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SOUTHERN YORK LIVING

FEBRUARY 2025



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Jaylen

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LOCAL YOUTH SPORT HIGHLIGHTS

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DEADLINES:**

Content Due:	Edition Date:
November 25	January
December 25	February
January 25.....	March
February 25	April
March 25	May
April 25.....	June
May 25.....	July
June 25	August
July 25.....	September
August 25	October
September 25.....	November
October 25.....	December



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HAPPY

February

SOUTHERN YORK COUNTY!

First and foremost, we would like to welcome our new Sponsor, Royalty Salon Spa & Boutique!

We are honored to present our "cover girl", seventeen year old Jaylen Van Nice, a truly incredible and inspiring resident of New Freedom. Jaylen was born with a paralyzed left arm, hand, and diaphragm. Through a lot of prayer, determination, and therapy, today, Jaylen does whatever she wishes...including rock climbing, cooking in an industrial kitchen, and playing tennis! Flip through to read her inspirational story.

Additionally, you'll enjoy a comprehensive calendar of local February events, learn about tooth erosion and acid reflux with Stewartstown Family Dentistry, investigate why cats love catnip so much with Patton Veterinary Hospital, enjoy some very exciting local sports highlights, and much more.

Have an amazing month!

ALYCIA EDWARDS

Content Coordinator

Find me on Facebook at "Social By Alycia Edwards"

OUR SYL TEAM



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Valentine's Day

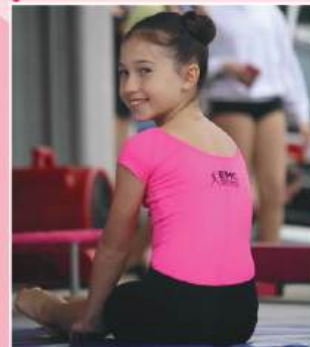


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SUBMITTED BY KATHY HEISLER OF ANIMAL RESCUE INC



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Where's Bella?

BY JAKE SCHULTZ



EACH MONTH, BELLA WILL BE HIDDEN somewhere here in *Southern York Living Magazine*. You need to find her!

Who is Bella? Bella is the kid Bichon of Kevin Smith; Kevin is the owner of Smith Wealth Advisory Group. Kevin has supported our community magazines from the very beginning. We are very grateful for his sponsorship.

The randomly chosen winner can choose a \$25 Gift Card to one of our local participating business sponsors. Good luck!

Email your answer to Jenn at jenniferschultz@bestversionmedia.com

**We will only be accepting answers until February 27th.*

Congratulations

to our December winner, Pat Herbert!
Bella was found on page 20.

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Why Do Cats Like Catnip?

SUBMITTED BY DR. SABRINA WALTERS

MANY CATS GO WILD OVER CATNIP, but others seem indifferent to this herb that is part of the mint family. What is it about catnip that drives some cats wild, is it safe, and are there any other plants that have a similar effect on our feline friends?

As mentioned, catnip is an herb in the same family as mint. Most cats have a happy or euphoric response to a compound called nepetalactone that actually mimics cat sex hormones! Some cats become really chill and relaxed after rubbing, rolling in or eating catnip; others are excited and hyperactive racing around and maybe even drooling or growling. However, about a third of all housecats lack the genes that allow nepetalactone to act on the pleasure receptors in the brain and, therefore, have little to no response to catnip. In addition, kittens under the age of 6 months do not typically show any response to catnip but may love the plant once they are older if they have inherited the genes.

Catnip is definitely safe for cats to smell and to eat and can provide enrichment and stimulation. If your cat is not crazy about catnip, there are a few other plants like silver vine and Tartarian honeysuckle that may provide a similar response. Note: honeysuckle flowers and berries may be toxic to cats, but the wood of the Tartarian variety is



safe and can be found in some cat toys.

The effects of catnip typically last about ten minutes. While rare, too much catnip could cause dizziness or vomiting and diarrhea in some sensitive felines, so limit to one session per day or less. Fresh or dried plants, catnip sprays, or toys containing catnip are all good choices.

Catnip can have varying effects on cats who possess the genetic trait responsible for the reaction to the active compound and catnip as well as alternative herbs can be a fun and way to provide stimulation and enrichment to cats, just don't overdo it!

Sources: Frosek, Rose. "On the 'Nip." *Modern Cat*, Volume 12, no. 2, Fall/Winter 2023, pp 32-33.

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Tooth Erosion and Acid Reflux

BY DR. JOSEPH MILLER

DID YOU KNOW YOUR DIGESTIVE HEALTH CAN AFFECT YOUR TEETH? Frequent stomach upset can cause a gradual wearing away of the protective enamel on your teeth, a process known as tooth erosion. This can affect the appearance of your teeth and open the door for harmful bacteria that cause cavities.

How Do Stomach Problems Affect My Teeth?

Your stomach produces natural acids that help your body digest food. Sometimes, these acids travel up the throat and into the mouth, especially after a large meal. Ordinarily, our saliva rebalances the acid levels in our mouth and everything's fine.

But for those who suffer from *gastroesophageal reflux*, also known as acid reflux or GERD, gastric acids reach the mouth throughout the day. This process is especially damaging when you're asleep, since you are swallowing less often and your mouth is producing less saliva.

