


Philadelphia Clinches National League Championship

Pennsylvania

Living

APRIL 1997

\$4.50 USA

A photograph of two young girls, one in a purple shirt and one in a blue and white checkered shirt, both laughing joyfully while eating large slices of watermelon. The background is a soft, out-of-focus green.

Hershey Park Expansion Plans Include Six Cities

Pittsburgh, Lancaster, DuBois,
Allentown, Mount Pocono
and Erie welcome plans for
new Hershey theme parks.



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Shady Brook farm in Newtown is one of the historic Pennsylvania sites documented in Drew Smith's new picture book, *Dairy Farms Across the Commonwealth*. The Shady Brook barn is more than 200 years old and was purchased by Amish settlers in 1932.

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JULY 1997

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LAKE ERIE was packed with sailboats of all styles and sizes during the Erie Sailboat Show on May 25th. An eerie shadow was cast by a 90° eclipse of the sun that covered the Lake Erie region. Despite the unexpected darkness, sailboats were judged for speed, design and originality.

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OWNING THE INSIDE TRACK, Temple student Amy Richards overcomes a life-threatening fight with a rare spinal cord disease, syringomyelia, during her team's quest for a track national championship. The Owls ended the season with their first ever Big East conference championship.

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Surrounded by a thriving wilderness in all directions, the peaceful town of Oxford, Pennsylvania is a well-known haven for Quaker genealogists, who frequently visit the Society Of Friends Archives and Museum on Winthrop Ave.

THE VIEW FROM HERE

Some seeds take longer to sprout

When I bought a house six years ago, I quickly discovered some of the auxiliary enterprises associated with home ownership. I planted flowers for the first time, and then the following winter, tried growing them from seed. I put up a bird feeder, and suddenly the birds in my backyard (formally divided into cardinals, blue jays, and all those other birds) started to have names: juno, timice, white-throated sparrows, Carolina wrens.

In both activities, it turns out, I formed a sort of kinship with my grandfather, even though he's been gone for twenty years now. My mother's father, Harry Wolfenberger, was the family's original birdwatcher and gardener. He was a tall, lanky, quiet man who made bird feeders by hand and spent hours in an easy chair next to his living room window watching the birds.

He surely had the most incredible garden in all of Somerset, Pennsylvania. Tomatoes, lettuce, carrots, string beans, corn, all kinds of flowers, most of them started from seed at his kitchen table and nurtured under the grow lights in his upstairs den. He and my grandmother used to drive four hours to the Penn State Flower Gardens to get ideas.

I paid little attention to all of this. I was just a kid and had more interest in basketball and touch football than birds and plants. It wasn't until years later that I found myself discovering some of the same interests that brought my grandfather so much pleasure, and it somehow connected me to him in a way I never felt before. I imagine what it would be like if he were here today and I could get to know him. I'd have a million questions for him: Why do strapdragons fall over in the first rainstorm of the summer? What's your strategy for keeping the squirrels away from the bird feeders?

Although our two lives barely overlapped, I think my grandfather would be pleased to know that a photo of him hangs on the wall in my office. It serves as a reminder to me about how I came to be who I am. About honoring and continuing traditions. And about how people give us gifts that may take us years to realize we've received them.

Mary Orlinsky
Editor



Pennsylvania *Living* Welcome

Pennsylvania *Living* PEOPLE

THE QUAKERS believe in peaceful co-existence with all people and religions. William Penn, the founder of Pennsylvania, was imprisoned for his Quaker beliefs in 1671.

Pennsylvania *Living* FOOD

PHILADELPHIA FAVORITES are easy to find in our most pantheistic of cities. Philadelphia is one place you won't have to lobby for a sophisticated mix of cuisine, culture and atmosphere.

Pennsylvania *Living* TRAVEL

SANDY MOORS are discovered scattered along the New England coastline. Whether your definition of going to the beach means empty windswept dunes or busy, crowded nights.

Pennsylvania *Living* EDUCATION

HIGHER EDUCATION campuses across the state have found ways to mix a wide selection of interesting and motivating classes that meet the basic degree requirement standards.

Pennsylvania *Living* FITNESS

BIG MUSCLES are usually the result of a "no pain, no gain" philosophy. Mark Spear discovers a new attitude for working out that de-emphasizes pain while emphasizing getting high.

Pennsylvania *Living* GROUPS

PEDLAR'S RIDING CLUBS are sprouting faster than the proposed changes to the state speed limits. The Allentown Circle Club reaches when you're on a bicycle, there's no need to rush.

Pennsylvania *Living* SPORTS

POSITIONED ON TOP of most preseason polls, the Penn State Nittany Lions enter the season with the most promising Heisman front runner in Curtis Enis and a favorable schedule.

Pennsylvania *Living* REVIEW

BATMAN AND ROBIN arrive in theaters as a pre-conceived thrill. Most fans show a lack of interest due to the casting of George Clooney. However, our panel is abundant with praise.

Pennsylvania *Living* MALL

SHOPPING is a new experience in Even's Village, Pennsylvania. Actors are hired to revive life of early American settlers. The daily shows have increased sales beyond expectations.

Higher Education



Coveted Classes are a Good Reason to Get Up

The perfect schedule of classes is what every student hoped for each semester. Students not only struggled to get the classes that they wanted, but they also had to fit them into their busy calendar of studying, eating, sleeping, and partying. From a rumored "Easy A" to a great professor, certain courses filled up weeks before students had an opportunity to even register for them.



Who would have thought that Canoeing Basics class included required reading. After George McKnight rests his canoe on the bank of Lake Kittany, he studies chapter seven and the notes he made in preparation for his final exam.

Among the classes that were filled before first year students could even blink an eye were Child Development and Family 129, Theater 100, Health Education 101, and the extensive list of exercise and sports classes, which included ice skating, rollerblading fundamentals, mountain biking, and ballroom dancing. These courses were extremely popular and held reputations that kept students fighting for a seat.

A small registration fee of forty dollars does not prevent Nancy Parks from signing up for scuba diving class as a basic degree requirement. Classes were held in the Nazoetum and at the

completion of the course, each student received their grade as well as their certification for scuba diving.

Learning scales is a concept Professor Jeremy McCoy teaches to all his "Fundamentals of Music" students. Music 201 was always a popular general education class to take for an art requirement because of its informative and entertaining approach to music theory and music history.

What caused all of these eager students to try to grab a space in these courses before their peers? Nicholas Mehta answered, "A lot of times, students choose classes with material that they are already familiar with. That's why the new rollerblading and skateboarding classes fill up so quickly."

Mark Quaker added, "I don't know what I would do without these sport-related classes to fill up my basic degree requirements. My major is hard enough, I need the diversion, plus I get credit for kayaking and canoeing."

Regardless of the professor, location, or of the course content, the University had hundreds of classes that proved to be favorites among the students. Hopefully, the classes not only earned students credit and made their schedule a little more enjoyable, they also were able to learn some valuable lessons in their pursuit of a higher education. ■

Story by Rose/Anne Witlemeyer ■ Photography by Patricia Henry-Norman

Rollerblading 12 was increased to eight sections last semester to meet the demands of students. Tim Hewitt demonstrates his signature high jump and twist turn in the Scully quad. Tim was able to continue intensive practices by forming a rollerblading club that met three times each week. Within two months the club competed for the Rollerblading National Championship on ESPN.



LOOKING FOR A HOME

Whether you're window shopping or ready to extend a down payment, beginner's need guidance when house hunting



Built with future technology in mind, the Montgomery family decides to have solar power cells built into the southern walls of their new home in Downingtown. The home is also equipped with ethernet cable outlets and special internet connections so the family will have access to the world wide web from every room.

By Michael Andrews
Photography by Patrick Carpenter

You know in your heart what you want in a home, but remember to take a practical look at the property, too. Whether you're preparing to look at houses or ready to present an Offer to Purchase, here's some advice to help you through the process.

Before you start looking at houses, make sure you consider these important points. Once you get a good grasp of what you can

realistically afford, be sure to stick with these numbers and look only in the price range that comfortably fits your financial circumstances. Consider your needs for the future - are you planning to start a family or have more children? Will you be needing a home office? Evaluate the neighborhood - what's the condition of other homes in the area? Are property values changing? How close are you to the facilities that are important to you - schools, shopping, recreational facilities?

