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SOUTHERN YORK LIVING

SEPTEMBER 2025



The Brave & Blessed Baublitzs

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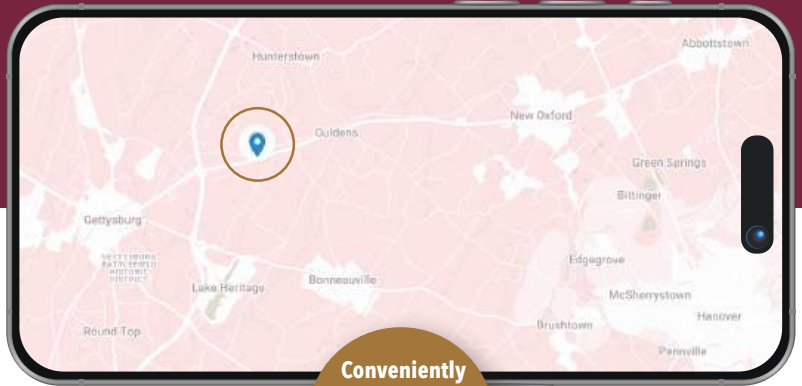
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December 25	February
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February 25.....	April
March 25.....	May
April 25.....	June
May 25.....	July
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HAPPY SEPTEMBER, SOUTHERN YORK COUNTY!

After three and a half amazing years, it is bittersweet to announce that this is my last month as your Content Coordinator! I am so proud of the work I have done while on the *Southern York Living* staff, and the many meaningful connections I have made. I trust that my successor Ashley will be an incredible asset to the *Southern York Living* family. Welcome, Ashley!

I'd like to extend a warm welcome to our new sponsors: Gettysburg Smiles: Rita A. Tempel, DDS, AAACD; Oola Bowls Shrewsbury; Pullo Family Performing Arts Center; Stewartstown Vet Services; and YTI Career Institute.

I'm honored for you to meet our incredible cover family, the Baublitzs. Their story is one of strength, resilience, and the profound power of family. Last summer, their world was turned upside down when their then-seven-year-old son, Conor, was diagnosed with a benign brain tumor the size of a lemon. Conor had to undergo emergency surgery to remove the tumor, a moment that no parent ever expects to face.

Throughout this intense experience, parents Lindsay and Rick found themselves reevaluating everything they thought they knew about what matters most in life. "We've always had big career goals and ambitions, but we came to a realization that nothing is more important than our family," they share. The unexpected challenge helped them refocus their priorities in ways they never imagined. "Now, when Conor and Charlotte (who's 4) are home, we do everything we can to be present with them. Work, phones, and all the distractions can wait until after bedtime."

Their journey is nothing short of inspiring, and we are so grateful that they've chosen to share it with us. Flip through the pages to learn more about their courageous path.

You'll learn about Hanover Architectural Products, a company that has been transforming and enhancing spaces for over five decades. Additionally, enjoy a thoughtful and informative guide for parents on choosing the perfect performing arts program for their child. We've also curated a comprehensive calendar of local events happening in September, ensuring you don't miss out on any of the exciting opportunities in the area.

Have a great month!

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Content Coordinator

Find me on Facebook at "Social by Alycia Edwards" & "Bronzed by Alycia: A Spray Tan Studio"

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What is Manual Therapy?

by Kyle Haskins

PHYSICAL THERAPISTS UTILIZE MANUAL THERAPY to address neuromusculoskeletal pain and joint dysfunction without surgery and without medication. Manual therapy is an advanced form of physical therapy that consists of specific, hands-on examination and treatment techniques commonly used in combination with other therapies and education to address pain and function loss.

The physical therapist uses their hands to apply pressure on joints and soft tissues such as muscles and ligaments to reduce pain and dysfunction. Pain reduction is one primary goal of manual therapy, but these techniques offer several other benefits. Skilled hands-on movements of joints and soft tissues are used to:

- Control pain
- Facilitate tissue repair
- Improve range of motion
- Increase tissue extensibility
- Manipulate/mobilize soft tissues and joints
- Reduce restriction, swelling, and inflammation

There are a number of common manual therapy techniques for pain and other musculoskeletal symptoms and injuries.

Soft-tissue mobilization (STM) combines pressure and stretching to relax rigid muscles, release tension, and move fluids causing pain and inflammation. Manual therapy soft-tissue mobilization techniques include myofascial soft tissue mobilization, instrument-assisted soft tissue mobilization, strain-counterstrain, trigger point therapy and cross friction.

Joint mobilization technique loosens restricted joints to improve mechanics and range of motion. During joint mobilization, the therapist applies graded force to the affected joint in specific

directions to increase mobility in that joint. It is ideal for patients with shoulder, back, ankle, and knee joint pain and/or stiffness.

After a soft tissue injury, surgery, or infection, the body attempts to heal itself through the inflammation process. Adhesions are formed in the process. Adhesions are thick, fibrous bands of scar tissue that stick to two body surfaces which are not usually connected. Some painless adhesions do not require treatment. Others cause pain with movement and are even thought to potentially impact organ function. Physical therapists can break up adhesions with active-release therapy, applying deep tenderness at the site, as the patient moves the injured site to an extended position. This allows the soft tissue to move a bit further, increasing flexibility and range of motion. As adhesions breakdown, patients find they can move better and have less pain.

These are a few of the numerous techniques physical therapists use in conjunction with other manual therapies that are beneficial for a wide array of conditions. to help patients feel and move better. Effects are even greater when combined with exercise, education, and home exercise adherence.

Manual therapy is often part of an integrated approach to treating a wide range of conditions, including back/neck/shoulder/joint pain, carpal tunnel syndrome, golfer's elbow, headaches, IT band syndrome, muscle tension/spasms, patellar tendinitis, post-op pain, shin splints, sprains and strains, tendinopathy and tennis elbow.