Another concern is the dry mouth caused by many acid reflux medicines. Saliva not only helps neutralize the acids caused by acid reflux, but also helps to wash away food particles and reduce bacteria that attack tooth enamel. This is why lower saliva production may increase your risk for cavities.



What Does Reflux-Related Erosion Do to My Teeth?

Acid reflux can wear away the enamel on the inside surfaces of your teeth, as well as the chewing surfaces. Your dentist may notice this during an exam.

Unfortunately, tooth erosion is permanent. If your enamel has started to wear away, you may:

- Feel pain or sensitivity when consuming hot, cold or sweet drinks
- Notice a yellowish discoloration of the teeth
- Find that your fillings have changed
- Face greater risks for cavities over time
- Develop an abscess, in extreme cases
- Experience tooth loss, also in extreme cases

Once erosion occurs, you may need fillings, crowns, a root canal or even tooth removal. Veneers may be an option to restore the look of your smile.

How to Protect Your Teeth – And Get Relief

- Chewing sugar-free gum can encourage saliva production, which helps neutralize and wash away the acids in your mouth. Look for one with the ADA Seal of Acceptance.
- Prescription or over-the-counter fluoride and desensitizing toothpastes may help strengthen tooth enamel.
- Avoiding alcohol and smoking and refraining from eating 3 hours before bedtime may reduce the frequency of acid reflux episodes.
- If heartburn, acid reflux or other stomach problems are part of your daily life, work with your physician on a care plan to treat the underlying causes of your stomach troubles.
- If you suffer from acid reflux, see your dentist regularly so they can make sure your teeth stay healthy, recommend ways to prevent tooth enamel erosion and suggest ways to get relief if you are also suffering from dry mouth.

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Congratulations to the Stewartstown Lions Club November Student of the Month, Ben Cunningham!

BY JENNIFER SCHULTZ

School Activities & Awards:

- National Honors Society (Vice President)
- Class of 2025 Class President
- Envirothon
- Varsity Club
- Varsity Soccer

Future Plans:

“I plan to attend a college to study exercise science and hopefully play soccer. After undergraduate work, I plan to get my Doctorate of Physical Therapy, work in a hospital, and have a beautiful happy family.”

Community Activities:

- Volunteers at Stewartstown United Methodist Food Pantry
- Worked at Bonkey’s in Stewartstown this past summer



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UNSTOPPABLE

Jaylen



BY ALCIA EDWARDS | FEATURE PHOTOS BY NICOLE OPENSHAW PHOTOGRAPHY

WE ARE HONORED TO PRESENT SEVENTEEN YEAR OLD JAYLEN VAN NICE

to you, a truly incredible and inspiring resident of New Freedom, born with a paralyzed left arm, hand, and diaphragm.

Her mother Giana explains, “When Jaylen was born, she spent a long time in the NICU, even having a surgery in her early months of life to placate her diaphragm. This involved sewing her diaphragm down so it wouldn’t fill with carbon dioxide. Once that surgery was complete, and after more worry and anxiety that we could ever capture in words, we (her parents) finally felt like she would actually LIVE and be “okay”. It was truly only by prayer that we got through the first months of her life.”

Faith and prayer have continued to be the guiding force in Jaylen’s life. She elaborates, “I get my determination from God and my faith. As far as my ability to self-advocate, I graciously credit my parents for that. They never said ‘You can’t do that.’ Instead, they would say, ‘Ok, let’s figure it out.’”

After her life-saving diaphragm surgery, the family began to focus on her hand and arm. Jaylen received occupational, physical and swim therapy three times a week for thirteen years. Today, Jaylen does whatever she wishes, including rock climbing, cooking in an industrial kitchen, and playing tennis!

Jaylen started participating in tennis as a child; she enjoyed it so much that she decided she would try it in high school. The family credits Coach Michels at Susquehannock High School as an “enormous advocate” and positive influence on Jaylen. They elaborate, “Coach spent ample time with Jaylen to figure out how she could build her skill set as a one handed player. As Jaylen began to get more experienced, she decided she would try for varsity her senior year. To prepare, her junior year Jaylen participated in extra clinics and private lessons at Wisheaven to make her goal into a reality. Coach spent time one on one with Jaylen to develop a serve that would be ‘legal’ in division play. This was the most challenging part as Jaylen is unable to throw the ball up with her left hand, and the ball cannot touch the rackets strings more than once in a serve. Eventually, with the help of Coach, a tennis pro at Wisheaven named Flo, and Jaylen’s doubles partner Eli Schismenos, Jaylen developed a serve that would work. It involves holding the tennis ball in her right hand with the racket, and throwing the ball up in the air without dropping the racket. Eli was the natural choice for a partner, as the girls naturally



worked well together on the court and also developed a friendship and mutual respect for one another.”

Jaylen has four siblings, Jareth (21), Jesse and Joy (11), and John (8). All of the siblings are involved in many different scouting, church, sports, and music activities. The family moved to Pennsylvania from Texas shortly before Jaylen turned three so that she could attend the Kennedy Krieger Institute at Johns Hopkins. The Van Nices live in an old farm house and have plenty of farm animals.

Outside of tennis, Jaylen works at Summit Grove Campground as a kitchen lead. She volunteers frequently at church either working in the cafe, running lights on the production team, or working in the church nursery.