Here's what to look for in a house. When you're looking at several homes it can become confusing. Keep track of what you loved about one house... or what was lacking in another. It's a good idea to bring a camera, too.

Take note of details, such as the following. The building. How many bedrooms and bathrooms are there? How many floors? Does it have a finished basement? Is the roof in good shape? The facilities. What kind of plumbing, heating and electrical systems does it have? The extras. Does it have air

conditioning, a security system, or a fireplace? How big is the yard? Is it landscaped or fenced? Is there a patio or deck?

Buying your first home is a very exciting experience, but it can be confusing, too. If you have a million and one questions, CIBC has the answers - as well as the products and services you need to purchase the home of your dreams. There are 250 CIBC offices across North America and the corporate headquarters is located in Dallas, Texas.

At CIBC, we want to make buying a first home as easy as possible. So we've put together some first time buyer tips to

answer many of the questions you ask us when you're considering home ownership. How much do we need for a down payment? You may be able to buy your first home with as little as 5% down, but putting 25% down is more traditional. You will, however, need to know the difference between a conventional and a high-ratio mortgage.

How can we save for our down payment faster is a commonly asked question for new home buyers. Saving for a large down payment can seem overwhelming. CIBC offers you tips on getting it together.

How much do we need for a down payment? A down payment is the amount of money needed up-front to buy a home. You can buy a house for as little as 5% down, but remember that the larger the down payment, the easier the other expenses will be to manage. We encourage you to use CIBC's calculator to work out what's best for you. The ideal down payment is 25% of the purchase price.

Once you're ready to put an offer on a property you'll need part of your down payment as a deposit, so remember to keep some funds easily available and accessible.

Built onto the historic Downingtown hillside, the Montgomery home faces a picture perfect Delaware Valley skyline. The backyard of the home features a dense wooded area with plenty of pine trees.



ROOMS WITH A VIEW

Claudia Mortgage and Housing Corporation offers expert advice to potential home buyers all across North America



Enjoying their newly renovated home, Randy and Carol Millerhavanski prepare a seven course turkey meal for a dinner party of sixteen. State of the art appliances were included in the purchase of their new home.

By Michael Andrews
Photography by Patrick Carpenter

Conventional versus high ratio mortgages is an important area to consider. If you can provide a down payment of 25% or more of the purchase price, you may qualify for what's called a conventional mortgage.

If you have less than 25% to put down, however, you must apply for a high ratio mortgage. This type of mortgage must be insured by the Federal Mortgage and Housing Corporation, or by GE Capital Mortgage Insurance Company (GEMI). GEMC will arrange the liaison with GEMI for you at the time of your application and provide you with several payment and options.

Insurance for high ratio mortgages insured by GEMI, you'll have to pay an insurance premium between 1.25% to 3.0% of the total mortgage amount, depending on the size of the down payment. You can pay this in cash or GEMC can add it to your mortgage amount.

How can you save for our down payment faster? For many first-time home buyers, saving a substantial amount of money for a down payment can seem overwhelming. Here are some ways you get your down payment together faster.

Invest in yourself first. You probably think of paying your monthly bills as an important financial commitment. You may



Set on the hillside just east of Lake Perrygo, the Millerhavanski was once home to actor Antonio Banderas. The Millerhavanski family purchased the home in 1983 and maintains it with views beginning at every half hour.

Built in 1947, the North Platteville Tudor home celebrates its fifth anniversary. Originally owned by the Bakererville family, the home is now a community landmark with views beginning at every half hour.



consider savings or investments to be purely optional.

The truth is, if you can make the commitment to pay everybody else, you can make the commitment to pay yourself. Start thinking of a savings or investment plan as one of your financial commitments and make your payments as regularly as you make all others.

What comes with the house? Don't make any assumptions about what will be included if you decide to put in an offer on a house. List the items you expect will be included - items attached to the house, such as broomroom, light fixtures, or built-in shelving, and movable/removable items, such as fridge, stove, washer and dryer.

An offer to purchase is a legally binding agreement between you and the vendor. It locks you into the conditions of the sale described, so make sure your interests are protected by discussing any Offer to Purchase with your lawyer or notary prior to signing. Remember that your offer is negotiable, so the vendor may make some changes and present you with a counter-offer, which is also negotiable.

Here are some things which should be clearly spelled out in your Offer to Purchase. Everything in the house to be included in that price. Amount of your deposit. How the balance of the purchase price will be paid, such as arranging a new mortgage, assuming the existing mortgage, or certified cheque. Closing date, the date on which the deed of sale will be signed and you'll take possession of the home. Conditions of the offer, you might want to make your offer conditional on the outcome of a building inspection or the selling of another property. Time limit on the conditions. ■

It's Not Easy Being Green

*A collection of priceless
tips for becoming
the perfect caretaker*



Story by Luvylye Berkowald • Photography by Richard Steincopala

Making Your Bed. Annual flowers probably have the greatest color potential of any plant available to the home gardener. To have their greatest value they should be used in mass or dense groupings to make the best landscape statement.



Spend some time thinking about where the sun comes up and allowing for trees and shrubs that may shade the ground later in the summer

Deciding On a Location

Where will your garden be? Plants need sun, soil and water to grow, so think about where and how you can supply these best. Most plants that we grow from seed need "full sun" which means at least 6 to 8 hours of unobstructed sunlight that spans morning through mid-afternoon.

While there are some plants that can grow in less than full sun, most food plants need it, especially the fruiting ones such as tomatoes, peppers, melons and squash. Spend some time thinking about where the sun comes up and allowing for trees

and shrubs that may shade the ground later in the summer. Although a site may seem sunny in early spring before the trees put on their leaves, visualize how the yard will look later in the year. Plan to place the garden plot where sunlight is available from early morning to late afternoon. If you have no spot in full sun, consider gardening in containers to make a small moveable garden on a patio or near the house so your garden can follow the sun. The ground should be fairly level to prevent erosion; if your best spot is steep, you can build some simple

Rock Bottom. The Murphy family decided to plant flower beds on the rocks currently set up in their North Arlington, Florida yard. Several flower varieties are planted in large clay pots to allow certain flowers to be repositioned from season to season. Stunning glory vines cover the ground.

The Great Pumpkin. It takes a lot of patience to watch a pumpkin grow to be over 400 pounds. Raymond Roberson and wife Marie from Grace City, Texas, grow six pumpkins that were over three feet high. The Robersons credit a well-planned watering schedule and good luck.



planting terraces that will be lovely and functional. Be sure you make yourself a bench or other comfortable place to sit so you will be able to enjoy your garden when you aren't working in it.

You can keep a close eye on how your seeds and plants are doing if you locate your garden in an easily accessible spot. Consider where you'll keep tools and supplies and a spot for mulch and soil amendments; you will want to add to enrich and loosen the soil. A basic list of garden tools includes a digging fork, spade or shovel, rake, hand trowel, plant

labels, garden scissors or clippers, a hose or watering can with a gentle spray head and a sprinkler.

Think about the source of water when you locate your garden site. Even in areas that get summer rainfall, you will need to be able to sprinkle new seed beds to keep them moist. If a drought keeps on long enough, your growing garden plants will need watering. In the dry climates of the West and Southwest, or wherever you can't count on enough rain, having an accessible faucet for a hose and a sprinkler is a critical part of every garden site.

Ivy League. One of the best grounds for an all-season garden is English Ivy. Dr. Michael Hodgson, horticulture professor at the University of Georgia, recommends English Ivy over any other for its durability to withstand most weather climates and for the ivy's excellent climbing ability.



Bench Mark. Completely made from logs found in nearby woods, this hand-made bench provides a unique and elegant detail to the Hampton Gardens in West Buckingham, Virginia. Harold Flanagan also created a mill, several fences and a garden using the same log frame style.

Stairway to Heaven. The Farmington home in East Jefferson, Texas, includes an inspiring walkway and staircase completely made from boulders and stone excavated from the same property. Joseph Farmington spent three years to create the rocky-but-step walkway and garden.



Adding organic material, checking for earthworms and supplying soil nutrients are all part of good soil maintenance

Building Good Soil

Healthy fertile soil with good drainage is the next consideration in locating your garden. Dig around in your yard to see what the existing soil is like. What's growing there now? Lush growth or thick green grass probably indicates good soil, but if there are only tough weeds or nothing much growing that indicates poor soil and you'll need to take steps to improve it.

