455

Fulton Bank
fultonbank.com
Lancaster
800-385-8664



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MOM & DAD CLUBS

CUMBERLAND COUNTY

Keystone Mothers of Multiples
keystonemom.org

Mothers of Preschoolers (MOPS)
mops.org/groups/dacamphill
Women's Plaza
2645 Lisburn Road, Camp Hill

New Mom Network
pinnaclehealth.org/maternity
Camp Hill GIANT Super Food
Stores
717-231-8900

**Om Baby Pregnancy & Parenting
Center**
ombabycenter.com
2201 Market St., Camp Hill
717-761-4975

DAUPHIN COUNTY

Keystone Mothers of Multiples
keystonemom.org

Mothers of Preschoolers (MOPS)
mops.org/groups/svefc
Susquehanna Valley Evangelical
Free Church
6433 Union Deposit Road,
Harrisburg
717-545-2188

Parent to Parent of Pennsylvania
parenttoparent.org
717-540-4722

LANCASTER COUNTY

Mothers of Preschoolers (MOPS)
mops.org/groups/bellevue-
presbyterian-church
Bellevue Presbyterian Church
810 Newport Ave., Gap

YORK COUNTY

MOMS Club of Central York
momsclubofcentrallyorkpa.
googlepages.com

**MOMS Club of Southern York
County**
southernyorkcounty.com/org/
momsclubofysc

**York White Rose Mothers of
Twins & Triplets**
twinmomsclub.com

PHOTOGRAPHERS

Kara Clouse
Conte Photography
 contephoto.com
 900 Lambs Gap Road, Hampden Township
 717-795-0563

Kate Greenawalt Photography
 kategreenawaltphotography.com
 717-503-6312

Christine Hsieh Photography
 christinehsiehphotography.com
 1003 N. George St., York, PA
 717-487-7917

Mudpies N Butterflies
 mudpiesnbutterfliesstudios.com
 4044 Carlisle Road, Dover
 717-650-2694

Chrissy Smith Photography
 twistedimagesphotography.com
 866-464-2734

Deborah Swanger Photography
 deborahswanger.com
 206 E. Main St., Mt. Joy
 717-653-6774

Karissa Zimmer Photography
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 717-991-7414

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 717-236-0199

**Big Brothers Big Sisters of York & Adams
 Counties**
 bbbsyorkadams.org
 717-843-0051

The Diocese of Harrisburg
 www.hbgdiocese.org
 4800 Union Deposit Road, Harrisburg
 717-657-4804

Keystone Human Services
 keystonehumanservices.org
 124 Pine St., Harrisburg
 717-232-7509

United Way of the Capital Region
 uwcr.org
 2235 Millennium Way, Enola
 717-732-0700

**United Way of Carlisle & Cumberland
 County**
 carlisleunitedway.org
 145 S. Hanover St., Carlisle
 717-243-4805

United Way of Lancaster County
 uwlanc.org
 630 Janet Ave., Lancaster
 717-394-0731

United Way of Lebanon County
 unitedwaylebco.org
 801 Cumberland St., Lebanon
 717-273-8144

United Way of York County
 unitedway-york.org
 800 E. King St., York
 717-843-0957

FOOD & DINING

GROCERY STORES/ MARKETS

MULTIPLE LOCATIONS

GIANT Food Stores
 giantfoodstores.com

Stauffers of Kissel Hill Super Markets
 skh.com

Turkey Hill Dairy
 turkeyhill.com

Walmart
 walmart.com

Wegmans
 wegmans.com

Weis Markets
 weismarkets.com

CUMBERLAND COUNTY

Karns Foods
 karnsfoods.com

DAUPHIN COUNTY

Strites Orchard Farm Market & Bakery
 stritesorchard.com
 1000 Strites Rd., Harrisburg
 717-564-3130

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Brown's Orchards & Farm Markets
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 8892 Susquehanna Trail S., Loganville
 717-428-2036

Flinchbaugh's Orchard and Farm Market
 flinchbaughsorchard.com
 110 Ducktown Road, Hellam
 717-252-2540

RESTAURANTS/ SNACKS

CUMBERLAND COUNTY

Colony House Family Restaurant
 thecolonyhouse.net
 125 W. Main St., Mechanicsburg
 717-691-3131

Fairgrounds Diner
 1111 Carlisle Springs Road, Carlisle
 717-249-2004

Hamilton Restaurant
 55 W. High St., Carlisle
 717-249-4410

Horner's Corner BBQ
 hornerscornerbbq.com
 1900 Spring Rd., Carlisle
 717-258-4227

Leo's Homemade Ice Cream
 www.leoshomemadeicecream.com
 816 W. High St., Carlisle
 717-960-0000

Massey's Frozen Custard
 facebook.com/MasseysFrozenCustard
 600 W. High St., Carlisle
 717-249-2258

Momma Spriggs
 mommaspriggs.com
 160 York Road, Carlisle
 717-701-8645

Peppermill Family Restaurant
 peppermilldining.com
 1010 Wesley Drive, Mechanicsburg
 717-697-3111

The Pizza Grille
 pizzagrille.com
 3817 Gettysburg Road, Camp Hill
 717-920-5350
 901 State St., Lemoyne
 717-731-6717
 1007 Ritner Hwy., Carlisle
 717-218-2320