One of Jaylen’s many other talents is comedy. In 2023, she competed in a stand up comedy competition, going on to win the state competition. Next, she went to the nationals and received a superior rating, gaining her a college scholarship! In 2024, she returned and placed in the top ten, earning an even bigger college scholarship. Both comedy routines were about “Lefty” (her special arm) and how God uses us to share His light in the world, even through tiny left arms.

Jaylen is homeschooled and graduating this year. She plans on attending the University of Valley Forge this coming fall. She wishes to become a pastor.

Though Jaylen certainly has a lighthearted approach to what makes her different, she has overcome much adversity to get there. When Jaylen attempted to get her driver’s permit-- passing the test with 100%--she shares that she was called a “cripple” and told that she needed a neurological evaluation. Even though she merely has a tiny left arm and no mental deficiencies, she was forced to go through testing. Giana shares, “It was a really eye opening experience to see how government agencies treat people who look different in such an abhorrent way. During this time, Jaylen became active on Instagram and started making videos about her life on the farm with her tiny left arm, tagging the organization who discriminated against her. After eight long months and thousands of dollars in specialty lessons/adaptive equipment, she was finally awarded her permit.”

Jaylen’s advice for others facing adversity: “Remember ‘I can do all things through Christ who strengthens me’. Everyone is different. Some peoples’ differences are visible, and some are invisible. Remember that everyone has their own challenges. It can be hard to learn, but it’s okay to ask for help, and it’s okay to NEED help. Most people are willing and happy to help if you ask.”

SYC'S REVOLUTION VOLLEYBALL PROGRAM

Is Expanding!

SUBMITTED BY MICHAEL WHERLEY

THE REVOLUTION VOLLEYBALL PROGRAM,

located in Southern York County, is expanding for the 2025 tournament season. With success in 2024, including Volleyball East District Tournament Champions, interest in the program has grown. Last season the program had one team consisting of 9 players. This season will feature 3 teams with a total of 21 players. With a program style set up they will field 13U, 14U and 15U teams. With the new concepts that the Revolution are implementing, players are asked to rethink traditional volleyball practices with hopes of competing at a higher level this season.

With excellent coaches like Jim Keirn and Jay Brenner, the players have access to a wealth of volleyball knowledge and the opportunity to learn outside the box techniques and gameplay.

The Revolution Volleyball program was started in Chambersburg in 2007. Under Executive Director Dan Labonte, the club has grown to 20 teams in 3 locations

across the state, including right here in Southern York County.

With players from Susquehannock High School, Southern Middle School, Southeastern Middle School, Kennard-Dale, Dallastown, Hereford, Northeastern, Red Lion, Central and York Suburban, the team is now represented throughout the whole county. The SoYoCo team head coach is local resident Michael Wherley with Assistant Coaches Jim Keirn and Jay Brenner.

Ella Carpin, Zaria Dixon, Kaleigh Edmonds, Kassidy Fields, Demi Glatgfelter, Lucy Hemler, Jenna Rohrer, Kaylee Zimmerman, Alexis Akridge, Lucy Black, Ella Kellander, Allie Roskebemsky, Lucianne Wherley, Kailyn Witman, Priya Buie, Payton Gilbert, Lily Goodfellow, Samya Mendoza, Alesia Oliver, Molly Smith and Chloe Chrismer make up the roster of the SoYoCo Revolution program.

The program would like to thank the W Dale Brougher Foundation YMCA in Shrewsbury and Travis Bowman for providing access to excellent facilities for the team and for encouraging volleyball growth in our community. We would also like to thank Susquehannock volleyball player, Claire Somerville, for helping the youth girls in our program by helping coach and scrimmaging with the players.

Every player in the program has shown the willingness to learn and grow in the game of volleyball and we look forward to an exciting season. Keep an eye out on the courts for this amazing group of players in 2025.



REVOLUTION VOLLEYBALL



SOYOCO

BREAKING BARRIERS: *Adaptive Snow Sports Make Winter Fun Accessible to All*

SUBMITTED BY JILL RICKLE



THE THRILL OF GLIDING DOWN SNOW-COVERED SLOPES isn't just for seasoned athletes – thanks to Blue Ridge Adaptive Snow Sports (BRASS), people of all abilities can experience the joy of winter sports. This innovative program, operating at Liberty Mountain Resort in Fairfield, is transforming lives through specialized ski and snowboard instruction.

“We focus on possibilities, not limitations,” explains BRASS, a chapter of Move United. Their approach is refreshingly simple yet profound: instead of dwelling on constraints, instructors identify each student’s capabilities and build from there. This positive methodology allows them to personalize experiences using specialized equipment and teaching techniques that maximize every participant’s potential.

The program’s success stems from its dedicated team of over 30 volunteers, each thoroughly trained to ensure participant safety and success. Whether you’re interested in visual/ cognitive impaired skiing, stand-up skiing, sit-down skiing, or adaptive snowboarding, these passionate instructors are ready to guide you through your snow sports journey.

Safety and professionalism are paramount – all volunteers

complete comprehensive Safe Sport Training and obtain federal and state-mandated clearances for working with children. To ensure each participant receives proper attention, BRASS operates on a reservation system, matching students with available instructors.