What is the color and texture? Do plant roots penetrate down deeply? Do you see any earthworms? Healthy soil is also with microorganisms that decompose organic material to make nutrients available as food for plants, and help combat diseases.

A rich fertile soil is dark, loose and crumbly for at least 12 inches down to sustain vigorous plant growth. Good drainage is essential, which means that after a rain, there should be no standing water.

When soil doesn't drain well, the roots will sit in too much water and risk rotting. If your soil does tend to puddle, you will need to loosen the subsoil and add material to make it drain better. Another alternative is to build raised beds.

There is a very simple gardening Golden Rule: the better the condi-

tion of your soil, the better garden you will have! The best way is to add decomposed organic material that is worked into the soil to improve its balance, texture and water-holding capacity. Use aged manure, rotted leaves, peat moss, compost (the best) or whatever kind of organic material is available.

Building good soil is the most important task a gardener can do, and luckily there are all kinds of materials that will work. Ask your gardening neighbors or a good local garden center what is the best and most plentiful organic material to be found in your area, then stock up.

Soil is broadly defined as three types: clay, sand and loam. Most soils have some of each of these. Clay soils have small particles that hold moisture and nutrients. They warm up and cool down slowly, lighten heavy, compacted and poorly drained clay soils by the addition of compost or other organic material. Sandy soils have larger particles. They change temperature, are light in texture, and drain water and nutrients quickly.

Adding compost to sandy soil helps it hold moisture and conserve nutrients. Loam is a soil type com-

prising a combination of both types of particles, as well as plentiful decayed organic matter. It holds nutrients and moisture, yet drains well. Although this soil occurs naturally in some areas, you will want to mimic nature in your soil preparation by adding extra organic material to the soil you have to make it as close to loam as possible.

Adding organic material benefits all soil types - sandy soil will hold more water and clay soil will get more "friable" or loose and less compacted. Organic material will break down over time, so add it continually to your garden. Add it before you plant each new crop as well as at the end of the season.

For new beds, add 3 to 4 inches of well-rotted material and turn it into the top 4 to 6 inches of soil, chopping it up and working it in until the soil texture is as crumbly and even as possible.

If your soil seems rock hard with clay or very compacted, an excellent alternative is to build raised beds or big bottomless boxes bordered with wood, cinder blocks, railroad ties, or other materials. This way you can bring in some good soil to give you excellent results in a small space.

Making Garden Beds

Two to three foot wide beds make ample planting areas and they are not too wide to reach across from both sides to weed, water and harvest



Time to Dig In. Becky Singleton and daughter Melissa harvest the lettuce they grew from seeds. Sowing the seeds in a raised bed helped to provide better drainage and weed control. The Singleton garden contains three beds of vegetables and two beds of flowers.



Once you've decided on the size and location of your new garden, early spring weather has arrived, and the soil is ready to work, the first outdoor task is to prepare the garden soil.

Mark out the garden area and using a digging fork, garden spade, shovel, or a rototiller (convenient and fast, but not critically necessary), loosen the soil to a depth of 12 to 18 inches. If you live in an area where your soil is very dry, water first to make it easier to work, but make sure you don't ever dig when the soil is too muddy.

Turn over the soil 7 to 10 inches deep and break up the clumps, removing rocks, branches and weeds. Mark out paths so you can make "beds" where plants are to grow. As noted above, two to three foot wide beds make ample planting areas and they are not too wide to reach across from both sides to weed, water or harvest.

Once you have worked up your soil, walk only on your paths so you don't compact the soil and lose the nice fluffy quality you are working to create in the planting areas.

Now add a layer of 3 or 4 inches

of well-rotted organic material to the beds and turn it in until it is as crumbly and even as possible. At the same time you can incorporate other fertilizers. Especially in new gardens, the organic material you've added won't supply enough nitrogen soon enough to feed your first plantings.

Follow fertilizer instructions and work in well to the top 4 to 6 inches of soil of the bed so it will be available to the shallow feeder roots of young seedlings.

Finally, smooth the surface of the soil with a rake to make a fine-textured seed bed. The goal is to

have finer soil on the top and coarser down below, providing for good water drainage.

Although it may still be too chilly to plant your warm weather crops in early spring, go ahead and prepare the soil for them at the same time you are digging and fertilizing the other beds and getting ready to plant your cool season varieties.

This will give you a head start and will let some early weeds germinate which can be scraped off with the rake when you are ready to plant. This will result in less weeds to come up later with your sowings. ■



Bed Spread. Instead of throwing out an old iron bed-frame with the rust, Steven Nichols and his wife, Helen, decide to paint the frame in a non-toxic burner green and place it around their flower bed as decoration. Neighbors visit the Nichols for gardening ideas and tips.

Winter Power. Charles Swanson, from Erie, Pennsylvania, decides to start his garden plants from seeds by sowing out space in a neighborhood greenhouse. The Vacarro-Greenhouse space rental program has found success in the North East region, where winters are brutally cold.

Diamonds In The Rough

Pennsylvania has always been the heartland of Elementary League baseball in the United States. Through the first four weeks of the seven-week regular season, one Bucks County team has shown the ability to hit and pitch with the best.

Team attitude is what leads the Oxford Stars to an undefeated 2-0 record. Team members Billy Ferguson, Matt Kordillo, Eric O'Brien, Jack Wagoner, David Doney, Matthew Hirschberg, Ricky Seft, Robert Lorenz, Michael Wright, Robert Ruffin and Scott Lyons get psyched during pre-game activities. The Stars defeated the Kestrel Killpack 7-5.



Sole and Sound. Michael DiGiovanni's twenty-seven base is one week during after-school practice. Third baseman Tim Dierbeck of was only two steps away from tagging him out.

Filling Some Shoes. Uniforms for the Bristol Bears were not always complete. The lack of funding for shoes and caps allowed each player the opportunity to make a fashion statement.



Running Wild. Tony Darcy, Matthew Dombrowski, Eric Bottoms and Matt Greenburg race to the park after a session after a two-hour practice drill. Practices for elementary school students were limited to three organized two-hour sessions per week.

Personal Network. Gearing for team success, every three-week team has its own manager. Matt Greenburg, Eric Bottoms and Tony Darcy could be heard nearly a mile away. It was the third base run of the day for Rusty, who leads the team in scoring.



Diamonds In The Rough

You would think that a team of elementary school children would be more interested in watching the Disney Channel and going to the zoo. Instead, all twenty-four members of the Bristol Bears have their hearts set on only one thing—the Elementary League National Championship.

For all that the Bears know, they could have been the second best team in the world last year. But they never got to find out just how good they were. They lost to eventual World Champion, the Yardley Wolfpack, in the Bucks County championship, two games to one. Yardley, the perennial league power, went on to the regional, state and national tournaments while Bristol went home.

However, Coach Chucky Merrill's team is back in contention this year, leading the Pennsylvania state standings with an undefeated record. With a renewed self-confidence, the Bristol players feel they're ready to take the game to the next level.

"The main ingredient is we finally believe in ourselves," Merrill said. "The talent's been there for a while. It's just been a matter of believing they can do it."

With a 2-0 victory over third place Northampton earlier in June, Bristol improved to 12-0 in league play and 24-0 overall. The wins include a 13-8 victory over previously undefeated West Chester (15-1, 11-1) earlier this month.

Through the first four weeks of the seven-week regular season, Bristol has shown the ability to hit and pitch with the best of them. "It's something different every game," said number one starter Matt Polinski, a third-grader from Saint Christopher Elementary. "We put out the best line-up in the league. That helps our pitching. We can outslug teams and we can win the close games."

Polinski allowed just two hits against Northampton. For the season, he's 8-0 with a save. He and cousin Jay Petersburgh, a fourth-grader, have enabled the team to overcome the loss of two key pitchers from a year ago.

"We lost some players," Coach Merrill said. "We lost Doug Campbell, one of our outstanding pitchers. He had a great year for us. We lost Jason Miller, our number one relief pitcher. They were big losses. But right now we have Kenneth Taylor as our number one starter, he's been with us for three years. And one fellow who came in to pitch for us at the end of last season, Jay Petersburgh. He's seasoned, but not as much as Kenneth."