Physical therapy is highly-individualized for each patient, and every treatment plan is unique. A comprehensive evaluation is the first step in that process. Visit DrayerPT.com to find out if physical therapy can benefit you.

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The Brave & Blessed Baublitzs

By Alycia Edwards

Photos by Nicole Openshaw Photography

IN THE SUMMER OF 2024, eight year old Conor Baublitz of Stewartstown started having terrible headaches...the kind that make you stop in your tracks. One day, just as the family was getting ready to head to an amusement park, Conor clutched his head in unbearable pain.

"We asked if he just wanted to take medicine and try to go to the park, or if he preferred to go to the hospital," recalls his mother, Lindsay Baublitz. "He chose the hospital. That's when my husband, Rick, and I knew this wasn't normal. Something was deeply wrong."

Over the next few weeks, Conor went through test after test, including an MRI. Then came the phone call that no parent ever wants to receive: Conor's neurologist revealing that he had a brain tumor. He was admitted to Johns Hopkins Children's Center that very night. "My heart dropped," Lindsay says.

At the hospital, the Baublitz family met Dr. Alan Cohen, Director of Pediatric Neurosurgery. More scans confirmed their worst fear: A life-threatening tumor the size of a lemon was pressing against Conor's brain. He needed emergency surgery.

For eight long hours, the family waited while Dr. Cohen operated. When surgery finally concluded, they were told the procedure had gone well, and that the tumor had been removed. Conor came home that same week. He looked at his parents with relief and said, "I feel normal now." The constant pressure in his head was finally gone.

Later, they learned the tumor was a benign pilocytic astrocytoma, a slow-growing mass that, because of its size and location, could have had devastating consequences if left untreated.



Now, a year later, Conor is thriving. He's back to doing what he loves most: playing the drums, swinging a baseball bat, shooting hoops, and living as an eight year old should.

"Johns Hopkins saved our son's life, and throughout it all, we knew we had the strongest team supporting us every step of the way," Lindsay says.

After Conor's surgery, Lindsay and Rick say their perspective on life changed in a profound way. "We've always had big career goals and ambitions, but we realized that nothing is more important than our family," they share. "Now, when Conor and Charlotte (age 4) are home, we do everything we can to be present. Work and phones can wait until after bedtime."

The family finds joy in shared experiences, whether it's a trip to the trampoline park, a day at the zoo, splashing around at an indoor waterpark, or the occasional magical getaway to Disney. They've made it a priority to create lasting memories together, knowing how fleeting childhood truly is.

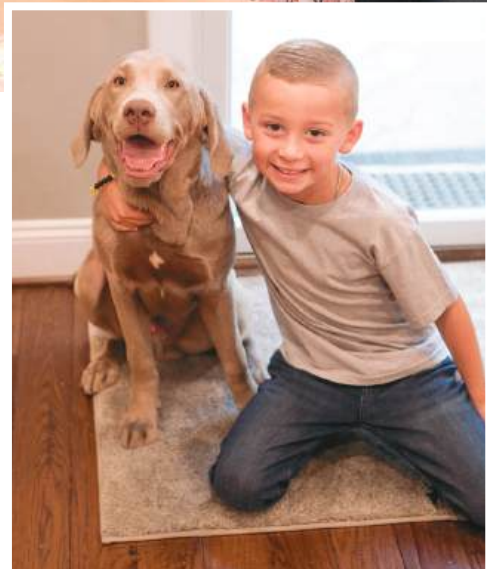
"Our to-do lists at home are never-ending," they admit. "But the dishes, laundry, and lawn will still be there tomorrow. Our kids won't be little forever."

Spending time with their own parents and siblings is just as important to Rick and Lindsay as time with their children. Now that they're parents themselves, they recognize how meaningful it is for their kids to build strong relationships with their grandparents and extended family. "Time is always ticking," they say. "We try to be intentional about making space for the people we love, because one day, we might not have that chance."

While Rick and Lindsay are deeply devoted to spending meaningful time with their children, their careers also play an important role in their lives. Both have always had an entrepreneurial spirit. Lindsay works as a business valuation consultant at SC&H Group in Hunt Valley, partnering with business owners across the country to help them understand the true worth of their companies and make informed, strategic decisions for the future.

Rick is a contractor specializing in residential renovations throughout Southern York County. He transforms kitchens, bathrooms, and basements, and also offers expert services in roofing and deck construction. Known for his commitment to exceptional customer service, Rick and his team prioritize clear communication, high-quality workmanship, and timely project completion.

In addition to renovation work, Rick also flips houses and manages several rental properties. What sets him apart as a landlord is the same care and attention he brings to his contracting work; his



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COVER STORY

properties are thoughtfully renovated, and he's highly responsive to tenant needs. Even if it means a smaller profit, Rick believes everyone deserves to live in a safe, well-maintained home.

With a renewed focus on family time, Rick and Lindsay can often be found working late in the evenings and early mornings when the kids are sleeping. "We live by the mindset that you can have it all in life if you are willing to put in the work. Unfortunately, sleep sometimes takes a back burner!"

However, it's not all work and no play for the Baublitz family. Lindsay enjoys quiet moments working on jigsaw puzzles and caring for her tulip garden, while Rick likes to squeeze in workouts at MaddFit and unwind by watching UFC fights. However, their favorite pastime by far is simply spending time with their kids, often planning surprise adventures to keep the fun and laughter going.

Conor is always up for trying something new, especially when it comes to sports. He's particularly passionate about basketball and loves playing for the Stewartstown Vets baseball team. At home, he's the family prankster and enjoys creating content for his YouTube channel, @BaublitzBattleMode.