As a nonprofit organization, BRASS relies on community support through student participation, memberships, sponsorships, and endowments, alongside backing from Disabled Sports USA. The best part? This isn't an isolated initiative. Similar programs can be found across the region at Whitetail Resort, Seven Springs Resort, Massanutten Resort, Wintergreen Resort, and Camelback Mountain, creating a network of accessibility in winter sports.

For many participants, these programs offer more than just a chance to ski or snowboard – they provide independence, confidence, and the pure joy of outdoor winter recreation. Through BRASS and similar initiatives, the exhilarating world of snow sports is becoming truly accessible to everyone.

To learn more, volunteer, support or take advantage of their services, visit their website, brasski.org.

DALLASTOWN WRESTLING: *The Champs Are Here!*

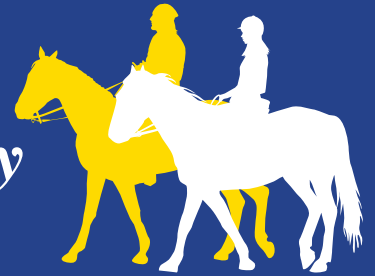
SUBMITTED BY ALCIA EDWARDS

THE DALLASTOWN JUNIOR HIGH BOYS TEAM won first place at Solanco’s Junior High Mike Classic on January 4th, making them UNDEFEATED! Congratulations!

Additionally, the Varsity Girls Team took first place at the YAIAA Tournament, while the Varsity Boys took third!



GETTYSBURG RIDING CLUB: *Saddling Up for Community and Charity*



COMPILED BY JILL RICKLE

THE GETTYSBURG RIDING CLUB (GRC) is a local club for equestrian enthusiasts and community-minded individuals alike. With a rich history dating back to the early 1970s, this organization has grown from a small group of passionate riders into a vibrant community fixture, hosting events that not only celebrate horsemanship but also give back to local causes.

Like any outdoor sport, equestrian events face their fair share of challenges, with weather being the primary obstacle. “Usually it’s the rain,” notes a club member, “but this year, the heat has also been a significant factor.” Despite these hurdles, the club’s spirit remains unbroken, embodying the resilience often associated with horseback riding.

The club encourages all participants to do their best, recognizing the diverse challenges faced by riders and their mounts. “Some people have green or young, inexperienced horses, and that can be challenging,” explains a club member. “Sometimes the rider is inexperienced, which can be a challenge for the trainer.” This inclusive approach creates a supportive environment for riders at all levels.

Success in the show ring doesn’t happen by chance. The GRC emphasizes the importance of preparation for both horse and rider. “You need to have practiced with your horse,” advises an experienced member. “This is usually done by taking lessons and getting your horse and yourself in shape.” The club recommends regular training sessions to build the skills and confidence necessary for competition.

Presentation is also crucial. Most participants bathe their horses, clean their tack, and ensure they are well-groomed before entering the ring. This attention to detail reflects the respect riders have for the sport and their fellow competitors.

The Gettysburg Riding Club prides itself on its diverse membership. “Lots of our riders are college and school students,” shares a club official. Riders come from all over the region, including Glen Rock, Lititz,

Mercersburg, and everywhere in between, making the GRC a central hub for equestrian activity in south-central Pennsylvania.

While the thrill of competition is a significant draw, the GRC’s commitment to community service sets it apart. The club hosts a fun show in the spring to benefit Shining Stars Therapeutic Ministries, opening its gates to riders who may not typically participate in regular shows. This event has become a cherished tradition, showcasing the club’s dedication to inclusivity and charitable giving.

The GRC’s philanthropic efforts extend beyond a single event. Through the sale of advertising and sponsorships to local businesses and community members, along with entry fees from their shows, the club supports various local causes. The Adams County SPCA is a major beneficiary, as is the Gettysburg Hospital, to which the GRC holds the distinction of being the longest continuous contributor.

The journey to establish a permanent home for the Gettysburg Riding Club was not without its challenges. In the early 1970s, the club acquired ten acres off Hunterstown Road, but it wasn’t until 1996 that this land was transformed into the show grounds riders enjoy today. This development came at a crucial time, as the South Mountain Fairgrounds, their previous venue, had closed its show ring.

The club’s resilience was tested when their inaugural show at the new grounds had to be postponed due to heavy rains. However, in July 1996, the GRC celebrated a significant milestone with its first event at the Alice and Kennie Foust Equestrian Park, marking the beginning of a new chapter in the club’s history.

Today, the Gettysburg Riding Club continues to thrive, holding regular monthly meetings and always welcoming new members. Their commitment to the sport of riding and to their community remains as strong as ever, with events like the annual fun and therapeutic riding show drawing participants from all walks of life.

As one club member puts it, “You may ride your English horse in the speed classes as well as your Western horse in the jumping classes. It’s a fun day for all.” This spirit of inclusivity and enjoyment, coupled with a deep-seated desire to give back to the community, ensures that the Gettysburg Riding Club will continue to be a cherished institution for years to come.

For those interested in joining or learning more about the Gettysburg Riding Club’s activities and shows, additional information is available on their website, gettysburgridingclub.yolasite.com. As the club saddles up for another season of riding and community service, it stands as a shining example of how a shared passion can create lasting positive change in a community.