Petersburgh was thrown into the fire in a hurry last year. He had one start at the end of the regular season. His second game was the opener of the Bucks County League series. Bristol won, only to drop the next two games and lose the overall series. The two defeats served as a learning experience.

"We always had confidence, but Yardley has been where we wanted to be the whole time," Polinski said. "We were always chasing those guys. This year we're up on them."

The Lower Bucks League is hosting the Northeast Regional tournament this year, so instead of one representative, the league will have two. Right now, the odds are in favor of Bristol carrying one of those two spots. If it does, the team will have to draw on experience to maintain its composure. "We want to get more consistency and play solid baseball," Polinski said. "You can never get down or worried by who you're playing your own game." ■

Story by Kenneth Berloski ■ Photography by Richard Steinsopoulos

Catch of the Day. Jay Petersburgh and Matt Polinski arrive to practice daily to sharpen their catching and pitching abilities. Petersburgh leads the team in hits, followed closely by Polinski. The two neighbors have played baseball together for the last two years.



League Of Their Own. As the Bears slip out into Yardley, the final score is announced over the loudspeakers of the adult league game across town, causing the kids of the Bears to celebrate a victory during the third inning of their game against Westville.

HOME RUN

**After thirty years of waiting,
the Temple women's track team
win the Big East Championship
on their home field**

*"We were predicted to finish
last in our conference. All of
our meets were against top
ten nationally ranked teams.
Even at home, the experts
said it couldn't be done.
We knew they were wrong.
No one beats us at home!"*
—Kelly Stevens



KEEPING TRACK on the sidelines of the national championship meet is Shalene Berger and Elson Gombosi. Both sprinters completed the 400-meter relay race in record time and were waiting for Nora Connolly to complete her lap.

Faster than a speeding bullet? Not quite, but the Temple women's track team showed that it was faster than every other team in the Big East Conference as it ran away with the conference championship and nearly upset Arizona State University for the national championship.

At the NCAA championships, the Owls officially finished eight points behind perennial track powerhouse Arizona State University. But that was somewhat deceptive as Temple lost 15 points when the 400-meter relay team of Amy Richards, Laura Whitney, Dorothy Gornwell and Lyndi Patney were disqualified for an exchange-gate violation during the race. Prior to the meet, they were the top-ranked relay team in the nation.

Part of the reason for their success was the running ability of sprinter Amy Richards. Richards, known to track fans as "the world's fastest human," was the Big East Champion in the 100-meter dash with a time of 10.24 in the championship race. The three-time All-American went on to set a world record in the 100-meter dash at the Colorado Springs National Spring Festival. Richards ran the race in 9.91, shattering the old mark of 11.95 set by Jim Hines in the Olympic games.

Then tragedy struck. In her junior season, Amy Richards was diagnosed with a rare spinal cord disease, syringomyelia. Doctors said she would be confined to a wheelchair for the rest of her life. Yet somehow, Richards miraculously overcame the illness in a few months time. "It was the scariest moment of my life. Those few months were like years to me," remembers Richards. "It was my teammates' constant visits and encouragement that pulled me through." Doctors, family and friends were amazed and thrilled with her recovery.

"Not only was it a miracle that she recovered from the syringomyelia," says Dr. Robert Lambert, "but it was unbelievable how she came back the next year to help her team win their first ever Big East championship."

Dedication was everywhere on the Temple squad. The influential seniors were indeed a unique pack. Sisters Kim and Kelly Stevens were front runners that also excelled in their academic fields. "I've never worked with people that are more dedicated or more disciplined. They're really scholar athletes," Coach Jordan explained. "To say our success is that we're a group of good individuals that make a great team." A team that finished with the highest national ranking in school history.

Story by Scott Patrick Barthelemy ■ Photography by Elaine Berger



CLOSING GROUND on the Pittsburgh summer ahead, Amy Richards helps lead the Temple Owls past the Pittsburgh Panthers in the 400-meter relay at the Big East conference championships held at Temple University. The Owls went on to win their first ever Big East title and finish ranked second nationally.

Former athlete learns that intense exercise creates an irresistible, natural high

RESISTANCE IS FUTILE

The first time Mark Spear remembers getting high from exercise, he was in the throes of depression. His physician had recommended antidepressants, but the thought of using drugs didn't appeal to him. Instead, the 32-year-old accountant from North Philadelphia decided to try exercise.

His first workout after a lapse of many years was tough. In fact, 20 minutes into a session on a stair-stepping machine, he wanted to quit. "My legs were burning, my lungs felt like they were going to explode, and my heart just wasn't into it," he says.



But when he stepped off the machine 10 minutes later, he remembered something from his days as a college volleyball player—exercise made him feel good. Really good. "The pain disappeared almost instantly," he says. "I felt totally relaxed, my body actually tingled, and a familiar calm settled over me."

What Spear experienced after that workout two years ago—and what has kept him hooked on exercise ever since—is commonly known as the "runner's high," says Owen Anderson, Ph.D., an exercise physiologist

based in Lansing, Michigan, and editor of *The Running News*.

"When we exercise intensely," he explains, "the stress of the activity tells our brain to release chemicals called endorphins into our bloodstream." These endorphins hook onto the nerve receptors that signal pain. "So not only do we not feel pain," says Dr. Anderson, "we feel euphoric... and at peace." Best of all, these feelings can linger for hours after a workout.

So if the physical benefits of exercise aren't enough to motivate you to start a fitness program, remember that you may reap a significant emotional gain as well. "Regular exercise helps you feel better about yourself and reduces the stress and anxiety that can make you feel depressed or tired," says Stephen DiCarlo, Ph.D., a physiologist and biophysicist at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. "It's cool that our brains have these endogenous opiates, the endorphins, that are released when we exercise."

Besides making you feel good, exercise may also promote more efficient brain functioning. Dr. DiCarlo's specialty is

looking at how exercise affects the nervous system. During the course of his research on lab animals, he and his colleagues have discovered that exercise appears to promote some very positive behavior. Among their findings: that "fit" male rats were better at completing fine motor skills tasks in less time and with fewer mistakes than sedentary rats. "They were also more alert more aware of their environments, and had better memory skills than their slothful cage mates," he added.

Dr. DiCarlo attributes these effects to the release of endorphin-like chemicals. While he hasn't done this kind of research on humans, he says he wouldn't be surprised if the results were similar.

Mark Spear doesn't need the scientific research to convince him that the exercise makes him feel both physically and emotionally healthier. "I'm at the point where even on the days when I think I don't have the energy to exercise, just imagining how much better I'll feel, and how much clearer my thoughts will be after a workout, can motivate me to get out there," he says.

Workouts once usually never something to look forward to for Mark Spear. However, completing his thirty-second reverse pull-up became easier after he learned there's more to gain than muscle. Dr. Anderson's research showed that intense exercise releases endorphins into our bloodstream that hook onto the nerve receptors that signal pain. This causes Spear to feel euphoric. Best of all, these feelings can linger for hours after a workout.





IN FULL SPRING, Dorothy Greenell slowly rocks her baby, Jessica, to sleep outside their Plymouth Meeting, Pennsylvania home. The Greenells' ancestors fled from Manchester, England to escape the hostility of those opposed to the Quaker way of life. In 1760, the first Greenells arrived and settled in what was known as "West Jersey" near the banks of the Delaware River.

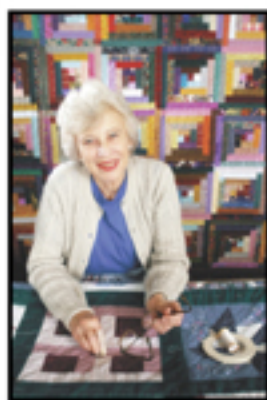
Who are the Pennsylvania Quakers?

The origins of the Society are found in the seventeenth century in England, a time when many were questioning the established beliefs of the age. George Fox (1625-1691) did not find answers to his questions in any of the churches of his day. Out of his searching came the spiritual message which swept a large part of the country and resulted in the formation of the Religious Society of Friends.

Story by Darren Scott Eler ■ Photography by Robert P. Beideman

MAKING THINGS. Henry Dublin guides his tractor along the dirt road connecting West Chester with Getzville. Dublin's Quaker roots can be traced back to immigrants from Bristol who founded a town of the same name on the Delaware River. Bristol and Chester County, Pennsylvania became the heartland for Quaker settlers at the end of the seventeenth century.