DAUPHIN COUNTY

3B Ice Cream
 4701 Derry St., Harrisburg
 717-564-2271
 2199 Colonial Road, Harrisburg
 717-545-6355
 1430 Peters Mountain Road, Dauphin
 717-921-2057

The Hershey Pantry
 hersheypantry.com
 801 E. Chocolate Ave., Hershey
 717-533-7505

The Meadows Original Frozen Custard
 meadowsfrozenscustard.com
 4636 Jonestown Road, Harrisburg
 717-412-4095

LANCASTER COUNTY

Dienner's Country Restaurant
 dienners.com
 2855 Lincoln Hwy. E., Ronks
 717-687-9571

**Fox Meadows Creamery & Country
 Market**
 foxmeadowscreamery.com
 2475 W. Main St., Ephrata
 717-721-6455

The Restaurant at Oregon Dairy
 oregondairy.com
 2900 Oregon Pike, Lititz
 717-656-2856

Shady Maple Smorgasbord
 shady-maple.com
 129 Toddy Drive, East Earl
 717-354-8222

LEBANON COUNTY

A&M Pizza Restaurant
 ampizzerialebanon.com
 1705 E. Cumberland St., Lebanon
 717-273-0300
 626 Quentin Road, Lebanon
 717-273-9330
 701 Lehman St., Lebanon
 717-273-0606
 124 W. Main St., Campbelltown
 717-838-7375
 39 Market Sq., Manheim
 717-665-7777

YORK COUNTY

The Meadows Original Frozen Custard
 meadowsfrozenscustard.com
 1193A Loucks Road, York
 717-793-2328

Marino's Pizza & Pasta House
 marinospizzapastahouse.com
 3595 E. Market St., York
 717-757-2659

Pizza by Alberto's
 albertospizzayork.com
 2736 S. Queen St., York
 717-741-3854

Sweet Willows Creamery
 sweetwillows.com
 2813 E. Prospect Road, York
 717-718-9219

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Mechanicsburg
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Apicella-Lorei Orthodontic Associates
straightsmiles.com
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717-243-3200
400 E. Main St., Mechanicsburg
717-697-8222

CHI St. Joseph Children's Health
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401 Locust St., Columbia
844-836-8871
1929 Lincoln Hwy. E., Lancaster
844-837-9286

Children's Dental Health
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Fields Family Dentistry
fieldsfamilydentistry.com
2101 Aspen Drive, Mechanicsburg
717-697-3400

Roger Gibbon, D.D.S.
rogergibbondds.com
305 N. George St., Millersville
717-872-7496
101 River Drive, Lancaster
717-553-3801

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hdortho.com
3412 Trindle Road, Camp Hill
717-761-3402
3925 Linglestown Road, Harrisburg
717-652-0828

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717-737-5834
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4824 E. Trindle Road, Mechanicsburg
717-761-8056

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133 S. 32nd St., Camp Hill
717-731-3466

Verber Family Dentistry
verberfamilydentistry.com
3920 Market St., Camp Hill
717-737-4337

Yorktowne Dental Family Practice
yorktownedental.com
2851 Eastern Blvd., York
717-757-9614

FITNESS CENTERS/GYMS

Camp Curtin YMCA
ymcaharrisburg.org/campcurtin
2135 N. Sixth St., Harrisburg
717-238-9622

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

East Shore YMCA
ymcaharrisburg.org
701 N. Front St., Harrisburg
717-232-9622

Hanover Area YMCA
hanoverymca.org
500 N. George St., Hanover
717-632-8211

Littlestown YMCA
hanoverymca.org
95 Keystone St., Littlestown
717-359-9733

South Hanover YMCA
hanoverymca.org
1013 Baltimore St., Hanover
717-632-0294

West Shore YMCA
ymcaharrisburg.org
410 Fallowfield Rd., Camp Hill
717-737-9622

HEALTHCARE/ SERVICES

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P.O. Box CARING, Pittsburgh
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The Family Health Council of Central Pennsylvania
fhccp.org
3461 Market St., #200, Camp Hill
717-761-7380
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Parenting & Family Solutions
parentfamilysolutions.com
717-602-5560
160 S. Progress Ave., Harrisburg
101 W. Main St., Salunga

PSA Healthcare
psahealthcare.com
Serving Central Pa.
877-540-1051

Poison Control Center
aapcc.org
800-222-1222

Byrnes Health Education Center
byrneshec.com
515 S. George St., York
717-848-3064

Penn. WIC Program/Family Health
pawic.com
Statewide
800-WIC-WINS

HOSPITALS

Geisinger Holy Spirit Hospital
hsh.org
503 N. 21st St., Camp Hill
717-763-2100

HealthSouth Rehabilitation Hospital
healthsouthpa.com
175 Lancaster Blvd., Mechanicsburg
717-691-3700

Lancaster General Health / CHOP Pediatric Hospitalists
lancastergeneralhealth.org
555 N. Duke St., Lancaster
717-544-5331

Penn Medicine Lancaster General Health
lancastergeneralhealth.org
555 N. Duke St., Lancaster
717-544-5511

Penn State Health Children's Hospital
pennstatehershey.org/childrens
600 University Drive, Hershey
800-243-1455

Penn State Health Milton S. Hershey Medical Center
pennstatehershey.org
500 University Drive, Hershey
800-243-1455