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© Best Version Media Calendar of Events

SUNDAYS

THROUGH FEBRUARY 23

Family Pickleball

@New Freedom Community Center,
150 E Main St, New Freedom PA
17349

Join us for a fun and casual family-friendly pickleball experience! **Family Pickleball** offers a relaxed, drop-in environment where families can come together to play pick-up games against other families.

Whether you're a seasoned player or new to the sport, this is a great opportunity to enjoy some friendly competition and spend quality time with your loved ones. Participants must be at least 6 years old. All participants under the age of 18 must have an adult present. This is not a drop-off activity. Nets and balls will be provided, but participants must bring their own pickleball paddles.

COST: \$15 per resident, \$18 for non-resident

TIME: 1:00-3:30PM

MORE INFO:

newfreedompa.myrec.com

MONDAYS

Pre-K Story Time

@Mason Dixon Public Library, 250
Bailey Dr, Stewartstown, PA 17363

Pre-K Story Time is geared for children ages 3-5 years old and their caregiver. It teaches the foundations of reading through singing, playing, talking, writing, and reading.

TIME: 10:30-11:30AM

COST: free

MORE INFO: yorklibrary.org

TUESDAYS

Pre-K Story Time

@Paul Smith Library of Southern
York County, 80 Constitution Ave,
Shrewsbury, PA 17361

Pre-K Story Time is geared for children ages 3-5 years old and their caregiver. It teaches the foundations of reading through singing, playing, talking, writing, and reading.

TIME: 10:15-11AM

COST: free

MORE INFO: yorklibrary.org

TUESDAYS

Tuesday Trivia

@AleCraft Brewery Railroad PA, 14 S
Main St, New Freedom, PA 17349

Free, with a prize for the top team! Showtime themed.

TIME: 6:30-8:30PM

MORE INFO: "AleCraft Brewery Railroad PA" on Facebook

TUESDAYS

THROUGH MARCH 25

Mommy & Me Play Dates

@Hopewell Area Recreation & Parks
Gymnasium, 16 College Avenue,
Stewartstown PA 17363

Ages 2-5 will enjoy free play in a large, open, indoor climate-controlled space.

TIME: 10AM-12PM

COST: \$5 drop in (add \$1/per sibling for Hopewell area residents or \$2/sibling for other residents)

REGISTER: harp-online.org

WEDNESDAYS

Baby Story Time

@Mason Dixon Public Library, 250
Bailey Dr, Stewartstown, PA 17363

Stories, songs, shakers and more!
Suggested ages 0-2.

TIME: 10:15-10:45AM

COST: free

MORE INFO: yorklibraries.org

THURSDAYS

Baby Story Time

@Paul Smith Library of Southern
York County, 80 Constitution Ave,
Shrewsbury, PA 17361

Stories, songs, shakers and more!
Suggested ages 0-2.

TIME: 10:30-11AM

COST: free

MORE INFO: yorklibraries.org

WEDNESDAYS

Toddler Story Time

@Paul Smith Library of Southern
York County, 80 Constitution Ave,
Shrewsbury, PA 17361

Stories, songs, shakers and more!
Suggested ages 2-3.

TIME: 11:15-11:45AM

COST: free

MORE INFO: yorklibraries.org

FRIDAY, FEBRUARY 7

Family Paint Night

@The W. Dale Brougner Foundation
YMCA, 100 Constitution Avenue,
Shrewsbury PA 17361

Bring the whole family for a FREE Paint Night at the Y! Let the artist in you come to life as you create a masterpiece!

TIME: 6:30-8PM

MORE INFO/REGISTRATION:

rosesymca.org

FRIDAY, FEBRUARY 7

-SUNDAY, FEBRUARY 9

York Builder's Association

Home & Garden Show

@York Expo Center, 334 Carlisle
Avenue, York PA 17404

Indoor or outdoor – large or small, we have experts to help you with your home project needs. You'll also find a variety of cash & carry merchants. It's fun for the whole family – even your pooch. The Home & Garden Show is dog-friendly!

TIME: Friday 4pm-8pm, Saturday 9am-7pm, Sunday 10am-3pm

COST: \$8 for adults, under age 18 is free

MORE INFO: yorkbuilders.com/events/home-garden-show/

SATURDAY, FEBRUARY 8

Winter Beater Car Cruise

@The Markets at Shrewsbury, 12025
Susquehanna Trail S, Glen Rock, PA
17327

The Markets at Shrewsbury is proud to be hosting the Motor Menders Annual Winter Beater Cruise this February 8th! Bring your rusty, beat-up car for a chance to win.

Show cars are permitted as well if the weather permits. Dash plaques will be awarded and 3 of the ugliest cars will be chosen to receive a trophy.

All vehicles are welcome. For more information please call Rick at 717-843-3161 or Steve at 717-495-5038.