GOOD FILE. Longtime to Alex Margis and Richard Tompkins has attended the same Friends meeting in West Chester, Pennsylvania for the past twenty-five years. Quaker Meetings are scheduled three times a week, yet members believe if they wait silently upon God there will be times when God will speak to them in the heart. The silent Meeting of Friends is a sacrament of communion with God.



ARCHWORK OF TRADITIONS. Emily Neptune, a seamstress from Drexelton, designs homemade quilts for her craft store. Neptune learned the craft three years ago from her grandmother, Ann. Among her favorite designs is the one she calls Enchanted, a quiltwork assembly where each square tells the story of Quaker persecution and immigration to America.



Who are the Pennsylvania Quakers?

A Christian Background

Quakers witnessed to an "Alternative Christianity" distinct from the churches of the time. As a result they were persecuted both by Cromwell's Puritan government and by the restored government.

Rox did not intend to start a new sect. He wanted to persuade the church to return to what it had been in the days of the Apostles. He proclaimed the early preaching of Peter (Acts, chapter 2 and 3) that Jesus, who had been present in the flesh, had risen from the dead and was now come in the Spirit. That Jesus acted in the hearts of his followers purifying and empowering them.

Pursuing Peter's teaching, Fox called for a radical, egalitarian, spirit-filled Christianity that would not be oppressive of people on account of race, sex, or class. He maintained that the message of the early church had been lost when the church became institutionalized and believed that he, and others with him, could stand in exactly the same state as Apostles, with the same power to heal and prophesy that the Apostles had.

The Ministry of All Believers

George Fox challenged the belief of the Roman Catholic and Episcopal churches in the necessity for, and the authority of, a hierarchical structure of Priests and Bishops. He claimed that everyone was able to have a personal relationship with the living Jesus without having to depend on the intercessions of a Priest or Minister.

He taught that there is one, Jesus Christ, who can speak to each person's condition and the responsibility for ministry therefore rested upon all.

The Place of the Bible

Friends hold that the words of the Bible should not be taken as the final revelation

of God. The Books had been written by men who were acting under the power of the Holy Spirit and it was necessary to read the words in the power of the same spirit and to listen to what the Spirit then spoke in your heart. The words were active agents in the sense that, when read in the Spirit at the appropriate time, they would spring to life for the reader and take the reader forward on his or her spiritual journey.

The Light Within

George Fox preached the Good News that we were all children of God and that, as children of God, we had inherited powers from God. Each of us was given a measure of this power or light and in accordance with how we used it, so more would be given to us. Jesus had possessed this power or light, without measure so that he became the Light and the light within is Jesus Christ.

The Inner Voice

Friends believe that if they wait silently upon God there will be times when God will speak to them in the heart. The silent Meeting of Friends is therefore the sacrament of communion with God during which Friends lay themselves open to the leading of the Spirit.

George Fox often wrote about his "openings", meaning revelations and it has been the experience of Quakers over the centuries that "opening" will occur in the mind of that "a way will open". Openings can come to individuals when they are alone or may come out of the silence of a gathered Meeting for Worship.

It is a perennial question as to whether a leading comes from God, from one's own ego, or from another power and it is the practice in the Society of Friends to test a leading in a meeting with others.

Who are the Pennsylvania Quakers?

When they meet for business Friends strive to obtain the "sense of the meeting" from those present before taking action for they recognize the light as a force which creates unity among all who respond to it or who "answer it in one another."

It does not follow that a majority is always right, a prophetic role is a lonely one and, if a concern is deeply felt and continues to be raised, the Meeting will continue to hear it and may later come to recognize its validity.

Equality before God

From the beginning Friends gave women and men equal status, for the fact that we are all children of God bestowed an equality upon all. This concept led to the testimony that one person should not set himself above others through human honors and distinctions which were meaningless in the sight of God. From this came the Quaker practices of simple living, plain dress and plain speech.

The Inward and Outward Journeys

One of the most important messages that Quakers have to offer is that religion, or belief, is experiential. It is not just a matter of accepting words or practices but of experiencing God for oneself.

The fact that God is always present means that the whole of a person's life is sacramental; Friends affirm the need to practice the presence of God in all activity.

It follows, therefore, that Friends emphasize the importance of combining the inward and outward journeys. To take the inward without the outward will lead to selfishness. You go inward to wait upon and receive the word and support of God and then take this out to action in the world. To take the outward journey without the inward leads to "burn out" because the

support is not there to be called upon. The Inward/Outward Journey is the practical application of Jesus' summary of the Law: "Love God and your neighbor as yourself."

It is the inward/outward process that has led Friends into pioneering social action such as reforms of prisons, schools and mental institutions, improving conditions of employment, supporting refugees and others in need, providing an ambulance service in wartime and examining the consequences of proposed legislation.

The Peace Testimony

As a Peace Church, the Society of Friends has always played a leading part in opposing preparations for war. The Peace Testimony, which is a very important Quaker principle, arose out of the belief in the indwelling light or "that of God" in people. If that of God was a reality within oneself it would be denying the inner Spirit to take up arms against another.

Quaker practice does not permit the overcoming of some persons by other persons but tends toward the integration of various points of view into a new and higher level, for they recognize the light as a force which creates unity amongst all who respond to it or answer it in one another.

In appealing to the light within another we also appeal to the light within ourselves; as a result, we find that the other is right and we are wrong. The light is a source of unity. Force may create a superficial unity but it cannot provide organic unity.

Quaker Practices

Over the years Quakerism has developed in different ways in different regions. Members have been affected by varying influences such as the greater awareness of Eastern religions, the growth of psychology and the development of scientific knowledge.



HAIR MAN. Gregory Mace applies another coat of varnish to a desk chair for the Summerize Quaker Meetinghouse. Mace volunteers about twenty hours each week to Quaker service projects. He firmly believes that selfless service to others is paramount in achieving a spiritual opening. Mace owns a wood and metalworks business in Upper Darby, Pennsylvania.



SPECIAL DELIVERY. Christian Robertson is greeted by "Miss Patsy" at the neighborhood mail center in Schuyl County, Pennsylvania. Robertson is a committed Quaker. He attended his first Friends meeting five years ago in Cherry Hill, New Jersey. Robertson explains that she felt a spiritual bond immediately and has never missed a meeting.

WALK OF LIFE. Currently investigating the Quaker legacy, Mark Daily examines his personal beliefs in an effort to determine if he is a good fit with Quaker beliefs and the Quaker lifestyle. Despite being a direct descendant of Quaker immigrants, Daily knew little about the religion when he began his study a month ago. Now he attends the Bristol meeting every week.

LIVING IN STEP. Brothers Michael and Bryce Pyle attend the George School, a private Quaker school in Sellersville. Along with basic education requirements, Ron and Bryce also study Quaker beliefs and attend Friends' meetings on campus. They student is also expected to be a member on at least one sports team. Especially competitive in sports, the George School one state championships for football, basketball, lacrosse, tennis, swimming and gymnastics.



REAT GRANDFATHER. Jessie Maxwell and his great grandson, Joseph Maxwell enjoy getting together at the Quaker retreat in West Chester, Pennsylvania. The retreat provides entertainment, food and educational sessions for Quaker families and their friends. Jessie assumed a seminar that provided information on William Penn, the most famous convert to Quakerism and the founder of Pennsylvania.



Who are the Pennsylvania Quakers?

Since the Society is non-creedal, the spectrum of belief held by Friends has widened and different opinions may be held in different places or cultures. When one considers the diversity in other denominations, the differences between Friends are less remarkable. Friends Meetings may be either unprogrammed or programmed, the latter normally being led by a pastor.

Friends and other faiths

Quakers have always taught that the light of Christ has been given to all people everywhere. They maintained that many persons who never heard the historic Christ have had experiential knowledge of the Christ within and would hold, with Paul, that the Eternal Christ was known before the historic Christ.

However, Friends are prepared to receive insights from where ever they may come and agree that there are things to be learned from contact with other religions. Friends are ready to dialogue with people of other faiths and to share with them insights from our respective inheritances.

However, Quakerism remains rooted in the Christian faith and the centrality of Jesus is paramount, although his sovereignty is not unanimously upheld.