Charlotte is all about glam and creativity. She loves playing dress-up, experimenting with makeup, and embracing her inner fashionista. This fall, she's looking forward to kicking off her first season of soccer with the Barron's league.



When asked what advice Lindsay has for parents facing major health obstacles with their kids, she asserts, "Listen to your kids. If they frequently complain about something, listen to them and advocate for their health. It may be nothing, but it never hurts to be completely sure. There were so many doctors who saw Conor and did not pursue an MRI because he did not have any of the major neurological signs of a tumor. We are extremely fortunate that

one doctor decided to order the scan just to be sure.

It's so important for parents to stay positive in front of a child facing major health issues. Kids are so strong and resilient, but definitely need a positive mindset to really get through hard times. Don't be afraid to speak up and ask for help and prayers! Our family and friends really came together to support us and Conor, which made it so much easier for him to bounce back."



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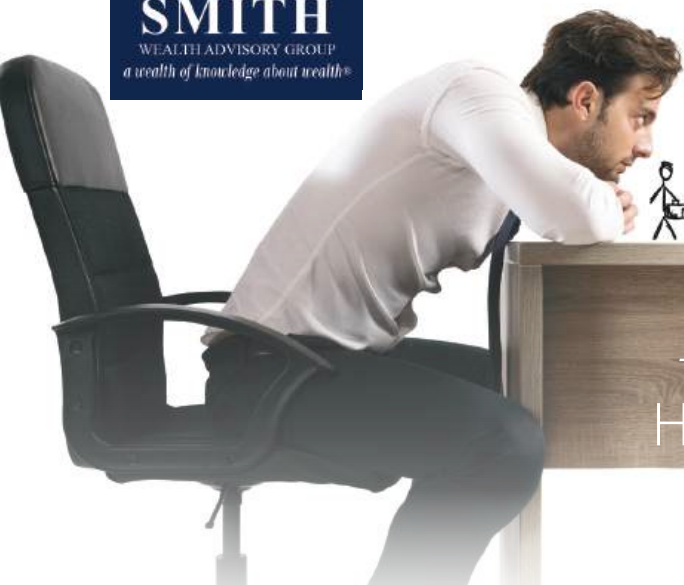
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Financial Planning

Helping You See the Big Picture

BY KEVIN SMITH

A COMPREHENSIVE FINANCIAL PLAN serves as a framework for organizing the pieces of your financial picture. With a financial plan in place, you'll be better able to focus on your goals and understand what it will take to reach them. One of the main benefits of having a financial plan is that it can help you balance competing financial priorities. A financial plan will clearly show you how your financial goals are related—for example, how saving for your children's college education might impact your ability to save for retirement. Then you can use the information you've gleaned to decide how to prioritize your goals, implement specific strategies, and choose suitable products or services. Best of all, you'll have the peace of mind that comes from knowing that your financial life is on track.

The financial planning process

Creating and implementing a comprehensive financial plan generally involves working with financial professionals to:

- Develop a clear picture of your current financial situation by reviewing your income, assets, and liabilities, and evaluating your insurance coverage, your investment portfolio, your tax exposure, and your estate plan
- Establish and prioritize financial goals and time frames for achieving these goals
- Implement strategies that address your current financial weaknesses and build on your financial strengths
- Choose specific products and services that are tailored to meet your financial objectives
- Monitor your plan, making adjustments as your goals, time frames, or circumstances change

Some members of the team

The financial planning process can involve a number of professionals. Financial planners typically play a central role in the process, focusing on your overall financial plan, and often coordinating the activities of other professionals who have expertise in specific areas. Accountants or tax attorneys provide advice on federal and state tax issues. Estate planning attorneys help you plan your estate and give advice on transferring and managing your assets before and after your death. Insurance professionals evaluate insurance needs and recommend appropriate products and strategies. Investment advisors provide advice about investment options and asset allocation, and can help you plan a strategy to manage your investment portfolio. The most important member of the team, however, is you. Your needs and objectives drive the team, and once you've carefully considered any recommendations, all decisions lie in your hands.

Why can't I do it myself?

You can, if you have enough time and knowledge, but developing a comprehensive financial plan may require expertise in several areas. A financial professional can give you objective information and help you weigh your alternatives, saving you time and ensuring that all angles of your financial picture are covered.

Staying on track

The financial planning process doesn't end once your initial plan has been created. Your plan should generally be reviewed at least once a year to make sure that it's up-to-date. It's also possible that you'll need to modify your plan due to changes in your personal circumstances or the economy. Some of the events that might trigger a review of your financial plan include:

- Your goals or time horizons change
- You experience a life-changing event such as marriage, the birth of a child, health problems, or a job loss
- You have a specific or immediate financial planning need (e.g., drafting a will, managing a distribution from a retirement account, paying long-term care expenses)
- Your income or expenses substantially increase or decrease
- Your portfolio hasn't performed as expected
- You're affected by changes to the economy or tax laws

Don't wait until you're in the midst of a financial crisis before beginning the planning process. The sooner you start the more options you may have. Each plan is unique and tailored to the needs of the individual, so the level of complexity depends upon individual circumstances. But no matter what type of help you need, a financial professional will work hard to make the process as easy as possible and will gladly answer all of your questions. A financial professional is trained to listen to your concerns, identify any underlying issues, and guide you through the planning process.

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Submitted by Kathy Heisler of Animal Rescue Inc.

MEET MIKEY! Mikey is a black lab and shepherd mix. He enjoys chewing bones, playing with other dogs, and going for walks. After burning off some energy, he's happy to snuggle on the couch. He's sweet, housebroken, and adapts well to his crate. Mikey is approved for an active family with dog savvy children over 12 years and a fenced in yard.