TIME: 11AM-3PM

MORE INFO:

marketsatshrewsbury.com

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FRIDAY, FEBRUARY 14

Cupid's Ball

@Wyndridge Farm, 885 S Pleasant Ave, Dallastown PA 17313
Five course dinner, cash bar, DJ & dancing.
TIME: 5-10PM
MORE INFO: wyndridge.com

FRIDAY, FEBRUARY 21

Kids/Parents Night Out

@The W. Dale Brougher Foundation YMCA, 100 Constitution Avenue, Shrewsbury PA 17361
Participate in gym activities, arts & crafts, and swimming. Pizza, chips, and a drink will be provided for dinner. Ages 5-12.
TIME: 6:30-9:30PM
COST: \$20/non-member, \$10/member
MORE INFO/REGISTRATION: rosesymca.org

SUNDAY, FEBRUARY 26

All About York County & Shrewsbury Township, With Some Lafayette Stories Thrown In

@12341 Susquehanna Trail S, Glen Rock, PA 17327
Southern York County Recreation presents a Free Speakers Series.

Join us to take a deep dive into the fascinating cultural and natural history of Southern York County and beyond! No fee or registration.

TIME: 7:00-8:30PM
MORE INFO: newfreedompa.myrec.com

SATURDAY, MARCH 1 & SUNDAY, MARCH 2

Special Olympics Pennsylvania Indoor Winter Games

@York Expo Center, 334 Carlisle Avenue, York PA 17404
MORE INFO: yorkstatefair.com

TUESDAYS MARCH 4-APRIL 1

Beginners/Improvers Country Line Dancing Lessons

@New Freedom Community Center, 150 E Main St, New Freedom, PA 17349

Led by Dancin' With Brittanie! This is a transitional class for all those Beginners! Please be aware, this is NOT for individuals looking to start line dancing! This class is a CONTINUATION from our Beginner's Level Class. This class consists of Advanced Beginner Lessons leading to Improver Level Dances in efforts to prepare you for our next class, Improvers. Brittanie will break things

down step by step! Step sheets will be provided for continued learning! Any questions? Brittanie is available on Facebook @ Dancin' with Brittanie or dancinwithbrittanie@gmail.com.

TIME: 6:30-8:30PM
COST: \$55 for residents, \$60 non-residents
REGISTER HERE: newfreedompa.myrec.com

THURSDAYS MARCH 6-APRIL 10

Pickleball for Beginners

@New Freedom Community Center, 150 E Main St, New Freedom, PA 17349

This 6 week Beginner Pickleball Clinic is an introductory level course on Pickleball. The class is appropriate for true beginners to the game as well as those that are playing casually but who NEVER received formal beginner training.

TIME: 5-6:30PM
COST: \$80 for residents, \$85 non-residents
REGISTER HERE: newfreedompa.myrec.com

Submit your event:

If you'd like an event to appear in an upcoming edition of *Southern York Living*, please email the information to aedwards@bestversionmedia.com. Deadlines are February 25 for the April 2025 edition and March 25 for the May 2024 edition.



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Valentine's Day Ice Cream

BY NICOLE SELLERS

THIS MONTH, I HAVE LESS OF A RECIPE AND MORE OF A FUN WAY TO SERVE ICE CREAM with your kids! You can use cookie cutters to cut out ice cream into your desired shapes. Here are my instructions:

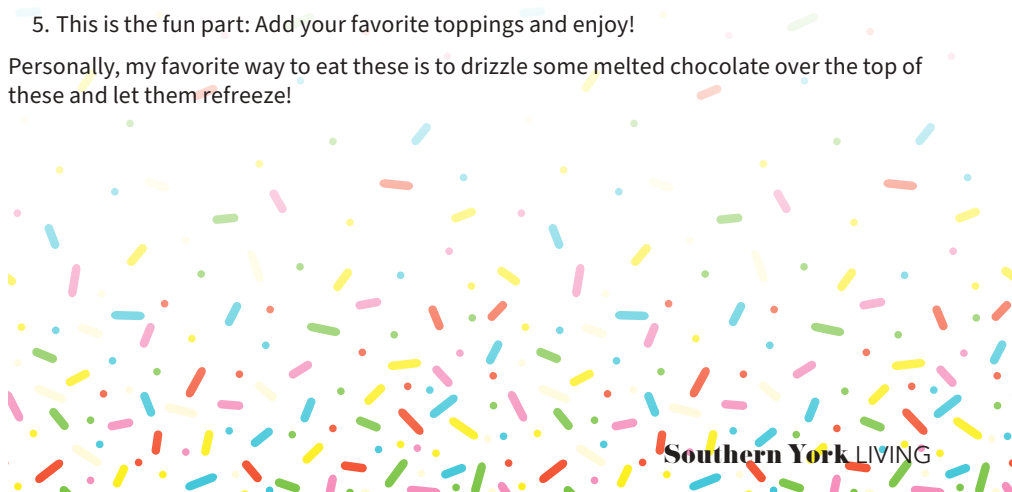
MATERIALS:

- A pint of your favorite ice cream (The cylindrical tubs are the easiest to work with)
- A serrated knife
- Cookie cutters (We use a heart in February)

MATERIALS:

1. Lay your tub of ice cream on its side.
2. Using your serrated knife, cut the ice cream into 1 inch rounds and place onto a cookie sheet.
3. Peel the cardboard off of the rounds and place the cookie sheet into the freezer to let the ice cream firm up again.
4. Once firm, pull the ice cream from the freezer. Using the cookie cutters, cut your ice cream into your desired shapes.
5. This is the fun part: Add your favorite toppings and enjoy!

Personally, my favorite way to eat these is to drizzle some melted chocolate over the top of these and let them refreeze!