Children Of Light

Being "Children of Light" they find violence intolerable. Quaker thought is both mystical (waiting upon God) and prophetic (speaking truth to power). Friends believe that God's revelation is still continuing, that God is not absent or unknowable but that we can find God ourselves and establish a living relationship thus being able to live in the world free from the burden and guilt of sin. It is the search for a closer relationship with God that is the Way.

Religious knowledge, like the appreciation of beauty, is not attained by a logical process of thought but by experience and feeling. Quakers maintain that the teaching of Jesus is a practical method for the guidance of the world today, that religion is concerned with the whole of life, and that, beyond a certain point, definition becomes a limitation. ■



ENVOLAZER. Cindy Fox from Lancaster, Pennsylvania returns home after a special meeting for Quakers interested in volunteer service. Those attending the meeting learned more about the Quaker "Peace Testimony" which makes Quakers an active group calling for justice and peace at the United Nations through the "Quaker United Nations Office." Cindy pledged service on the racial discrimination committee.

SOCIAL CLIMBERS

With majestic surroundings, The University of Utah offers more than a high-quality education. A unique selection of monumental activities help attract hundreds of thrill-seeking students.

Even if you live off-campus, there are endless opportunities for activity that will make you feel a part of the university community. The Student Involvement Center lists nearly 200 clubs and student organizations. Most clubs are open to anyone, while some, such as "The Film Front," cater to individuals with specific interests.

There are clubs for students interested in religion, history, art, politics, music, and just about anything you can think of. The student publications staffs are actively involved on campus, and sports clubs cater to enthusiasts from mountain climbers to skydivers. Ethnic groups boast the largest number of campus clubs.

Students can become more involved in their academic major by being a member of a student advisory council that coordinates evaluations, reviews programs, and evaluates grading standards.

The national trend toward volunteerism is extremely evident at the University. Through the Lowell Beaton Community Service Center, you can make a difference. Students have sorted food, planted trees, provided blankets, painted homes, sponsored parties for the mentally retarded, and assisted elderly in a variety of ways. Student help is always welcomed and needed.

For athletic involvement, there's the excitement of attending major college football games and cheering on the women's gymnastics, seven-time national champions. The "Routin' Utes" basketball team is a national powerhouse that last year fought it's way to the NCAA top ten. Utah's men's and women's ski teams have been national champions seven times in the last nine years, and the men's swimming team has won 19 conference championships. Men's tennis has captured 15 WAC titles and is the only team in the Western Athletic Conference to produce a national singles champion.

When you need a study break, you can take advantage of the myriad attractions offered through the Campus Recreation Program. With an indoor running track, a bowling alley, 27 tennis courts, 15 racquetball courts, four squash courts, five gymnasiums with 28 basketball hoops, two swimming and diving pools, three soccer fields, an indoor practice field, four weight rooms, acres of playing fields, a nine-hole golf course, and the vast mountain ranges, you have access to recreational facilities that far exceed those of most universities.

Story by Rick Emerson ■ Photography by Dorothy Louise

Scaling the peak of Mount Timpanogos, Stephen Miller from Provo sets his anchor twenty-two feet away from the top. Miller beat the Utah record for scaling the mountain in only one hour and nine minutes. The University of Utah Mountain Climbing club hosted a celebration at the foot of the mountain for all clubmembers and visitors.



Miles of Utah mountain roads were occupied by hundreds of rollerblading enthusiasts every Saturday morning from 9:00am to 11:00am when the road was closed, especially for outdoor sports enthusiasts. Sandi Clark and Tommy Feldman celebrate reaching a six-mile stretch of road that was an uphill battle all the way.



Rugged trails on the west side of campus were perfect training grounds for the Mountain Biking Club. Glen Paul and Tim West walk directions through the meadow state to course laid out for club initiation. With a regular of fitness standards, only a few new members are selected each year for Mountain Biking Club membership.

BEYOND MEASURE. Arroyo is far more ambitious than your standard Tex-Mex taqueria. The menu is a fun read, a romp through several culinary vernaculars, ranging from scallop ceviche to tamales to a whole section of sates.



Arroyo Grille

Luring diners with Southwest fare and crafty touches

On the western flank of Manayunk, hispanic chef Derek Davis worried aloud that he might have missed the crest of the upscale nacho-taco trend as he prepared for the opening of his third Manayunk restaurant, the great big half-hooped Arroyo Grille, which had taken almost two years to put together. By May it was finally a reality, a blocky, inescapable building that redefines Upper Merion Island. Of course, Arroyo is far more ambitious than your standard Tex-Mex taqueria, as we'd expect from Davis and his partners, developer Dan Neukstein and attorney Allen Newman, the trio who produced Sonoma and Kansas City Prime. Sprawling across the island's landscape, surrounded by that rarest of Manayunk commodities, it looks at first glance like a mighty entertainment complex. As you get closer, the starburst is relieved by a two-story waterfall that splashes sensuously down the building's facade. Indoors, the atmosphere is all big sky ceilings, western paintings and deep-hued walls, with stary lighting. There's also a serious alfresco aspect to the place; weather permitting, you can eat at the appealing outdoor bar, or on a covered deck, which affords a view of a profound rock formation in the middle of the Schuylkill.

In addition to the nachos and tacos, there is Davis' pride and joy, a "little red smokehouse" behind the kitchen wherein meats and some seafoods are slow-cooked and perfumed with fruitwood. The menu is a fun read, a romp through several culinary vernaculars, ranging from scallop ceviche to tamales to a whole section of sates. These mini-satebs contain swordfish in cilantro-lime-ginger vinaigrette, or

Steak by Janet Gray • Photos by Mark Holak

beef with roasted pepper mayonnaise, or chicken with tomato cream.

They're amusing and savory, and at \$7 you could make a meal of two orders, each of which contains three sateers. The "posole soup of the day," made with the fat rubbins of hominy, was based on roasted ultra-ripe tomatoes and vegetables. It was a thin, gruelly broth, but had a real chuckwagon flavor to it with sprinkles of seasoning.

Quesadillas are fun smoked chicken and chorizo, crabmeat and brie, and pleasantly earthy wild mushrooms with jack cheese in garlicky rosin tomato salsa. Normally, such fare is only enhanced by guacamole, so I asked for a side smooth. Sadly, it tasted like a too-smooth, too-mild convenience-food product spiked with bits of fresh avocado and seasoned with oregano, garlic, tomato and dill pepper.

Enterwise, I couldn't wait for my first mouthful of pulled pork, smoked and shredded in a rusty-colored sauce with fire and smoke and that rusty little thurst-burn of vinegar, the way they do authentic North Carolina barbecue. It was served with a thick slab of grilled French bread, and from the choice of two sides I tried corn custard pudding (custard and corn kernels, sufficed slightly with loads of cornmeal) and extra creamy omelette, the de rigueur accessory for a true Southwestern barbecue.

I couldn't have been happier, but I felt bad for my husband with his preciously thin, dry shingle of grilled swordfish. Also losing from the smokehouse are spare ribs, baby-back ribs, ducks and half-chickens; a \$19.95 sampler entree provides ample tastes of most of these items with a side dish.

When it's time for dessert, you must not miss the campfire s'more, a sort of freestanding parfait of Graham-cracker cake, bittersweet chocolate and beautifully gooey marshmallows; the drizzle of eugberry coulis is just gilding the lily. Tequila bread pudding, the time I tried it, was far too dry and, as a result, rather flakey and hoarse.

More dependable choices include kahua creme brulee, deeply frosted chocolate layer cake with a layer of good cookie crunch on top, and another chocolate cake whose mild spice is derived from chili peppers. Sorbets and ices, especially mango margarita ice with berries, make an easy finale for Arroyo's foodie



FOOD FOR THOUGHT. The Lightest Choice menu is available for guests who prefer to watch cholesterol and calorie intake. See Miller and Ross Walker decide to share the grilled chicken as they enjoy the sun on Arroyo's outdoor terrace.