MEET SAWYER! This sweet hound dog came to us recently as a stray, but was never claimed. He's a beautiful young boy; smart, fun and walks well on a leash. Sawyer would do well with any family whether quiet or active.

Adoption Inquiries
(717) 993-3232x224
adopt@animalrescueinc.org

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 September 27th.*

Congratulations

to our July winner, **Glenn Roenigk!!!**
Bella was found on page 18.

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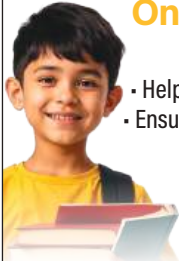
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Calendar of Events

Saturday, September 6

Fall Crawl 2025

@Marge Goodfellow Park, 1 Playground Alley, New Freedom PA 17349

Trophies, vendors, food trucks, raffles and more benefiting the memory of Timothy Carter/suicide prevention.

Time: 11AM-4PM

Cost: free entry

More info: Search Facebook events for "Fall Crawl 2025"

Tuesday, September 9

MomCo In The Valley Kickoff

@1128 Dunkard Valley Rd, Dallastown PA 17313

Connect with other moms and find out what MomCo is all about. Childcare provided.

Time: 5:30PM

Cost: first meeting is free

More info: MomCo In The Valley on Facebook

Wednesday, September 10

Wine & Crime After Dark

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

Bring some drinks and snacks to the Paul Smith Library and let's talk true crime! Listen to the podcast ahead of time, then come discuss it with us. Find the podcast on Spotify, Apple Podcasts, or your favorite podcast app. Can't find the time to listen? Come anyway!

Time: 6-8PM

Cost: free

More info: yorklibraries.org

Friday, September 5 & Friday, September 19

Stewartstown Night Market

@18 S Main St, Stewartstown PA 17363

Food, fun, music, shopping and more!

Time: 4-8PM

Cost: free admission

Tickets: "Stewartstown Night Market" on Facebook

Tuesday, September 16

Community Night At The Park

@Glen Rock Park, 5400 Fair School Rd, Glen Rock PA 17327

Group games (such as tag, basketball and pickleball), yard games (bubbles, jump rope, balls, etc.) and more!

Time: 4-7PM

Cost: free

More info: "Glen Rock Park" on Facebook

Wednesday, September 17

Evening Book Club

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

Join us for a great discussion! Ask for a copy of this month's book at the desk.

Time: 6-8PM

Cost: free

More info: yorklibraries.org

Friday, September 19

South Central York County Senior Center 3rd Annual Car, Truck & Motorcycle Show

@Marge Goodfellow Park, 1 Playground Alley, New Freedom PA 17349

Food for sale by Rose Fire Company, music and more!

Time: 1:15-8PM

Cost: free entry

More info: Search Facebook events for "South Central York County Senior Center 3rd Annual Car, Truck & Motorcycle Show"

Friday, September 19

Board Game Night

@Groudling (coffee shop by Franklin Street Social), 252 N Franklin St, Red Lion PA 17356

Games are provided, but feel free to bring your own!

Time: 5-8PM

Cost: free entry

More info: Groudling's Facebook page

Saturday, September 20

New Freedom Fest

@22 Railroad Ave, New Freedom PA 17349

Live music, Oktoberfest tent, vendors, art demos, train rides, pet parade, food trucks and more.

Time: 10AM

Cost: free admission

More info: "New Freedom Heritage" on Facebook

Saturday, September 20

5th Annual Bridge Building Festival

@22 Railroad Ave, New Freedom PA 17349

Live music, Oktoberfest tent, vendors, art demos, train rides, pet parade, food trucks and more.

Time: 12-10PM

Cost: free admission

More info: "New Freedom Heritage" on Facebook

Saturday, September 20

2025 Car Truck & Motorcycle Show

@Chapel Church, 3050 Cape Horn Rd, Red Lion PA 17356

Food, drinks, bake sale, music and more!

Time: 10AM-2PM

Cost: free admission

More info: Chapel Church's Facebook page

Saturday, September 20

Enchanted Fairy Festival

@Springettsbury Park, 1467 Mt Zion Rd, York PA 17402

Dress up like a fairy, pirate, princess, magical creature, etc and enjoy performance artists, art installations, animals, games, workshops, food trucks, vendors and more!

Time: 10AM-7PM

Cost: free admission

More info: "Enchanted Fairy Festival York" on Facebook

Sunday, September 21

2nd Annual Dakota Dixon Ride

@John Wright Restaurant, 234 N. Front St., Wrightsville, PA 17368

Benefiting a local 'kiddo' and their family who is fighting pediatric cancer. There will be food trucks, vendors, and raffles.

Time: Registration starts at 10:00 AM .

Kickstands up at 11:30 AM

Cost: \$20.00 per rider/driver & \$10.00 per passenger

More Info: Facebook page - Dakota's Army

Sunday, September 21

All You Can Eat Breakfast

@Goodwill FC #1 of Jacobus, 1 S Main St, Jacobus PA 17407

\$12 for eggs, pancakes, french toast, bacon, sausage, and much more; ages 2 and under are free

Time: 8-11AM

More info: Goodwill FC #1 of Jacobus on Facebook

Saturday, September 27

Liberty Barbell Presents: 4th Annual Car Show

@50 S School Pl, Dallastown PA 17313

Showcase your ride of admire the classics, muscle cars and more!

Time: 9AM

Cost: free admission, \$10 registration

More info: "Liberty Barbell" on Facebook

Saturday, September 27

Glen Rock Fall Festival

@Glen Rock Park, 5400 Fair School Rd, Glen Rock PA 17327

Local shopping treasures, live music, and activities for the whole family!