Valentine's Day No Sew Throw Pillow

BY NICOLE SELLERS

IN HONOR OF VALENTINE'S DAY THIS MONTH, I want to share my directions for a no sew, throw pillow! This craft is an easy, inexpensive way to get creative while staying in the warm indoors.

MATERIALS:

- 2 yards of a fabric of your choice (stores such as Walmart, Hobby Lobby, and JoAnn Fabrics sell cheap pre-cut options)
- 1 package of stuffing
- A pair of sharp scissors.
- A pencil or light colored marker

DIRECTIONS:

Step One: Lay your fabric out on a table or floor and draw the shape you would like your pillow to be. I chose a heart in honor of Valentine's day.

Step Two: Fold the fabric in half so when you make your cut, you will get two identical pieces of fabric. Cut along your drawn line.

Step Three: Once your shapes are cut out, place the sheets of fabric back to back. Make 2 inch cuts along the edge of your design. Leave about 1 inch in between each cut.

Step Four: Start tying these strips of fabric together. Make sure to double knot. If you only tie them once, they will pull apart when stuffing your pillow.

Step Five: Leave enough strips untied for you to be able to stuff your pillow. Once it is full to your satisfaction, finish tying the remaining knots.

Now you are done!! This method of "new sew" can be used for a lot of different projects. Start with this, then try making your own blanket!



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Romantic Comedies to Warm Your Heart

Submitted By **Erin Vander Weele**

The month of February is the perfect time to enjoy romantic comedy films celebrating love and laughter. Here are some heartwarming rom-coms to add to your must-watch list:

1. *Sleepless in Seattle* (1993)

In this tale of fate, Tom Hanks plays a widowed father whose son calls a radio talk show to find him a new wife. Meg Ryan, starring as a journalist in Baltimore, falls for him when she hears his story. With its breathtaking scenes, the film showcases the magic of love and connection amidst the complexities of life.

2. *The Wedding Singer* (1998)

Set in the vibrant '80s, Adam Sandler stars as a wedding singer who finds love in an unexpected place. This film is filled with catchy music, nostalgia, and humor, as Sandler's character tries to win over Drew Barrymore's character, who is engaged to someone else. The film wonderfully portrays the spirit of love and friendship.

3. *You've Got Mail* (1998)

Tom Hanks and Meg Ryan reunite to play business rivals who unknowingly fall for each other through email. As they exchange heartfelt messages, their online connection deepens, even as their professional lives clash. This remarkable story of love in the digital age is filled with wit, warmth, and plenty of romantic sparks.

4. *Notting Hill* (1999)

This charming film, set in the picturesque neighborhood of Notting Hill in London, stars Hugh Grant as a humble bookstore owner who falls in love with a famous actress played by Julia Roberts. The film beautifully combines ordinary life with extraordinary love, featuring humorous scenarios and endearing characters.

5. *Serendipity* (2001)

Starring John Cusack and Kate Beckinsale, this romantic comedy tells the story of two people who meet by chance and share a magical connection. Believing that fate will reunite them, they go their separate ways, embarking on a whirlwind journey of love and destiny. Its charming plot and New York City setting make it a February favorite.

6. *13 Going on 30* (2004)

This enchanting tale features Jennifer Garner as a 13-year-old girl who magically wakes up as a 30-year-old woman. As she navigates adulthood, she learns lessons about love, friendship, and the importance of staying true to oneself. With a blend of comedy and heartfelt moments, this feel-good film showcases nostalgia and romance.

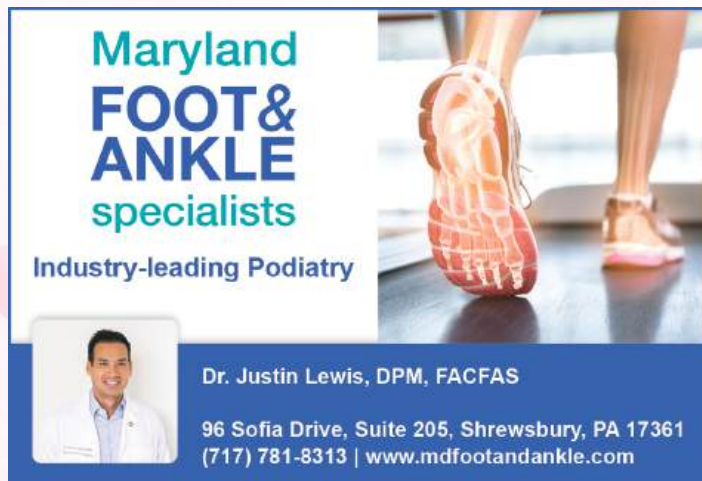


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7. Definitely, Maybe (2008)

Ryan Reynolds plays Will Hayes, a political consultant navigating divorce proceedings. To answer his daughter's questions about how her parents met, he shares memories of his past relationships and how he fell for her mother. With a storytelling approach, this film is a sweet reminder of the complexity of love and choices.

8. About Time (2013)

This unique romantic comedy starring Domhnall Gleeson and Rachel McAdams introduces a time-traveling romance that delves into life's precious moments. Focused on love and family, this film emphasizes the importance of cherishing everyday experiences.