UPMC Pinnacle Carlisle
pinnaclehealth.org/Carlisle
361 Alexander Spring Rd.,
Carlisle
717-249-1212

UPMC Pinnacle Community Osteopathic
pinnaclehealth.org
4300 Londonderry Rd., Harrisburg
717-652-3000

UPMC Pinnacle Hanover
hanoverhospital.org
300 Highland Ave., Hanover
717-637-3711

UPMC Pinnacle Harrisburg
pinnaclehealth.org
111 S. Front St., Harrisburg
717-782-3131

UPMC Pinnacle Lititz
pinnaclehealth.org/Lititz
1500 Highlands Drive, Lititz
717-625-5000

UPMC Pinnacle Memorial
pinnaclehealth.org/memorial
325 S. Belmont St., York
800-436-4326

UPMC Pinnacle West Shore
pinnaclehealth.org
1995 Technology Pkwy.,
Mechanicsburg
717-791-2600

WellSpan Ephrata Community Hospital
wellspan.org
169 Martin Ave., Ephrata
717-733-0311

WellSpan York Hospital
wellspan.org
1001 S. George St., York
717-851-2345

Women & Babies Hospital
lancastergeneralhealth.org
609 N. Good Drive, Lancaster
888-544-4636

PEDIATRICIANS/ CHILD HEALTH CARE

Bayada Pediatrics
bayada.com/pediatrics
Serving Central Pennsylvania
888-340-3222

CHIP – Highmark Blue Cross Blue Shield
highmarkbcbs.com
P.O. Box CARING, Pittsburgh
800-543-7105
Comprehensive health coverage to eligible children and teens in 29 counties of Pennsylvania. CHIP is available in Pennsylvania to any uninsured child up to age 19, regardless of household income.

Martin Foot and Ankle
martinfootandankle.com
East York, West York, Hanover,
Lancaster and Lititz
717-757-3537
When your first step causes pain,
take a step in the right direction!

CUMBERLAND COUNTY

Carlisle Pediatric Associates
carlislepediatric.com
804 Belvedere St., Carlisle
717-243-1943

JDC Pediatrics
jdcpediatrics.com
2025 Technology Pkwy.,
Mechanicsburg
25 West Shore Drive, Camp Hill
717-791-2680

Penn State Medical Group Camp Hill
pennstatehershey.org/
medicalgroup
3025 Market St., Camp Hill
800-243-1455

PinnacleHealth Heritage Pediatrics
3720 Market St., Camp Hill
717-909-4670

DAUPHIN COUNTY

Hershey Pediatric Center
hersheypediatriccenter.com
441 E. Chocolate Ave., Hershey
717-533-7850

Penn State Hershey Pediatrics
35 Hope Drive, Hershey
717-531-7300

PinnacleHealth Pediatric Associates
8105 Adams Drive,
Hummelstown
717-652-1211

LANCASTER COUNTY

Beittel-Becker Pediatric Associates
beittelbecker.com
2150 Noll Drive, Lancaster
717-299-8933

Eden Park Pediatrics
edenparkpeds.com
779 E. Main St., Mt. Joy
4221 Oregon Pike, Ephrata
1725 Oregon Pike, Lancaster
717-569-8518

Lancaster Pediatric Associates
lancped.com
2106 Harrisburg Pike, Lancaster
717-291-5931
222 Willow Valley Lakes Drive,
Willow Street
717-464-9555

Penn State Medical Group - Elizabethtown
1 Continental Dr., Elizabethtown
800-243-1455

Penn State Medical Group - Red Rose Pediatrics
233 College Ave., Lancaster
717-291-7221

LEBANON COUNTY

WellSpan Pediatric Medicine – Cornwall Road
618 Cornwall Rd., Lebanon
717-279-6700

YORK COUNTY

Pediatric Specialty Therapy
hanoverhospital.org
400 York St., Hanover
717-316-7337

Hanover Pediatric Associates
hanover-pediatrics.com
217 Broadway, Hanover
717-632-3911

WellSpan Pediatric Medicine
2675 Joppa Road, York
717-741-9063

Springdale Pediatric Medicine
3065 Windsor Road, Red Lion
717-851-1750

York Pediatric Medicine
4020 Carlisle Road, Dover
717-812-4240

PHYSICAL THERAPY

Cardin & Miller Physical Therapy
cardinmillerpt.com
290 East Pomfret St., Carlisle
717-245-0400
156 Cumberland Pkwy., Mechanicsburg
717-697-6600
6100 Old Jonestown Road, Harrisburg
717-695-6436

Hartz Physical Therapy
hartzpt.com
1635 W. Main St., Ste. 500, Ephrata
717-738-0004
90 Good Drive, Ste. 201, Lancaster
717-735-8880
100 Highlands Drive, Ste. 100, Lititz
717-625-2228

Martin Foot and Ankle
martinfootandankle.com
East York, West York, Hanover, Lancaster and Lititz
717-757-3537
When your first step causes pain, take a step in the right direction!

SPECIAL NEEDS/
AUTISM SPECTRUM

PA Autism (ASERT)
asertinfo.com
877-231-4244

Autism Society, Greater Harrisburg Chapter
autismharrisburg.org
800-244-2425

Autism York
autismyork.org
717-801-1272

Margaret J. Kay, Ed.D., Licensed Psychologist and School Psychologist
MargaretKay.com
Independent Educational Evaluators of America
1555 Highlands Drive, Ste. 103, Lititz
717-569-6223
Providing independent educational evaluations (IEEs) for school-age children, college students, and adults.

