

2018
Fall Edition
Newsletter

HELLO, FALL!

New CTC board members kick off their terms

The YS CTC board is excited to welcome three new board members.

Jack C. Bentivegna, D.M.D., was raised in York. He graduated from York Suburban High School in 1990 and received his bachelor of science degree from the University of Pittsburgh in 1994. Dr. Bentivegna received his Doctor of Dental Medicine from the University of Pittsburgh School of Dental Medicine in 1998 and was recognized with several merit awards. One was from Dentsply for completing with distinction the studies of removable Denture Prosthodontics and the American Academy of Esthetic Dentistry.



Dr. Bentivegna has three children—Matthew, Michael, and Jennifer. Matthew is a freshman at York Suburban High, and Michael and Jennifer are students at the Middle School. Matthew and Michael are active in the Suburban football programs. Jennifer is actively involved in competitive cheer.

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Juliana Farah is married to Marcelo and is mom of Ana (5th grader) and Helena (3rd grader), both students at Indian Rock Elementary. They moved to

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District Welcomes Social Worker

The CTC Board would like to welcome **Miranda King, MSW, LSW**, as York Suburban's new Student and Family Services Coordinator. Mrs. King is a licensed social worker and joined York Suburban in this new position over the summer. She is available to work with all students within our district and their families to support education and improve student success.

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MARK YOUR CALENDARS!

Saturday, October 13: NAMI York Mental Health Awareness Week Walk, YS High School

Saturday, November 17: CTC Annual Variety Show, York Suburban High School

Thursday, March 7: CTC Annual Dodgeball Tournament, York Suburban High School

Thursday, March 28: CTC & York Suburban Middle School Multicultural Festival, YS Middle School

Show Us Your Talent!



The YS Communities that Care 14th annual *Community Variety Show* will be held on **Saturday, November 17**, in the High School Auditorium at 7 p.m.

Our show is a much-anticipated and well-attended event! It's open to ALL community members within the York Suburban School District, and we're looking for singers, dancers, musicians, magicians, skit artists, and more!

Share your talent at the *Variety Show* by registering to audition. **Auditions will be held on Wednesday and Thursday, October 10 and 11, from 6 to 8 p.m.** Click for a [downloadable registration form](#) or stop by your child's school office and pick up a form.



- Song lyrics must be school appropriate; please attach them to your registration form.
- Acts should be no longer than three minutes.
- You must provide your own music.
- No lip syncing.

Get your registration form [here](#).



Register today because . . . We know York Suburban's Got Talent!

Shy about performing? Consider sponsoring, advertising, or donating to our biggest fundraiser of the year! Contact Anne Cook at ctc.mobilizer@gmail.com for more information.

HIGH SCHOOL BOARD SPEEDS INTO SERVICE

Our CTC High School Board kicked off its 2018–2019 year with pizza, ice-breaker games, and some engaging discussion. The board is comprised of four student members from each grade and an adult Advisory Board made up of CTC Prevention Board members and community volunteers. Students apprise the Advisory Board of key issues facing today's youth, discuss their ramifications and possible solutions, sponsors the annual Dodgeball Tournament, assists at the Variety Show, and more.



THANK YOU TO OUR CTC HIGH SCHOOL BOARD MEMBERS!

9th Grade

Isabella Fogle
Benjamin Kenien
Maya Lathrop
Kasaan Moore

10th Grade

Joe Tapp
Aidan Hughley
Malaysia Thomas
Endyra Ford

11th Grade

Taryn Axe
Justice Rivera
Matthew Peters
Owen Sullivan

12th Grade

Evy Marquis
Grace Forster
Asa Williams
Gavin Smith

LOOK FOR OUR MIDDLE SCHOOL CTC SUPERSTARS IN OUR NEXT NEWSLETTER!

Board members, continued from page 1

York one year ago from Texas and have learned to love our four seasons. They were brought here through Metso Industries, where her husband works as a general manager. Juliana attended law school and has an MBA in international business. She has been in the packaging industry for 18 years and is Corporate Account Manager for the Americas at Klockner Pentaplast Inc.