9. Crazy Rich Asians (2018)

This groundbreaking film explores love amid family expectations and cultural differences. Starring Constance Wu and Henry Golding, the film showcases a dazzling world of wealth and glamour while delivering genuine emotional moments. Its vibrant cinematography and rich storytelling offer a modern twist on the romantic comedy genre.

10. Always Be My Maybe (2019)

Starring Randall Park and Ali Wong, this film shares the story of childhood friends who reconnect after years apart. Their undeniable chemistry makes for moments filled with laughter and tender emotions. This refreshing take on a romantic comedy features a magnificent blend of humor and heart.

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CELEBRATING VALENTINE'S DAY with Your Dog

By Inga Berghav

Regardless of whether you have a significant other to spend Valentine's Day with, or if you consider it to be more of a Singles' Awareness holiday, your pooch would be delighted to spend it with you. Here are some ways to make it a special day!

Heart-Shaped Dog Treats: You could make these yourself, pop into your local pet store for some premade ones, or even order them online.

Valentine's Day-Themed Dog Toys: Surprise your dog with a new toy.

Red, Pink and White Attire: Find a sweater, coat, or neckerchief for your dog – either in Valentine's Day colors or featuring a heart pattern.

Playdate: If your doggie has a canine best friend, schedule some time for them to play together, or simply take your

pup to the dog park to make new friends!

Themed Photoshoot: Arrange for a professional photoshoot with Valentine's Day props and/or matching outfits in red or pink. (You could even use the photos to make Valentine's Day cards and send them to your loved ones.)

Dog-Friendly Café: Find a café that allows dogs (either inside or outside) and enjoy a coffee date together.

Movie: To go out to a movie together, find a local drive-in theater. Otherwise, stream a romantic old movie (or dog-themed flick!) while snuggling on the couch.



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By Mandi Blake

Valentine's Day

Word Scramble

1. NDCYA _____
2. VELO _____
3. EETWRSAHET _____
4. OCTHOACLE _____
5. RESPIFDHNI _____
6. ATHRE _____
7. DUCPI _____
8. RIDMAER _____
9. EB NIEM _____
10. ROSFELW _____

Word Scramble Answers

- | | | | |
|----|------------|-----|---------|
| 5. | FRIENDSHIP | 10. | FLOWERS |
| 4. | CHOCOLATE | 9. | BE MINE |
| 3. | SWEETHEART | 8. | ADMIRER |
| 2. | LOVE | 7. | CUPID |
| 1. | CANDY | 6. | HEART |



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Valentine's Traditions from *Around the World* By Grace Schulte

We began celebrating Valentine's Day somewhere around the early 1700s. It's been estimated that approximately 145 million Valentine's Day cards are exchanged each year, making it the second most popular day for gifting cards! In North America, individuals show their loved ones affection by going on dates or gifting cards, chocolate, and flowers. However, we aren't the only ones that celebrate Valentine's Day. Here are some cool Valentine's traditions from around the world!

Italy

"La Festa Degli Innamorati" or "festa di Santo Valentino" is what many Italians know as Valentine's Day. They celebrate in commemoration of Juno, the Goddess of Women and Marriage. It's common in Italy for individuals to give Perugina Baci chocolates to their loved ones. These chocolate candies are filled with different flavors such as hazelnut or cherry. They're also covered by wrappers conveying poetic sentiments. If you may recall, Romeo and Juliet, the famous star-crossed lovers, lived in Verona. Fittingly, Valentine's Day in Verona stretches into four days of festivities!

South Africa

In South Africa, Valentine's Day is actually celebrated on February 15th, in honor of the Roman festival Lupercalia. Some women in South Africa show their love openly by writing the name of their affection on a slip of paper and pinning it to their sleeves. They're really embracing the phrase "wear your heart on your sleeve." Others might shower their loved ones with flowers and small gifts.

Germany

When we think of Valentine's Day symbols, we tend to think about hearts and Cupid. In Germany, they do things a little differently. German couples often



exchange pig-shaped gifts with each other. Pigs are a symbol of good luck, financial prosperity, and well-being in Germany. Flowers, chocolates, and ginger cookies are also shared on this day of celebration.

Philippines

Last Valentine’s Day, mayors across the country presided over weddings for hundreds of couples. The Local Government Code of the Philippines gives mayors the power to solemnize marriages, and thus mass wedding ceremonies were thrown all over the country. The cities held a reception for the newlyweds after the ceremony, where each couple was gifted with a heart-shaped wedding cake and a cash gift from the city.

South Korea

In North America, it’s most common for women to be the center of gift receiving. In South Korea, however, it’s the opposite! February 14th marks the day in which women will shower the men with gifts and chocolates. One month later, on March 14th, men will reciprocate the gesture by giving gifts back to the women on what’s known as White Day.

Japan

In Japan, chocolate is a must for celebrating Valentine’s Day.

There are different types of chocolate given. Homei Choco translates to “true feeling chocolate.” Thus, it’s only meant to be given to a romantic partner or love interest. It usually involves elaborately wrapped, high quality chocolate. Giri Choco translates to “obligatory chocolate.” This is meant for expressing friendship or gratitude to colleagues or acquaintances. The last type of chocolate, Tomo Choco, translates to “friend chocolate.” This is meant to be shared amongst friends, and is typically shared between women and their girl friends!

References: www.unitedlanguagegroup.com

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