Time: 10AM-2PM

Cost: free admission

More info: "Glen Rock Park" on Facebook

Saturday, October 4

Customer Appreciation Event

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

Come enjoy the Fall air with some delicious food, lively company, and York's Bubble Lady

on The Markets front porch. We'll be outside between 10 AM and 3 PM — drop by anytime! Entry to the event is free. Food, snacks, and drinks will be available for purchase at a discounted price.

Time: 10AM-3PM

Cost: free admission

More info: marketsatshrewsbury.com

Saturday, October 4

Food Truck Friday & Trunk Or Treat

@Shrewsbury Volunteer Fire Company, 21 W Forrest Ave, Shrewsbury PA 17361

Food trucks,

Time: 5-8PM

Cost: free admission

Saturday, October 4

Cash Bingo

@Goodwill FC #1 of Jacobus, 1 S Main St, Jacobus PA 17407

Doors open at 5pm, games start at 7pm.

\$25 for 6 cards. Refreshments available for purchase.

Time: 5-9PM

More info: Goodwill FC #1 of Jacobus on Facebook

Saturday, October 4

New Freedom Lions Club 3rd Annual Pumpkin Patch

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

Free Activities include Bounce Houses, Scarecrow Making, Pumpkin Decorating, Face Painting, Hopper Ball Racetrack, Corn Hole, Games, and much more! Pumpkins and food will be available for purchase.

Time: 11AM-4PM

Saturday, October 11

16th Annual Stewartstown Lions Club Fall Fest

@Stewartstown Community Fairgrounds, 16 College Ave., Stewartstown, PA 17363

Come support your local Lions Club and local businesses and enjoy all what's in store for you. We will have multiple Food Vendors, Vendors, Crafters, Clowns, Facepainting, Kids Games, Bounce House or Obstacle Course, a DJ, Crossroads Connection, Petting Zoo, Raffles, Chainsaw Carving and much more.

Time: 9AM-4PM

Submit your event:

If you'd like an event to appear in an upcoming edition of *Southern York Living*, please email the information to akrumrine@bestversionmedia.com.

Deadlines are September 25 for the November 2025 edition and October 25 for the December 2025 edition.

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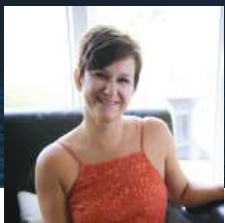
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The Parent's Guide to Choosing a Performing Arts Program That Empowers Your Child

Article & photos submitted by Robin Snyder-Wiencek,
EMC Performing Arts Studio



AS PARENTS, WE ALL WANT TO GIVE OUR CHILDREN AND TEENS opportunities that nurture their growth, inspire their creativity, and help them discover who they are. For many families, the performing arts offer just that—a powerful outlet for self-expression, confidence-building, and connection. Whether it's Dance, Theater, Music or AcroGymnastics, the right performing arts program can be transformative. But how do you know which program is truly the right one?

With so many options available, it's easy to feel overwhelmed. Here's a guide to help you identify a performing arts studio that doesn't just entertain—it empowers.

1. Supportive Culture Over Competition

The environment your child trains in matters. A healthy studio culture should prioritize encouragement, mutual respect, and personal growth over rivalry or comparison. Look for a studio where students celebrate each other's progress, where instructors model positive behavior, and where every child—regardless of skill level—is seen and supported.

At EMC Performing Arts Studio, we believe in building each student's confidence from the inside out. We foster a culture of inclusion and encouragement, where dancers and performers lift each other up and grow together. It's not just about the performance—it's about who they become along the way.

2. Age-Appropriate, Progressive Training

Quality performing arts education starts with understanding what's developmentally appropriate. A good program should offer clear, progressive levels of instruction that match a child's age and maturity. Whether your child is a preschooler twirling in their first ballet slippers or a teenager preparing for college auditions, the curriculum should challenge them without overwhelming them.

Be cautious of programs that push young children into physically or emotionally demanding roles too early. Look instead for a studio that values long-term growth and places emphasis on healthy technique, creativity, and joy in movement.

EMC's classes are designed with both age and experience in mind, ensuring students are challenged in a way that promotes safety, confidence, and growth.

3. Qualified, Passionate Instructors

The heart of any performing arts program is its Team Members. Teachers should not only be experienced in their field but also trained in how to teach children and teens in a developmentally appropriate, inspiring way.

Ask about the teacher's credentials, teaching philosophy, and whether instructors pursue continuing education. Are they knowledgeable about

Cirque is coming to EMC Performing Arts Studio!



We're thrilled to announce a brand-new Cirque program launching this fall to enhance our dance, tumbling, and AcroGymnastics training!

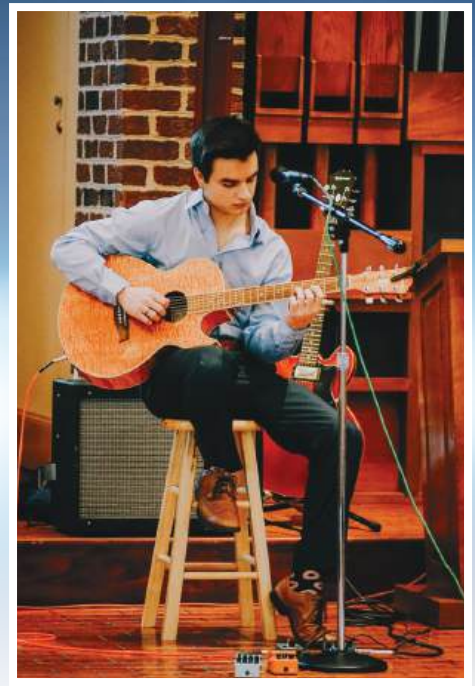
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both technique and child development? Do they demonstrate a genuine love for mentoring young performers?