New Story
newstory.com
2700 Commerce Drive, Harrisburg
717-901-9906
3710 Hempland Road, Mountville
717-405-3287

Pressley Ridge
pressleyridge.org
Locations in Camp Hill, Lancaster and York
888-777-0820

The Vista School
thevistaschool.org
1021 Springboard Drive, Hershey
717-583-5102

BRAIN INJURIES

Brain Injury Association of Penn.
biapa.org
800-444-6443

CEREBRAL PALSY

United Cerebral Palsy of Central PA
ucpcentralpa.org
800-333-3873

DIABETES

Juvenile Diabetes Research Foundation
jdrf.org
800-533-CURE

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PAcyber
The Pennsylvania Cyber Charter School

The Learning Never Stops
PAcyber.org

DOWN SYNDROME

Central PA Down Syndrome Awareness Group
cpadsag.org
717-218-0242

EPILEPSY

Epilepsy Foundation of Western/ Central PA
efwp.org
3507 Market St., Camp Hill
717-730-6779

THERAPEUTIC/ REHAB PROGRAMS

Aaron's Acres
aaronssacres.org
1861 Charter Lane, Lancaster
717-917-6101

Capital Area Therapeutic Riding Association Inc.
catra.net
717-469-7517

Leg Up Farm
legupfarm.org
4880 N. Sherman St., Mt. Wolf
717-266-9294

Schreiber Center for Pediatric Development
schreiberpediatric.org
625 Community Way, Lancaster
717-393-0425

SERVICES/ SUPPORT

ARC of Cumberland & Perry Counties
cparc.org
71 Ashland Ave., Carlisle
717-249-2611

ARC of Dauphin County
arcofdc.org
2569 Walnut St., Harrisburg
717-920-2727

ARC of Lancaster - Lebanon Counties
thearcoflancasterco.org
116 W. Airport Road, Lititz
717-394-5251

ARC of York County
thearcoforyorkcounty.org
497 Hill St., York
717-846-6589

Bayada Nurses
bayada.com
Lancaster, Lebanon, Cumberland & Dauphin counties
888-876-0111

The Clinic for Special Children
clinicforspecialchildren.org
535 Bunker Hill Road, Strasburg
717-687-9407

Helping Hand Children's Center
helpinghandpa.com
2159 Oregon Pike, Lancaster
717-581-1050

Keystone Children & Family Services
keystonehumanservices.org
124 Pine St., Harrisburg
717-232-7509

Margaret J. Kay, Ed.D., Licensed Psychologist and School Psychologist
MargaretKay.com

Independent Educational Evaluators of America
1555 Highlands Drive, Ste. 103, Lititz
717-569-6223
Providing independent educational evaluations (IEEs) for school-age children, college students, and adults.

New Story
newstory.com
Serving Central Pa.
717-405-3287

Ronald McDonald House
rmhc-centralpa.org
745 W. Governor Rd., Hershey
717-533-4001

SpeechCare
speechcare.com
2137 Embassy Dr., Lancaster
717-569-8972

Wonder Kids Medical Daycare
wonderkidsmedicaldaycare.com
647 E. Roseville Road, Lancaster
717-617-2021

VISUAL CHALLENGES

Conestoga Eye
conestogaeye.com
2104 Spring Valley Road, Lancaster
717-541-9700

Family Eye Care Vision Therapy
familyeyecarepc.com
5010 Carlisle Pike, Mechanicsburg
717-695-4852

PA Council of the Blind
pcb1.org
931 N. Front St., Harrisburg
877-617-7407

Susquehanna Association for the Blind and Vision Impaired
visioncorps.net
Serves Lancaster, Lebanon & York counties
717-291-5951

Vision Resources of Central Pennsylvania
vrocp.org
1130 S. 19th St., Harrisburg
717-238-2531

HOME & GARDEN

FLORISTS/ NURSERIES

Ashcombe Farm & Greenhouses
ashcombe.com
906 W. Grantham Road, Mechanicsburg
717-766-7611

George's Flower Shop
georgesflowershop.com
101 G St., Carlisle
717-243-2626

Lincolnway Flower Shop
lincolnwayflowershop.com
3601 E. Market St., York
717-755-4961

Pealer's Flowers
pealers.com
2125 Market St., Camp Hill
800-876-4506

Royer's Flowers & Gifts
royers.com
Serving Central Penn.
888-276-9377

Stauffer's of Kissel Hill
skh.com
Locations in Harrisburg, Lancaster and York
717-626-4771

The Whimsical Poppy
thewhimsicalpoppy.com
417 N. Baltimore Ave., Mt. Holly Springs
717-486-5202

RETAIL & SHOPPING

CONSIGNMENT STORES

Kid to Kid
kiddokid.com
428 Gateway Ave., Chambersburg
717-414-7642
180 Leader Heights, York
717-744-5437

Tomorrow's Child
tomorrowschildresale.com
6 Skyport Road, Mechanicsburg
717-790-9020

Tykes2Teens Consignments
tykes2teens.com
Enola Fire Company
118 Chester Road, Enola