Juliana was born and raised in Brazil. At the age of 16, she participated in an exchange student program in Santa Maria (California) and remains good friends with the Joneses, her American host family. Prior to their move to the U.S., Juliana also lived for a few months in Germany and Finland. For many years she worked as a volunteer for a daycare for under-nourished children, “Nosso Lar,” in her home town. Most recently she was a PTA member in Stone Oak Elementary in San Antonio. She now looks forward to and feels privileged in being able to be more involved in the York Suburban community.

Benjamin Weaver and his wife, Gina Alunni, have two children, Riley, 15, and Elizabeth, 4. Riley is in 9th grade, and Elizabeth will begin Kindergarten at Valley View in 2019. Riley has attended York Suburban schools since beginning his education.



Ben is a risk manager at Insurance Services United in York City. He has his K–8 Pennsylvania educator certification, earned through programs at York College and Temple Harrisburg. He completed his Bachelor of Science in English and business writing at Slippery Rock University of Pa.

Ben loves to serve the community and its youth. He was a member on the board of York Little League, has coached youth sports since 2011, and has achieved his PCA (Positive Coaches Alliance) Double Goal Coach certification. In addition to his involvement in York Little League, Ben has been affiliated with a number of youth sports and recreation organizations. He has a strong interest in assisting the community in the area of drug and alcohol awareness, education, and, potentially, outreach.

Social worker, continued from page 1

“Hello, York Suburban School District! I am so honored to have the privilege to work in such an amazing school district.

My name is Miranda King. I am the new Student and Family Services Coordinator for York Suburban School District. I was born and raised in York County. I attended Spring Grove Senior High School and decided to spread my wings a bit and went off to college. I attended undergrad at California University of Pennsylvania, out toward Pittsburgh, where I earned my Bachelor of Science. I ended up staying at California University of Pennsylvania to pursue my graduate degree. I graduated with my Master’s of Social Work in 2010. Since then, I have worked in a variety of

social-work roles. I have experience with child protective services, adult case management, chronic mental illness, medical social work, prevention/intervention services, therapy, juvenile delinquency, and community outreach. I am sure you are wondering how I can help your family or student. I am the bridge between school and home. Also, the community liaison to connect you to resources and supports that may be needed for your student and family to be more successful and have their needs met. I am eager to work with as many families as possible. I would like to leave you with this quote, “*I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.*” (Edward Everett Hale).”

About Us

York Suburban Communities That Care (YS-CTC) Prevention Board has been serving YSSD since 2001. We are a non-profit organization affiliated with, but not part of, the district. We provide programming and education to address the challenges our youth face. In addition to the programs at right, we sponsor:

- ◆ Student boards at the high school and middle school
- ◆ Big Brothers Big Sisters “Big Little” program
- ◆ “Kids in the Kitchen” nutrition education
- ◆ ABC Cathy Shaffer and Turnaround Student Awards
- ◆ Community presentations on substance abuse, mental wellness, suicide prevention, and more
- ◆ Health & Wellness events for students
- ◆ Annual Community Variety Show
- ◆ Annual Multicultural Festival, in partnership with the Middle School



For the 2018/2019 school year, the district has asked CTC to fund the following new and expanded programs within our schools:

MIDDLE SCHOOL: EXPAND “WELLNESS YOGA” PROGRAM

EAST YORK & INDIAN ROCK: NEW “YOGA FOR KIDS” PROGRAM

YORKSHIRE & VALLEY VIEW: “EVERYDAY MINDFULNESS” TRAINING for teachers so they can incorporate it into the classroom.

These programs are proven to increase physical and emotional well-being in students. They learn to reduce stress, increase focus, regulate their feelings, and more. When students learn these practices at a young age, they are better equipped to face future challenges, avoid risky behaviors, and support their peers.