Pennsylvania Living REVIEW

Arroyo Grille

315 North Leavittton Street
South Philadelphia
Open 10:30a - 2:00a daily
215-487-1400

Appetizers \$4.00 - \$8.95
Entrees \$9.00 - \$19.95
Accepts all major cards

Food★★★★
Service★★★★
Atmosphere★★★★

Making A Difference

Second Mile program goes the distance
to help make kids' futures brighter

PINT THE TOWN. Every July fourth, the Second Mile sponsors an outdoor mural contest for kids. Kate Fellows, Eric Desrosiers, Amy Carriage, Joshua Buncerby and Keith Greenland decide to go with a more abstract idea by combining different splashes of color. Their mural, titled "Blue Gokos" won them a second place prize.

Making A Difference

HERE IS YOUR MISSION: Help kids throughout the state with eight wide-ranging programs, all of them free to youngsters. Do it without government funding. Do it with a staff of eight.

In today's tight economic climate that might sound like *Mission Impossible*. But that's what The Second Mile Youth Program does, and it does it with plenty of Pennsylvania connections: people as diverse as founder Jerry Sandusky, Penn State football's defensive coordinator, and the Penn State student who volunteers his time to be a friend and a role model to a youngster.

Ten years ago The Second Mile was serving forty-one kids with two programs. In 1997 its eight programs touched the lives of over 80,000 young people all over Pennsylvania, far beyond what Sandusky envisioned when he and some friends sat down to talk about founding an organization that would go the extra mile for kids.

The Second Mile idea sprang from Sandusky's life. His father was director of a youth center in Wihangton, Pennsylvania, so young Jerry got a close up view of commitment to helping children.

"That place was kind of a home for a lot of kids," he said. "There were some young people they never gave up on. And some of them — not all of them, but a few of them — turned a lot of corners as a result, and that made a tremendous impression on me."

Sandusky's involvement with kids "is part of his fiber," says Hank Lesch, director of development and community relations for The Second Mile. "It is not a job to him. I don't know if you would call it a calling... it is just something that he sees — that he can help children — and something he can give."

"He's a dreamer for the agency," says Lesch. "If it is a good idea and it is worthwhile for the kids, Jerry will find a way of getting it done."

Sandusky and his wife, Dottie, had been reaching out to children in a personal way long before The Second Mile came into being. They eventually adopted five youngsters and have been foster parents to three more. But even that wasn't enough. Sandusky asked himself what else he could do.

For the Children

that would be a positive influence in their lives. The answer to that question led to The Second Mile. Sandusky's original plan was to build a shelter for foster children, and he did that, although the agency no longer fulfills that function. While today The Second Mile is thriving, Sandusky admits that there were many rough spots on the road to stability. He chuckles as he looks back when his early supporters had little notion of how to go about establishing the organization.

"We really didn't have anything," he says, "except a dream." Yet despite financial crisis and criticism, "Somehow," Sandusky recalls, "we stumbled forward." He credits the commitment of early supporters with turning the dream into reality.

The Second Mile was incorporated in 1977, but it was four years before it reached its initial goal of opening a shelter for foster children. The foster home soon was joined by the Summer Challenge camp. As Sandusky is fond of saying, one thing led to another as the board and staff looked at ways to help more kids.

The camp, which targets children who need extra guidance, remains one of Sandusky's most loved programs. He laughingly describes himself as a "very frustrated playground director," joining the youngsters at camp gives him a chance to play that role and get to know the kids.

CHICK TO CHICK. Kaitlyn Sanders joins a bear cub on Tim Opland's right check at the Second Mile Choice of Champions Carnival. More than 42,000 people attended the fair and raised over \$10,000 in donations, gate receipts and concession sales. The Second Mile administration plans to use the money toward expanding their Choice of Champions video series into a live stage set.



FACE TO FACE. Martha Denton adopted second Mile member Brenda Gayle three years ago as her little sister. At that time, Brenda's parents were separated and very difficult to get along with. Martha devoted as much spare time as she could to teach Brenda how to deal with life's misadventures.



IN THE LONG RUN everyone benefits from the programs the Second Mile offers to disadvantaged children. Jessica Taylor, Francine Griffin and Shawn Rughini cheer toward the Summer Challenge on the far side of the Hub Lawn. The Summer Lane volunteers spend time to be with the kids during Fitness Day.



CLASS-GLOWNS. Children were encouraged to dress in costumes when attending the Second Mile Choice of Champions Carnival. Awards were given for most colorful, originality, and creativity. Helen Dasher and Susan Day decide to dress as a circus clown and a clown.

PUPPY LOVE. Who could resist the interest and playful spirit of Patches, one of several adorable animals visiting with the Second Mile children during Animal Week. Cindy Lambert shares Patches with Shelby St. Germain, Taha Erickson, Yuki Lord, Tracy Kester and Stan Piller.





QUINTBACKSNDK Brian Green leads everyone by keeping the ball and pushing past the defense. Volunteers organized the fall cookout at the Sandusky residence for local children in the Second Mile Friends program. Anne Gabris recruited Ron Donald, Steve Gomez, Pat Duffy and Brian Green for the touch football game.

WATER WORLD Rick McKinley instructs Dawn Wilson on the fine art of kayaking on Lake Stary. Rick volunteers six hours a week to the children in the Second Mile program, teaching them outdoor living skills as well as what it takes to manage life's difficult problems and come up with solutions.



Making A Difference

S kids, and only also goes one-on-one with the young people during other Second Mile events, unabashedly admitting he's the happiest when he's " goofing around with the kids." With Sandusky's easy manner and ready smile, it's not hard to see why the kids develop a special bond with him that lasts for many years.

Sandusky recalls one of the early campers who had a lot of problems but eventually finished high school and entered the military. Sandusky says he'll always remember the letter the young man wrote to him, calling The Second Mile "the wind beneath his wings."

Samantha Schoffstall was in seventh grade when her parents were going through a divorce. "I was really depressed a lot. I didn't care what happened to me," she said. She credits a "wonderful" school guidance counselor for suggesting she apply to attend the Summer Challenge camp. Samantha returned to the camp every summer through her senior year of high school. Strenuous activities — such as living in the woods — teach the campers cooperation as well as reliance on their own strengths to meet a challenge. Samantha recalls the frustration of trying to build a fire in the rain so her group could cook a meal. She also remembers the often repeated Second Mile catch phrase: "Challenge makes Champions."

Samantha is convinced The Second Mile had a tremendous impact on her life. "They showed me that I should believe in me, that I'm a good person." She is now a freshman at Penn State and looks toward a career in social work or child day care. She also says she'd love to work

For the Fun of It

with The Second Mile some day and hopes to return as a camp counselor. She's a very different person from the troubled adolescent of that long-ago summer.

"Now I want to be happy and I want to be successful," she says.

Fullback Sam Gash has found his found being on a winning team has plenty of rewards. But he's also found that being a part in The Second Mile's team has rewards that can't be marched.

"Everyone is put on the earth to serve. I feel like I'm serving the kids, which in turn is giving me a thrill," he says.

Gash has been involved in The Second Mile's Friend Program since his freshman year; he's also pictured on the Nitary Lion Tips, Penn State sports trading cards that also offer brief motivational notes. The hard-playing athlete with the easy-listening North Carolina drawl says he has always believed in giving something back to society.

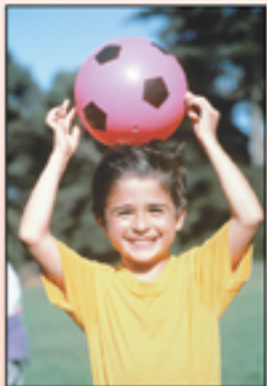
Gash finds the twice-entrally filtered events (bowling, picnics, miniature golf, ice skating...) give him a chance to interact with youngsters and, he hopes, make a difference. He remembers in particular one boy who was being abusive to the others.

"I took him to the side and talked to him for a long, long time and he calmed down," Gash recalls. The boy began talking about some of his problems at home. "He shared a lot of things with me. It touched me in a big way."

Gash hopes the kids he helps will be motivated some day to reach out to others, "so that it's almost like a never-ending success story."

One of the most unusual aspects of the Second Mile is its funding. Virtually all of it is from private sources. The decision not to use government funding means The Second Mile is not beholden to any agency that can create the kind of programs it wants and without fear of government cutbacks.

HITTING A BALL Gregory Stevens organizes a soccer game at the annual Second Mile picnic. Over 1200 people attended, the largest ever event to attend an event on Harbor Field. Gregory found fifteen other kids to form two teams of eight each. Second Mile events are a great place for kids to meet others and show off their talents.