Wears Like New
wearslikenew.com
1200 Market St., Lemoyne
717-761-6767

DAUPHIN COUNTY

Once Upon a Child
onceuponachild.com
6029 Allentown Blvd., Harrisburg
717-540-7840

Wears Like New
wearslikenew.com
1251 E. Chocolate Ave., Hershey
717-533-5555

LANCASTER COUNTY

Little Bo-Tique
littlebotique.com
2160 Lincoln Hwy. E., Lancaster
717-299-9355

Miracles Consignment
miraclesconsignmentshop.com
3043 Columbia Ave., Lancaster
717-394-4828

Now Wear This
nowwearthis.biz
29 S. Market St., Elizabethtown
717-361-0535

YORK COUNTY

Kid to Kid
kiddokid.com
180 Leader Heights Road, York
717-747-5437

Mommy's Lil'Rascals
mommyslilrascals.com
4350 N. George St., Manchester
717-266-3680

GIFTS/ ACCESSORIES

Baby Bug & Me Children's Boutique
babybugandme.com
900 Market St., Lemoyne
717-763-1780

Capital City Mall
shopcapitalcitymall.com
3506 Capital City Mall Drive, Camp Hill
717-737-1578

Harrisburg Mall
shopharrisburgmall.com
3501 Paxton St., Harrisburg
717-564-0980

Hershey's Chocolate World Shops
hersheyschocolateworld.com
251 Park Blvd., Hershey
717-534-4900

Meadowbrooke Gourds
mbgourds.com
125 Potato Road, Carlisle
717-776-6029

Outlets at Hershey
theoutletsathershey.com
46 Outlet Square, Hershey
717-520-1236

Park City Center
parkcitycenter.com
142 Park City Center, Lancaster
171-393-3851

Purple Robin Reserve
purplerobinreserve.com
47 E. Main St., Lititz
717-568-2855

Strawberry Square
strawberrysquare.com
11 N. Third St., Harrisburg
717-255-1020

The Learning Source
elearningsource.com
3401 Hartzdale Drive, Camp Hill
717-761-7445

Toys on the Square
toysonthesquare.com
22 E. Main St., Hummelstown
717-566-6301

Kids & pets!

We love when readers share pictures of their adorable kids sharing some love with their adorable four-legged pals! Keep an eye on our Facebook page for how to send us your photos.



VIOLET AND HER CAT GINGER



ZOEY HENRY AND TAKARA,
A SHIBA INU



RAELYNN AND BLU



OLIVIA WITH KITTEN PENELOPE



PAIGE WITH KITTY PIPER



ZAYDEN AND HANNAH



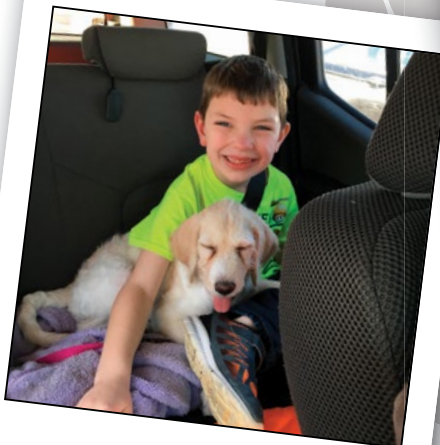
LINCOLN AND SADIE



PJ AND HIS PUP MINNIE



OWEN WITH HIS PUP PARIS



OWEN AND JOSTE



OWEN WITH HIS DOG, BO



Calendar of Events

December / January

FREE EVENT =




DECEMBER

Saturday, December 1

YWCA York's Girls on the Run Celebratory 5K: A Frosty Fun Run. York College of Pennsylvania, 441 Country Club Road, York, 7:30 a.m.-12 p.m. \$15 - \$20. ywcayork.org/gotr

Breakfast with Santa. Spooky Nook Sports, 75 Champ Blvd., Manheim, 9-11 a.m. In addition to visits with Santa, children can play "reindeer games." Ages 12+ \$17.95, ages 3-11, ages 2 & under, free. spookynooksports.com

Saturday Morning Art Club (Ages 4-7). Susquehanna Art Museum, 1401 N. Third St., Harrisburg, 10 a.m.-12 p.m. Explore art techniques, new materials and concepts that are inspired by the art in the museum. Preregistration required. \$10. 717-233-8668, susquehannasrtmuseum.org

 **Snowball Saturdays.** The Hershey Story Museum, 63 W. Chocolate Avenue, Hershey, 10 a.m.-2 p.m. Visit with Coco the Bear and enjoy story times throughout the event. Snowball fights will take place in the lobby at 11 a.m., and 12:15 & 1:45 p.m. FREE. 717-534-8939, hersheystory.org


Santa's Paradise Express. Strasburg Rail Road, 301 Gap Road, Ronks, 11 a.m.-5 p.m. Santa will greet families as they travel down the tracks to Paradise and back. \$13.50-\$33. 866-725-9666, strasburgrailroad.com

 **Toy Train Exhibit.** Fort Hunter Centennial Barn, 5300 N. Front St., Harrisburg, 12:30-4:30 p.m. The Keystone Model Railroad Historical Society returns to Fort Hunter with a display of HO gauge trains. FREE. 717-599-5751, forthunter.org