HIGH SCHOOL: LINK CREW COORDINATOR TRAINING for two

teachers, who will coordinate student Link Crew Leaders. Crew leaders help other students with the difficult transition from middle school to high school.



New students learn to navigate a new environment, gain a sense of belonging, etc. Crew leaders learn mentoring and leadership skills, and, in turn, also feel a more integral part of the school community. A win-win situation for all!

The total cost for these wonderful programs this year is nearly \$11,000!

This is in addition to the ongoing programs and events we support. Our current budget does not allow us to fully fund all of these.

We need your help to help our district!

Please consider a donation to YS-CTC. If you would like to help us in our mission of empowering the youth of YSSD, consider volunteering. Ask about becoming a Prevention Board member or a volunteer on one of our committees.

**To make a donation, please mail a check to:
YS-CTC, 1800 Hollywood Dr., York PA 17403,
or donate via PayPal to: ctc.mobilizer@gmail.com**

AROUND THE COMMUNITY

Indian Rock Fall Festival

Saturday, October 6, 10:00 a.m. – 2:00 p.m., Indian Rock Elementary

Join the Indian Rock and York Suburban community at the yearly festival. There will be carnival games, crafts, face and hair painting, Cake Walk, a bounce house, and delicious food! Come out and support Indian Rock as we celebrate FALL!

National Alliance on Mental Illness (NAMI) Walk

Saturday, October 13, 8:30 a.m. – 1:00 p.m., York Suburban High School

Join members of the community to help raise funds and create awareness about mental illness and decrease the stigma surrounding it. NAMI York County uses these funds to train employees and volunteers, who then provide free education to family members, students, veterans, peers, and the general public about mental illness. All ages welcome. Our walk route this year is 0.67 miles, and the event features a silent auction, face painting, vendors, music, and food. Visit <https://www.eventbrite.com/e/nami-york-walk-2018-tickets-46731367779> to register. To find out more about NAMI support-group topics, times, and locations, please visit the NAMI website, <https://namiyork.org/support-groups/>.

Leg Up Farm 6th Annual Fall Fest

Saturday, October 13, 10:00 a.m. – 3:00 p.m., Mount Wolf

Fall Fest is a free community event that features kids' activities (including a trick-or-treat trail and pumpkin decorating), 60 craft vendors, 15 food vendors, silent auction, equine meet-and-greet, and more. Parking at Leg Up Farm is limited to handicap parking ONLY. All other attendees should park off-site at one of the following locations and ride a free shuttle to the event: Leg Up Farmers Market, Central York High School, or Northeastern Middle School. <http://www.legupfarm.org>

Heritage Rail Trail Pumpkin Walk

October 13, 6:00 p.m. – 9:00 p.m., Seven Valleys Rail Trail

Enjoy a 0.6-mile walk on the Heritage Rail Trail (PA's #1 Trail!), decorated & lighted with hand-carved pumpkins. You can walk and enjoy the pumpkins or enter one of your own. A donation of \$5 per adult is requested. All proceeds benefit the York County Rail Trail Authority. For info <https://www.yorkcountyrailtrails.org/2018-pumpkin-walk-is-just-around-the-corner>

National Prescription Drug Take Back Day

Saturday, October 27, 10:00 a.m. – 2:00 p.m.

Garage across the street from the White Rose and Central Market

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2015 National Survey on Drug Use and Health, 6.4 million Americans abused controlled prescription drugs. This study shows a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet. The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths. Visit <https://takebackday.dea.gov/> to find out more information.

York Halloween Parade

Sunday, October 28, 2:00 p.m. – 4:00 p.m., Market Street parade route

The York Halloween Parade, now in its 69th year, is a fantastic event for family and community to enjoy! This year's theme is "York — A United Community of Many Cultures." The Grand Marshal and line-up will be announced on Oct. 8. A Family Fun Zone at the north side of Market Street where it intersects George Street will run from 1 p.m. to 3 p.m. and will feature inflatables, games, activities and music. Visit <http://www.yorkhalloweenparade.com/> to register to be in the parade or for more information.