SUNSHINE Gilbert Park in Saguon, Pennsylvania claims to have the largest park slide in America. When Springs, Michael Goss, Joey Horvath, Susan Wang, Kelly Blawie and Brian Stenzel can testify that the park has the fastest slide as well as all children were attending the park slide fair on May 29 when they spotted the tremendous slide.

Making A Difference

Dollars are donated from the private sector exclusively. Sandusky loathes the idea of starting a program, getting kids involved, and then having to drop it because funding is cut. "There is an honesty to the dollars that are donated from the private sector," says Lesch. "We are challenged to use those dollars as wisely as we can and as efficiently as we can."

The Celebrity Golf Classic, is the agency's biggest fund-raising event. Last year it pulled in \$65,000. The tournament roster is filled with the names of many former Penn State football players as well as other sports figures and celebrities.

Other significant fund-raising special events include an art auction, which brings in about \$10,000, the Penn State-Ogontz Alumni Society Golf Outing, which raises \$5,000 for the Summer Challenge camp program, and the annual Founder's Banquet which net about \$5,000.

"I would say that a hallmark of The Second Mile program is that we look for needs across the state and then we try to develop programs to meet those needs," says Katherine Bernicker, program director. An example is *The Choice Of Champions* video. School counselors were asking for a way to reach large numbers of kids in the classroom, Bernicker said. Counselors told them their meager guidance budgets wouldn't allow them to buy costly videotapes. The Second Mile's solution was to get the funds to produce its own video, which uses Penn State athletes to talk about peer pressure.

Rather than duplicating social service programs, The Second Mile tries to give the professionals some tools, such as the videotape, to make them more efficient in their jobs. In addition to the Penn State athletes who told personal stories for *The Choice Of Champions* video, the Penn State Nitary Lion mascot was frequently

Volunteering Time

to be with the kids in the Second Mile program. "When the Nitary Lion makes an appearance, it seemed as if the whole world changes for the better for these kids," comments Sandusky. "They love the lion."

A fair chunk of money comes from donations from individuals, businesses and corporations (90.1 percent). Foundations provide 22.5 percent. Special events, such as the annual Rman/Second Mile Celebrity Golf Classic held at University Park in June, raise 24.5 percent of the agency's funds. Investments and endowments, foster care contracts (foster parents get a stipend to cover expenses) and miscellaneous sources make up the rest.

The downside of that philosophy is that such independence in programming means dependence on the whims of the donors. Sandusky readily admits that "it's scary" to keep the ever-expanding agency running on the faith that these private dollars will keep coming in.

In the meantime, the agency plans unique programs that will help kids understand that difficult times can be overcome. The Nitary Lion Tips are a good illustration. These sports trading cards carry "tips," short motivational messages from the Penn State athletes (pictured on the front of the cards). The original idea was that school counselors could use the Tips cards to "break the ice" as they talked with youngsters. Counselors, however, found the Tips cards effective not only as conversation starters but also as rewards for improved behavior and as reinforcements for behavior changes. The cards also have become a creative jumping-off point for schools; some are reading the Tips over the public address system or asking kids to write their own Tips.

THIS LITTLE INDIAN, Rebecca Howard plays the part of Tonto at the Second Mile Country and Western Day. Rebecca and her Second Mile big sister, Tina Nichols, spent four dollars at local thrift stores for all the pieces to the Indian costume. Rebecca plans to recycle the costume for Halloween.



WASTING TIME: David Steel and his Second Mile big brother, Peter Wirth, wait for the bus that will take them to Second Mile Summer Challenge Camp. Peter met David at camp two years ago during an archery class when David was chasing a rabbit across the field during practice. It was obvious to Peter that David needed guidance.



GETTING HOOKED: Jerry Gosse never took an interest in any type of outdoor activities until he met his Second Mile big brother, Karmel Hillman. Now Karmel takes Jerry fly fishing every other weekend at Greener's Creek, Pottsville. Jerry has also taken an interest in swimming, camping, kayaking, archery and outdoor musical studies.



SHORE-ORDER COOK: Andrew Price grills Second Mile sister Marjorie and Catherine Howard at the grill. Price was hosting a barbecue for the disadvantaged children of the Second Mile program on July 4th. Marjorie and Catherine became neighbors after their parents were lost in an airplane crash last November. Volunteers from the Second Mile make sure the sisters get the special attention they need and foster parents are available.



STAYING IN STEP: Second Mile founder Jerry Sandusky walks along Lake Erie with his youngest adopted daughter, Doreen. Sandusky and his wife, Donna, have been teaching to children long before the Second Mile program came into being. They eventually adopted five young men and have been foster parents to three more.

Making A Difference

Earning the sports celebrity Tips cards was one way school counselor could motivate young people. Steve Eisenbauer, a middle-school counselor in Bloomsburg, sometimes uses the Tips cards as an ice-breaker. Or he may "contract" with kids and let them earn a card for reaching a goal — it could be an academic goal, such as passing a spelling test, or a personal goal, such as overcoming the fear of asking a question in class. Now the school principal and psychologist are also using Tips.

"They love the cards," says Joan Fogel, and elementary school counselor in Bethlehem. "It's a reward. They can say to Mom, Look, I got three football cards this week."

Fogel has also found *The Choice of Champions* video helps her generate more discussion than other videos she's used. She believes that's because the tape not only features a fictional situation, but Penn State athletes tell about times when they gave in to peer pressure and regretted it. Fogel said that seeing and hearing a real person's story lets the kids know "we can change who we are."

Penn State's already strong involvement with The Second Mile was broadened last year when the Penn State Alumni Association forged a partnership with the agency — a linkup that Ernie Gale, associate executive director for alumni relations, calls "a perfect match."

Second Mile officials had asked the Association to be the lead sponsor for one edition of the *Nittany Lion* Tips cards. But as that discussion progressed, Gale notes, "We saw a much greater opportunity for involvement with Second Mile. A lot of our staff already volunteers time with the program. The relationships made with the kids are outstanding. Some staff members describe their Second Mile experience as a

Just Like Family

bonding that the kids need at this time in their lives. We had been discussing ways to include more involvement with our programs and activities into the new mission for our clubs across the nation."

The Association wanted a way to involve more alumni clubs (some 150 nationwide) in community service. Many already took part in such activities as blood drives or soup kitchens, but the Association was searching for a focus and a plan. Other alumni associations around the country are finding that such efforts have been successful in mobilizing alumni to make a difference in their own communities while enhancing the images of their universities.

The Second Mile, with its many programs needing volunteers, an existing link to the University and a statewide network already in place, fit perfectly like the missing piece that completes a jigsaw puzzle.

With in a few weeks, the Alumni Council endorsed The Second Mile as a pilot program for Pennsylvania's Penn State clubs, and it's just getting off the ground. Club members are being invited to embrace one of five Second Mile programs. So far, clubs around the state have reacted favorably, Gale says, and now it's up to them to carry out the idea.

Others have been carrying out Sandusky's special vision for a decade now. What do the next ten years hold? Sandusky can't tell you specifically; most likely the future will evolve in typical Sandusky fashion — with one thing leading to another. But one principle will continue as a guideline for the agency.

"We've always said we want to serve as many children as we can, but we want to do it well," Sandusky insists. ■

GROUND RULES: Second Mile volunteers Krista Bernwick and Christy Wisman consult the Challenge Camp handbook before they attempt to start the campfire. At times, the Second Mile Summer Challenge Camp was 11 an easy program for the camp counselors either. The camp used stress-management activities, such as living in the woods, to teach campers cooperation as well as reliance on their own strengths to meet a challenge.



LADDER OF LOVE: Brenda Farrell takes a break with her Second Mile life sister, Amy Black. Farrell volunteers over thirty hours every week to the Second Mile and helped to organize the Second Mile Summer Challenge Camp for disadvantaged children. Farrell's camp slogan, "Challenge Makes Champions" was seen on thousands of camp patches and was also the title for a documentary film by WKU on the Second Mile program.

THE VIEW FROM THERE

Carry On



FOLLOWING close behind his parents, Keith and Sally Owens, Michael Owens carries one out and three life preservers to the East Pringle ducking area. The Owens share quality family time almost every weekend at Lake Westwood where they meet other families who also love the outdoors.