The Popcorn Hat Players Present: The Steadfast Tin Soldier. Gamut Theatre, 15 N. Fourth St., Harrisburg, 1 p.m. This production will run approximately 1 hour. \$8. 717-238-4111, gamuttheatre.org

 **Garden Spot Village Train Room Open House.** 433 S. Kinzer Ave., New Holland, 1:30-4 p.m. Railroad enthusiasts of all ages can enjoy HO- and O-gauge model train layouts Saturdays through December 29. FREE. 717-355-6000, gardenspotvillage.org/events


Sunday, December 2

 **Open House and Craft Fair.** Children's Cancer Recovery Foundation, 249 Lincoln Way E., New Oxford, 10 a.m.-3 p.m. FREE. childrenscancerrecovery.org

 **Clear Toy Candy Making Demonstration.** Fort Hunter Mansion, 5300 N. Front St., Harrisburg, 1-4 p.m. This Pennsylvania-German tradition dates back to the 1700s and involves molding sugar into a hard-candy sculptures. FREE. forthunter.org

Natural Ornaments. Olewine Nature Center, Wildwood Park, 100 Wildwood Way, Harrisburg, 1-3 p.m.. Make holiday ornaments using pine cones, milkweed pods, and other natural materials. \$5. 717-221-0292, wildwoodlake.org

Santa Stroll. Coleman Memorial Park, 1400 W. Maple St., Lebanon, 1-2:30 p.m. Admission is one Santa hat. Bring your own or purchase one for just \$2 at the Lebanon Christkindl Market. 717-269-2994, friendsofcmp.org

 **Annual Advent Lessons and Carols.** Boehm's Chapel, 13 W. Boehms Road, Willow Street, 3-4 p.m. A traditional 'Lessons and Carols'


with congregational singing of familiar Christmas hymns. Special music from a harpist. FREE. 717-872-4133, boehmschapel.org

Santa's Paradise Express. See Dec. 1 for details.


Monday, December 3


Chanukah starts at sundown.

Tuesday, December 4

 **Holiday Story Time with Mrs. B.** East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 10 & 11 a.m. For ages 2 ½ to K. Registration required. 717-732-4274. FREE. 717-732-4274, eastpennsborobranch.org

Wednesday, December 5

 **Hour of Code Day.** Fredricksen Library, 100 N. 19th St., Camp Hill, 4-5:30 p.m. Ages 12-18. Registration required. FREE. 717-761-3900, fredricksenlibrary.org

 **Annual Tree Lighting Ceremony and Visit with Santa.** East Pennsboro Township Building, 98 S. Enola Drive, Enola, 5-7 p.m. Visit with Santa at 5 p.m., tree lighting ceremony at 7 p.m. FREE. 717-732-4274, eastpennsborobranch.org


Thursday, December 6


The Night Before Christmas. Strasburg Rail Road, 301 Gap Road, Ronks, 7-8 p.m. A reader dressed in a Victorian nightshirt and cap will read The Night Before Christmas as the train rolls along. A portion of proceeds will support the work of the Clinic for Special Children. \$33. 866-725-9666, strasburgrailroad.com


Saturday, December 8

 **Raising Readers Story Time.** East Pennsboro Branch Library,


98 S. Enola Drive, Enola, 11 a.m. Registration required. FREE. 717-732-4274, eastpennsborobranch.org

 **Christmas at Italian Lake.** Harrisburg, 12-5 p.m. Sleigh rides, ice skating rink, artisan market, Santa's grotto, food trucks, caroling, tree lighting, and more. Benefits the Bethesda Mission. FREE. christmasitalianlake.com


 **Mrs. Santa Claus at the Mechanicsburg Museum.** 2 W. Strawberry Alley, Mechanicsburg, 12-3 p.m. Mrs. Claus visits the Passenger Station. With storytime, crafts and treats. FREE. 717-697-6088, mechanicsburgmuseum.org

 **Santa's Reindeer at Fort Hunter.** Fort Hunter Centennial Barn, 5300 N. Front St., Harrisburg, 12:30-2:30 p.m. Visit one of Santa's reindeer and Mrs. Claus. Refreshments available, donations welcome. FREE. 717-599-5751, forthunter.org

Ice Cream with Santa. The Turkey Hill Experience, 301 Linden St., Columbia, 5-8 p.m. Join Santa for an evening filled with fun activities and plenty of Turkey Hill Ice Cream! Advanced reservations required. \$14.95 for ages 2-12, \$9.95 for ages 13+. turkeyhillexperience.com/events

 **Toy Train Exhibit.** Fort Hunter Centennial Barn. See Dec. 1 for details

The Popcorn Hat Players Present: The Steadfast Tin Soldier. See Dec. 1 for details.

 **Garden Spot Village Train Room Open House.** See Dec. 1 for details.

 **Snowball Saturdays.** See Dec. 1 for details.

Sunday, December 9

Christmas at Italian Lake. See Dec. 8 for details.

Santa's Paradise Express. See Dec. 1 for details.

Teen Gingerbread Extravaganza.

Fredricksen Library, 100 N. 19th St., Camp Hill, 1:30-4 p.m. Ages 12-18. Create your own Gingerbread House with kits and lots of extras to make a unique ginger wonder. Registration required. \$3. 717-761-3900, fredricksenlibrary.org

Monday, December 10

Library for Lunch – The Gingerbread Man! *Fredricksen Library, 100 N. 19th St., Camp Hill, 12-1 p.m.* For children ages 3 - 6 accompanied by an adult. Bring a bagged lunch; cookie, icing, candies and beverages provided. \$1 per child. Registration required. 717-761-3900, fredricksenlibrary.org

Tuesday, December 11

Holiday Story Time with Mrs. B. See Dec. 4 for details.