At EMC, our Teaching Team brings both professional expertise and a deep passion for working with youth. Many of our instructors have backgrounds in professional performance and education, and they work together to ensure students feel seen, challenged, and celebrated.

We are also proud of our Rising Leaders program, which cultivates leadership skills and trains our “homegrown” students to be some of the most invested and effective teachers we employ.

4. Balance Between Excellence and Enjoyment

Performing arts training can—and should—be both disciplined and joyful. Beware of programs that lean too heavily into perfectionism or focus only on competitive success. Likewise, avoid programs that lack structure or clear goals.

Look for a studio that encourages personal excellence while also making room for exploration, fun, and creative freedom. This balance helps children stay motivated and invested for the long haul.

At EMC, our approach blends strong technical training with a love for the arts. We’re serious about helping students reach their potential—but we never lose sight of the joy that brings them to class in the first place.

5. Clear Communication and Family Engagement

A great studio doesn’t just teach children—it supports families. Look for a studio that communicates clearly and consistently, values parental involvement, and invites families to be part of the journey (without asking them to run the show).

Ask questions like: How do you communicate updates? Are parents invited to observe? How is feedback shared? Transparency and mutual respect between the studio and families are essential for a positive experience.

At EMC, we view parents as partners. We keep families informed and engaged, and we welcome open conversations about student progress and well-being.

Final Thoughts:

Choosing the right performing arts program can shape your child’s development in powerful ways—not just as a performer, but as a person. When you find a studio that nurtures their confidence, challenges them appropriately, and surrounds them with positive role models, the impact reaches far beyond the stage.

Whether your child dreams of Broadway or just loves to move and express themselves, EMC Performing Arts Studio is proud to be a place where young performers are seen, supported, and inspired to shine—on stage and in life.




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Tiny Trouble:

THE BIG PROBLEM WITH MICROPLASTICS—AND HOW TO KICK THEM OUT OF YOUR LIFE

by Tanya Jarrett, MPH



YOU MIGHT NOT BE ABLE to see them, but microplastics are everywhere: in the air we breathe, the food we eat, the water we drink—even in our blood, brain, and breast milk. These tiny plastic particles (smaller than 5mm) are sneaky invaders, and they're not just polluting the planet—they're polluting us too.

We often think of plastic as a harmless convenience. It's in our food containers, water bottles, grocery bags, beauty products, and more. Even those "BPA-free" labels we've come to trust don't mean "toxicity-free." In fact, many BPA substitutes like BPS and BPF can be just as damaging, disrupting hormone function, increasing inflammation, and potentially playing a role in fertility issues, thyroid dysfunction, autoimmune conditions, and even cancer.

So how exactly do plastics wreak havoc in the body?

Microplastics can trigger oxidative stress, damage cell membranes, and disrupt our endocrine (hormone) system. These hormone-disrupting chemicals—called xenoestrogens—can mimic estrogen in the body and throw off delicate hormonal balance. That means mood swings, weight gain, irregular cycles, and more. Some studies have even linked plastic exposure to neurological and developmental disorders in children.

Yikes, right?

But don't panic—there's good news. You don't need to toss out everything you own or move to a plastic-free utopia (although tempting). With a few simple swaps and some upgraded habits, you can drastically reduce your daily plastic exposure.

Smart Swaps for a Low-Plastic Life

Here are a few easy ways to kick microplastics to the curb:

Swap: Plastic water bottles → Stainless steel or glass bottles
Plastic bottles are a major source of microplastics, especially when exposed to heat. Hydrate without hidden toxins.

Swap: Plastic food containers → Glass or silicone containers
Leftovers stored in plastic can leach chemicals into your food—especially when microwaved.

Swap: Plastic grocery bags → Reusable cloth totes
Keep a few in your car to always be prepared.

Swap: Coffee pods & plastic-lined cups → French press or pour-over with a ceramic mug
Say goodbye to plastic leaching into your morning brew.

Swap: Synthetic sponges → Compostable or cellulose scrubbers
Look for coconut fiber, loofah, or plant-based alternatives.

Swap: Body wash & shampoo in plastic bottles → Bar soap and shampoo bars
No plastic, no waste, and often fewer harsh chemicals.

Swap: Plastic toothbrushes → Bamboo toothbrushes
Every plastic toothbrush you've ever used still exists somewhere. Bamboo options are biodegradable, and many come with plant-based bristles.

Swap: Traditional floss → Silk or biodegradable floss
Most floss is made of nylon (aka plastic) and coated in PFAS chemicals to make it glide. Yikes. Look for silk floss in refillable glass containers or compostable options coated in natural wax instead.

Simple Habits That Make a Big Difference

- **Never microwave in plastic.** Even "microwave safe" plastics degrade under heat.
- **Filter your tap water.** Some filters can remove microplastics and even PFAS.
- **Say no to receipts.** They often contain hormone-disrupting BPA or BPS.
- **Check your tea bags.** Some are sealed with plastic! Look for compostable options.

Real Talk: This Isn't About Perfection

We all live in a plastic-filled world—it's impossible to avoid it completely. But small, consistent choices matter.

Plus, your body will thank you.

Going plastic-free(ish) isn't just trendy—it's one of the most powerful ways to protect your long-term health, reduce your toxic load, and care for the planet. And it turns out, a more natural life is often simpler, more beautiful, and a lot more intentional.

So next time someone tells you microplastics are too small to worry about, remind them: sometimes the smallest things do the biggest damage—and make the biggest difference when we remove them.