Thursday, December 13

Santa Story Time. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 10-11 a.m.* A special visitor will be stopping by to enjoy some cookies and juice: bring your wish list. Registration required. FREE. 717-732-4274, eastpennsborobranh.org



Story Time and Craft hosted by Girl Scout Troops. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 6:30-7:30 p.m.* For ages 3 - 8. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

The Night Before Christmas. See Dec. 6 for details.

Friday, December 14

Holiday at Landis Valley Bonfire. *Landis Valley Village & Farm Museum, 6-8:30 p.m.* A wagon ride, building tours, bonfires and Christmas carols. FREE, but please bring one or more non-perishable food items to give to the Lancaster Food Bank. landisvalleymuseum.org

Saturday, December 15

Saturday Morning Art Club (Ages 4-7). *Susquehanna Art Museum, 1401 N. Third Street, Harrisburg, 10 a.m.-12 p.m.* Advance registration required. \$10. 717-233-866, susquehannaartmuseum.org

Ice Cream with Santa. See Dec. 8 for details.

The Popcorn Hat Players Present: The Steadfast Tin Soldier. See Dec. 1 for details.



Garden Spot Village Train Room Open House. See Dec. 1 for details.

Santa's Paradise Express. See Dec. 1 for details

Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker. See pg. 31 for details.

Sunday, December 1

Natural Ornaments. See Dec. 2 for details.

Santa's Paradise Express. See Dec. 1 for details.



Brass Triumphant in Concert. *Fort Hunter Centennial Barn, 5300 N. Front St., Harrisburg, 2-3 p.m.* The 1-member brass group performs familiar holiday tunes and Christmas songs. FREE. 717-599-5751, forthunter.org

Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker. See pg. 31 for details.

Monday, December 17

Winter Reading Program. *Fredricksen Library, 100 N. 19th St., Camp Hill.* Register online or stop by the children's desk to pick up a program card. FREE. 717-761-3900, fredricksenlibrary.org

Wednesday, December 19

The Night Before Christmas. See Dec. 6 for details.

Friday, December 21

Winter begins.

The Night Before Christmas. See Dec. 6 for details.

Saturday, December 22

Toy Train Exhibit. See Dec. 1 for details.



Garden Spot Village Train Room Open House. See Dec. 1 for details.

Santa's Paradise Express. See Dec. 1 for details.

Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker. See pg. 31 for details.

Sunday, December 23

Toy Train Exhibit. See Dec. 1 for details.

Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker. See pg. 31 for details.

Tuesday, December 25

Merry Christmas!

Thursday, December 27

Garden Spot Village Train Room Open House. See Dec. 1 for details.

Friday, December 28

"Noon Year's Eve" Celebration. State Museum of Pennsylvania, 300 North St., Harrisburg, 10 a.m.-1 p.m. Make a craft, snack, and dance. Take in a planetarium show. The Museum's famous firefly and balloon drop will be in Memorial Hall at 12 p.m. statemuseumpa.org/event/noon-years18

Saturday, December 29

Garden Spot Village Train Room Open House. See Dec. 1 for details.

Daniel Tiger LIVE! Sunoco Performance Theatre at The Whitaker Center, 11 a.m., 3 p.m. & 6:30 p.m. A brand new adventure in the Neighborhood of Make-Believe where Daniel learns just what it takes to be King. Tickets start at \$25. whitakercenter.org



Noon Year's Eve Party! *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 11 a.m.-12 p.m.* A countdown to NOON with activities for the whole family. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

Monday, December 31

New Year's Eve Countdown. *The Hershey Story Museum, 11 a.m.-3 p.m.* Kids can make some noise with the Hershey's product characters and "bubble-wrap stomps," being held at 11 a.m., 1 p.m. and 3 p.m. hersheystory.org

26th Annual New Years Eve Party For Children. *Sunoco Performance Theatre at The Whitaker Center, 11 a.m.-12 p.m.* Tickets include admission to the performance of Hansel and Gretel, noisemakers, party hats, and a Hawaiian lei. \$12. gamuttheatre.org

JANUARY**Tuesday, January 1**

Happy New Year!

Saturday, January 5

Opening day, Pennsylvania Farm Show. *The PA Farm Show Complex and Expo Center, Harrisburg.* The ever-popular events runs through Saturday, January 12. \$15 for parking at satellite lots. farmshow.pa.gov

Tuesday, January 8

Winter Story Time with Mrs. B. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 10 and 11 a.m.* For ages 2 ½ to K. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

Thursday, January 10

Story Time and Craft hosted by Girl Scout Troops. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 6:30-7:30 p.m.* For ages 3 - 8. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

Saturday, January 12

Raising Readers Story Time. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 11-11:30 a.m.* Registration required. FREE. 717-732-4274, eastpennsborobranh.org

Reading with Reptiles. *Clyde Peeling's Reptiland, 18628 U.S. Route 15, Allenwood, 11-11:30 a.m.* The zookeeper will share a story and a special animal encounter. Then, tour the rest of the zoo and take in a live show. \$14 for ages 12, \$12 for ages 3 - 11, free for ages 2 and younger. 570-538-1869



Craftapalooza. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 12-1:30 p.m.* Drop in to make a one-of-a-kind creation that you can take home. FREE. 717-732-4274, eastpennsborobranh.org

Tuesday, January 15

Winter Story Time with Mrs. B. See Jan. 8 for details.