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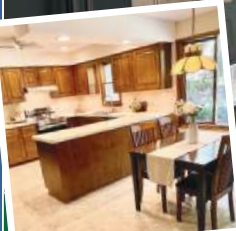
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RECIPE

THIS RECIPE IS PERFECT FOR SCHOOL DAYS, especially because you can make a big pan at the beginning of the week and reheat as needed. My son likes to top his oatmeal with fresh bananas, milk and a dash of maple syrup. I love mine with raspberries baked on top!

- 1 1/2 cups milk (any kind will work, but I recommend whole milk)
- 2 large eggs
- 1/2 cup brown sugar
- 1/4 cup butter, melted and slightly cooled
- 1 1/2 tsp. baking powder
- 2 tsp. vanilla
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 3 cups old fashioned oats
- Cinnamon sugar, optional
- Fresh or frozen berries, optional
- Milk, maple syrup or honey and fresh fruit for topping



Preheat the oven to 350 degrees. Grease an 8x8" pan and set aside.

In a large mixing bowl, whisk together milk, eggs, brown sugar, butter, baking powder, vanilla, cinnamon and salt. Add in the oats and mix well. Pour into the prepared baking dish and spread evenly. Top with berries and sprinkle with cinnamon sugar, if desired.

Bake for 30-40 minutes or until a knife inserted comes out clean (note: if you add fresh berries the baking time may be longer. I like to use a thermometer to test the doneness. It should read 160 degrees or higher).

Serve warm and top with milk, fresh fruit, and maple syrup or honey, if desired.

To reheat, place oatmeal in a microwave safe dish and heat in the microwave for about 90 seconds, or until warmed through.

Back-to-School Baked Oatmeal

by Katie Burt of Burt Baking Company





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Summer Garden Eggplant Parmesan with Fresh Basil

by Dawn Blais of Sweet & Savory
Cottage Bakery



Serves 6

When the garden is overflowing with eggplants, tomatoes, and basil, there's nothing more satisfying than turning them into a cozy, home-cooked meal. This recipe is a family favorite in our kitchen—a little hands-on, but perfect for letting the kids help bread the eggplant or scatter fresh basil over the top before serving.

INGREDIENTS:

For the Eggplant:

- 2 large eggplants (about 2 lbs), sliced into ½-inch rounds
- 2 tsp salt (for sweating the eggplant)
- 2 cups breadcrumbs (panko or homemade)
- ½ cup grated Parmesan cheese
- 1 tsp dried Italian herbs (optional)
- 2 eggs, beaten
- Olive oil for frying or baking

For the Sauce:

- 4 cups fresh garden tomatoes (or 2 cans whole tomatoes)
- 3 cloves garlic, minced
- 2 tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp sugar (optional, to balance acidity)
- A handful of fresh basil leaves, torn

For Assembling:

- 2 cups shredded mozzarella cheese (fresh mozzarella slices work beautifully, too)
- Extra Parmesan for sprinkling
- Fresh basil, to finish

Instructions:

1. Prepare the Eggplant:

Slice eggplants, sprinkle with salt, and lay them on a baking sheet lined with paper towels. Let sit for 30 minutes to draw out excess moisture, then pat dry.

2. Bread the Slices:

Mix breadcrumbs, Parmesan, and herbs in one bowl. Beat eggs in another. Dip each eggplant slice in egg, then coat in breadcrumb mixture.

3. Cook the Eggplant:

- **Fried method:** Heat olive oil in a skillet over medium heat and fry until golden brown (about 2 minutes per side).
- **Baked method (lighter):** Place slices on a parchment-lined sheet, drizzle lightly with oil, and bake at 400°F for 20 minutes, flipping halfway.

4. Make the Sauce:

Heat olive oil in a pan, add garlic, and sauté until fragrant. Stir in tomatoes, salt, pepper, and sugar. Simmer 15–20 minutes, stirring occasionally, until thickened. Stir in torn basil at the end.

5. Assemble & Bake:

In a greased 9x13 dish, spread a thin layer of sauce. Add a layer of eggplant, spoon over more sauce, and sprinkle with mozzarella. Repeat layers, finishing with cheese and Parmesan.

6. Bake & Serve:

Bake at 375°F for 25–30 minutes until bubbly and golden. Cool slightly before serving. Scatter fresh basil on top and serve warm.

TIPS & FAMILY MOMENTS:

Kids in the Kitchen: Little hands love dipping eggplant in breadcrumbs or tearing basil leaves.

Shortcut Option: Use store-bought marinara if pressed for time.

Garden Fresh Touch: Pair this dish with a side salad of fresh greens and sliced tomatoes for a true taste of summer.



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FALL VOLLEYBALL STARTS SEPTEMBER 22!

Submitted by Alycia Edwards on
behalf of SYC Regional Recreation

Ages 18 and up can enjoy Monday night volleyball at New Freedom Community Center from 7-10PM from 9/22-12/15. COST is \$16/resident & \$18/non-resident. Please register at newfreedompa.myrec.com.



BEGINNER PICKLEBALL CLINIC STARTS SEPTEMBER 25!



Submitted by Alycia Edwards on behalf of SYC
Regional Recreation

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. Register at newfreedom.pa.myrec.com. Ages 18+; cost is \$80 for residents and \$85 for non-residents. The clinic runs 9/25-10/30 from 5-6:30PM on Thursdays.

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Get To Know: DreamWrights Center for Community Arts

Article & photos provided by Sharon A. Dorn

THE MISSION OF DREAMWRIGHTS CENTER for Community Arts is simple: To build a creative community that fosters character building through inclusive intergenerational performance and creative arts programming.