Girls & Moms Parenting Program Event. *Byrnes Health Education Center, 515 S. George St., York, 6:30-8:30 p.m.* For moms and their daughters, focusing on puberty and the natural changes that occur during adolescence. \$14. 717-848-3064, byrneshec.org



Calendar of Events

Saturday, January 19

The Popcorn Hat Players Present: Tales From Ancient Greece. *Gamut Theatre, 15 N. Fourth St., Harrisburg, 1 p.m.* Old stories are made new in Popcorn Hat's hilarious adaptation of the classic Greek myths. \$8. 717-238-4111, gamuttheatre.org

Family Fun Fest: PA Ballet

II, Prince Charming. *The Ware Center, 42 N. Prince St., Lancaster, 1-3 p.m.* We all know about Cinderella and how she met her prince. But what if the Prince himself told the story? This is a sensory-friendly performance. Starting one hour before performance, children are welcome to participate in creative, hands-on activities. \$10. 717-871-7600, artsmu.com

Monday, January 21

Martin Luther King, Jr., Day

Tuesday, January 22



Winter Story Time with Mrs. B. See Jan. 8 for details.

Puberty Program for Special Learners (Boys). *Byrnes Health Education Center, 515 S. George St., York, 6-8 p.m.* Designed for students living with autism, Down syndrome, learning disabilities and developmental delays. Program will address the biological, social and behavioral components about puberty. An adult must be in attendance with a student/child. \$14. 717-848-3064, byrneshec.org

Wednesday, January 23

Puberty Program for Special Learners (Girls). See Jan. 22 for details.

Saturday, January 26

The Popcorn Hat Players Present: Tales From Ancient Greece. See Jan. 19 for details.

Harrisburg Symphony Orchestra POPS 2. *The Forum, 500 Walnut St., Harrisburg, 8-10 p.m.* Three star vocalists join the HSO to sing favorite songs from megahit shows like Sweeney Todd, A Little Night Music, Jesus Christ Superstar and Phantom of the Opera. Tickets start at \$20. 717-545-5598, harrisburgsymphony.org

Sunday, January 27

Harrisburg Symphony Orchestra POPS 2. See Jan. 26 for details. 3 p.m.

Monday, January 28



Preschoolers Make It & Take It: All about you! *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 1-1:45 p.m.* Ages 3 - 6.

Preregistration required. 717-732-4274. FREE. 717-732-4274, eastpennsborobranch.org



Hands On! STEM: Coding. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 2:30-5 p.m.* Hands-on STEM. For all ages. FREE. 717-732-4274, eastpennsborobranch.org

Tuesday, January 29



Winter Story Time with Mrs. B. *East Pennsboro Branch Library, 98 S. Enola Drive, Enola.* Registration required. FREE. 717-732-4274, eastpennsborobranch.org



Happy birthday to all from Central Penn Parent!

Presented By:



Happy December birthday wishes to our Kids Birthday Club members!

Aniya F. of Camp Hill turns 2
Alexander D. of Millersburg turns 3
Even H. of Lebanon turns 5
Daniel G. of Mechanicsburg turns 5
Zoya K. of Mechanicsburg turns 7

Isabella P. of Harrisburg turns 8
Ashley B. of Middletown turns 8
Nathen B. of York turns 8
Yamsie C. of Bonneauville turns 8
Cameron D. of York turns 9

Matlyn R. of Denver turns 10
Audrina H. of Etters turns 10
Ariayanna B. of Hummelstown turns 13
Elena R. of Mechanicsburg turns 14
Gracie S. of Palmyra turns 15

More December birthday wishes to:

Omari P. of Camp Hill
Lauren C. of Camp Hill
Amina I. of Mechanicsburg
Leander W. of Harrisburg

Happy January birthday wishes to our Kids Birthday Club members!

Hunter G. of Camp Hill who turns 2
Hope H. of Harrisburg who turns 2
Aubree B. of Lancaster who turns 4
Steven L. of York who turns 5
Skylar C. of New Holland who turns 5
Theodore R. of Denver who turns 6
Alexandra W. of Harrisburg who turns 6

Colton C. of Newville who turns 7
Gabriel G. of Mechanicsburg who turns 7
Emma P. of Harrisburg who turns 7
Brielle G. of Harrisburg who turns 8
Thomas O. of Hummelstown turns 10
Violet M. of Camp Hill turns 10
Hunter W. of Lancaster who turns 11

Maurice B. of Harrisburg who turns 11
Chara H. of Lititz who turns 13
Kennedy L. of Harrisburg who turns 13
Mia S. of Carlisle who turns 14
Jurnie L. of Middletown who turns 14
Aidan B. of York who turns 14
Sarah G. who turns 16

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Our goal is keeping the people of our communities healthy so they can live the way they want. This is why we're continuing to innovate, and to expand and invest in the areas we serve, the conditions we treat, and the people we care for.

This is Penn State Health.



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