While the interior of the building on Carlisle Avenue in York has evolved a great deal since its construction in 1920 as a market, for the past 28 years it has been home to the Dreamwrights Center for Community Arts. On-site are two distinct performance locations: a Black Box Theatre (an intimate room with movable seating and a stage as well as a flexible lighting system) and a Studio Theatre (designed for intimate, contemporary themed performances), and the Main Stage (the largest and most prominent theatre with seating for 165 patrons. Ample, free parking is available on site.

My tour guide, Melanie Yan, Communication and Administrative Coordinator explained, "Art spaces can be exclusionary and oftentimes too historic. With Diversity as one of our hallmarks, we strive to be inclusive, timely, and flexible in all our initiatives. There is a role for everyone — regardless of age, interests, and talents."

We began our tour with a viewing of a current, compelling and impressive artistic gallery show entitled, Ocean of Emotion. Local

artists are invited to display their art based upon changing exhibit themes throughout the year. As the community evolves so does DreamWrights in its quest to be relevant in these dynamic times.

Eric Miller, the relatively new Executive Director of DreamWrights, following Ann Davis' recent retirement after 28 highly successful years with the organization, shared that he is spending about 50% of his time running operations and managing the budget with the balance on connecting to the community and fundraising. He said, "the Arts connect people and seeing art in its many diverse forms can change your day."

With the guiding principles of Building Community, Building Character and Ethical and Responsible Stewardship of Financial Resources, DreamWrights is a proven and successful model for community engagement. Whatever your age and interest and whether you would like to work backstage, such as on lighting or set building or perform on stage, there is something for everyone. Volunteer opportunities are available for performances as well as teaching theatre and performance skills. Information on auditions for their remaining three plays this year as well as Summer Camp information is posted on their website.

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All About Mouthguards



by Dr. Joseph Miller



IMAGINE WHAT IT WOULD BE LIKE IF YOU suddenly lost one or two of your front teeth. Smiling, talking, eating—everything would suddenly be affected. Knowing how to prevent injuries to your mouth and face is especially important if you participate in organized sports or other recreational activities.

Mouthguards, also called mouth protectors, help cushion a blow to the face, minimizing the risk of broken teeth and injuries to your lips, tongue, face or jaw. They typically cover the upper teeth and are a great way to protect the soft tissues of your tongue, lips and cheek lining. “Your top teeth take the brunt of trauma because they stick out more,” says Dr. Thomas Long, a private practice dentist and team dentist for the Carolina Hurricanes professional hockey team. “Your bottom teeth are a little more protected because they are further back.” Stewartstown Family Dentistry can assist you with a custom mouthguards in-office.



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When Should You Wear a Mouthguard?

When it comes to protecting your mouth, a mouthguard is an essential piece of athletic gear that should be part of your standard equipment from an early age.

While collision and contact sports, such as boxing, are higher-risk sports for the mouth, any athlete may experience a dental injury in non-contact activities too, such as gymnastics and skating.

Types of Mouthguards

The best mouthguard is one that has been custom made for your mouth by your dentist. However, if you can't afford a custom-made mouthguard, you should still wear a stock mouthguard or a boil-and-bite mouthguard from the drugstore. Learn more about each option:

- **Custom-made:** These are made by your dentist for you personally. They are more expensive than the other versions because they are individually created for fit and comfort.
- **Boil and bite:** These mouth protectors can be bought at many sporting goods stores and drugstores and may offer a better fit than stock mouth protectors. They are first softened in water (boiled), then inserted and allowed to adapt to the shape of your mouth. Always follow the manufacturers' instructions. CustMbite MVP and CustMbite Pro are a boil and bite mouthguards that have earned the ADA Seal of Acceptance.
- **Stock:** These are inexpensive and come pre-formed, ready to wear. Unfortunately, they often don't fit very well. They can be bulky and can make breathing and talking difficult.

Protecting Your Braces

A properly fitted mouthguard may be especially important for people who wear braces or have fixed bridge work. A blow to the face could damage the brackets or other fixed orthodontic appliances. A mouthguard also provides a barrier between the braces and your cheek or lips, which will help you avoid injuries to your gums and cheeks.

Talk to your dentist or orthodontist about selecting a mouthguard that will provide the right protection. Although some mouthguards only cover the upper teeth, your dentist or orthodontist may suggest that you use a mouthguard on the lower teeth if you have braces on these teeth.

If you have a retainer or other removable appliance, do not wear it during any contact sports.

Mouthguard Care and Replacement

Talk to your dentist about when is the right time to replace your mouthguard, but replace it immediately if it shows sign of wear, is damaged or ill fitting. Teens and children may need to replace their mouthguards more often because their mouths are still growing and changing.

Between games, it's important to keep your mouthguard clean and dry. Here are some tips for making sure your mouthguard is always ready to go:

- Rinse before and after each use or brush with a toothbrush and toothpaste.
- Regularly clean the mouthguard in cool, soapy water. Then, rinse it thoroughly.
- During your regular dental checkups, bring your mouthguard for an evaluation. Your dentist may also be able to give it a thorough cleaning.

- Store and transport the mouthguard in a sturdy container that has vents so it can dry and keep bacteria from growing.
- Never leave the mouthguard in the sun or in hot water.
- Check fit and for signs of wear and tear to see if it needs replacing.
- Some mouthguards have fallen victim to family pets, who see them as chew toys. Store your mouthguard and case somewhere your pet cannot get to it.

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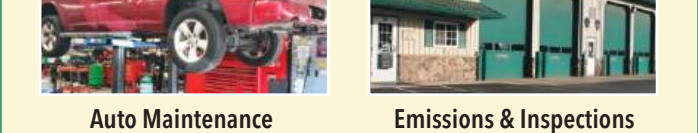
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