

YORK SUBURBAN



COMMUNITIES  
THAT CARE  
ALLIANCE

*Empowering Youth.  
Strengthening Community.*

# Back to 2017 School Edition

## IMPORTANT DATES:

CTC Variety Show Registration for try outs

Deadline September 29

November 18 Variety Show

7 pm YSHS

## WELCOME

YSCTC WELCOMES OUR NEWEST  
BOARD MEMBERS

YSCTC Prevention Board Members  
serve 3 year terms. We say hello  
to our newest team members.  
Check out their bios on page 2.

ToNhu Vu



Cristina Lentz



Rande Fregm



Sussy Tjandra



Rachel Andricos



## YSCTC Makes a Difference

Perhaps the most practical way of explaining YSCTC is by listing a few of the activities we support: Big Brothers Big Sisters, Wellness Night, Multi-Cultural Festival, Forum on Opioid Use in Our Community, Middle School Advisory Board and High School Advisory Board. CTC also administers the PAYS (Pennsylvania Youth Survey) data surveys and we work with York Suburban Administration to address the immediate needs in our schools.

YSCTC is not a program of York Suburban School District. However, we do work closely with YS Administration to support the ongoing needs of students and families in the district. Our relationship is specifically focused on responding to data collected through PAYS. The data provides a starting point for addressing alcohol and substance use, juvenile delinquency and crime, and healthy alternatives to unhealthy behavior.

*(continued on page 3)*

## 2017/2018 CTC BOARD MEMBERS WANTED

CTC is seeking your help in identifying men and women who have a desire to serve the YS community. CTC brings programming to YS helping to build better community. We have added great leaders over the summer but need your help to identify just a couple more. If you or someone you know is interested in learning more please contact our mobilizer at [ctc.mobilizer@gmail.com](mailto:ctc.mobilizer@gmail.com)

**The YS CTC board is proud to welcome our new volunteers. Thank you for volunteering your valuable time to help our community!**

**Rachel Andricos**, a native of Pittsburgh, received her BS in Hotel, Restaurant and Institutional Management at Penn State University. She worked for Hilton Hotel Corporation for 10 years in Washington, DC holding various management and Human Resources positions. She has 4 children in the York Suburban School District and a 4 year old at St. Paul's Lutheran Preschool. She currently is the York Area Coordinator with Sweet Grace Ministries, a non-profit dedicated to helping families that have experienced miscarriage, still birth or infant loss.

**Rande Fregm** is a Behavior Specialist and Developmental Therapist working with children through Early Intervention in York and Adams counties. She received her undergraduate education from Indiana University of Pennsylvania where she majored in psychology and child development. She has a first grader at Yorkshire Elementary where she currently serves as president on the Yorkshire Elementary PTO.

**Cristina Lentz** is married with two sons, ages 6 and 2, who attend Yorkshire Elementary and Eastminster Preschool. Cris earned a Bachelor's Degree in Elementary Education from Millersville University and a Master's Degree in Social Work from Widener University. Cris was actually motivated to volunteer for CTC after reading the results of the Pennsylvania Youth Survey in the Spring 2017 CTC Newsletter. Cris, who is a licensed School Social Worker with the York City School District shared, "I was not aware of the number of students who were dealing with significant issues right here in my neighborhood. It got me thinking about how I could help because the children affected by these issues are currently or may someday be my children's friends. That is when it really hit home, and I knew I wanted to become more involved in my community!"

**Sussy Tjandra** is an Accounting Systems Manager at Glatfelter and previously at Graham Packaging Company for 11 years in various positions throughout Accounting and Finance departments. Born and raised in Indonesia, Sussy moved to the U.S. for college at University of Wisconsin. She has two girls, who are in first and third grade in the York Suburban school district. She has volunteered in various events/programs including Junior Achievement and other school events (i.e. fall fest). Sussy supports the CTC mission and is excited to be more involved in the community and York Suburban school district in the upcoming year.

**ToNhu Vu** is the mother of two daughters, Alison who graduated from YSHS three years ago and Caroline, who is in 11th grade. ToNhu is an anesthesiologist/pain physician with Anesthesia Associates of York (AAY) and serves as a board member of AAY which consists of over 90 physicians and nurse anesthetists. As a physician, she is concerned about the opioid epidemic nationally and locally and has been working with WellSpan York Hospital to combat this epidemic through education. ToNhu and her daughter volunteer for the Impact Foundation to help implement the weekend backpack program at Valley View for this school year.

## CTC MAKES A DIFFERENCE (continued from page 1)

Thanks to the ongoing support of our York Suburban Community, YSCTC has the opportunity to continue making a difference. YSCTC will be sponsoring "Mental Health First-Aid Training" for teachers in the middle school and high school. You can find some great info on the program here: <http://www.pleaselive.org/about-please-live/>. It's Step 1 in the series. "The Six-Week Yoga Challenge" (stress-reduction yoga) pilot program in September and if successful, will be offered four times throughout the school year. Both YSCTC and York Suburban staff are working every day to address the ongoing concerns of students and families.

For the past several years YSCTC has been able to maintain a budget with no increases while increasing the programs we support or offer. Our budget remains at \$23,000. That means, like you, we made the cuts where necessary in order to provide the best for our students and families. We need your help. Please continue to support our fund drive with your personal donation to YSCTC. Please continue to support the Variety Show. Please continue to support the Dodgeball Tournament held in March. Tell your friends and neighbors that YSCTC is working hard to stretch every dollar and continue to positively impact the lives of students and families.

We are proud to support the York Suburban School District as we continue to partner on great programs.

Donate anytime:

Checks can be written to YSCTC

Mail to:

Attn: Anne Cook  
York Suburban Communities That Care Alliance  
1800 Hollywood Dr  
York PA 17403

You may also designate "YSCTC" on the write-in portion on your next annual contribution to the UNITED WAY CAMPAIGN.

Donations of any amount are welcome and very much appreciated. Any individual, family or business may contribute. CTC is a tax-exempt, nonprofit organization as described in section 501(c)(3) of the Internal Revenue Code.

## Back to School

YSCTC Welcomes Back all students, teachers and administrators. We wish you success for the coming year.



## **Around the Community Fall 2017**

### **Central Penn Parent Family Festival**

*Saturday, September 16<sup>th</sup> from 10:00am-3:00pm*

This free event will be held at Cousler Park in Manchester Township. It features live music, a petting zoo, bounce houses, and lots of child-friendly activities. Children are invited to dress up and walk in the costume parade or bring their favorite stuffed animal for a check-up.

### **Johnny Appleseed Day**

*Saturday, September 23<sup>rd</sup> from 10:00am-3:30pm*

Take a trip to Flinchbaugh's Orchard to celebrate Johnny Appleseed Day and kick off their Pick Your Own Apple season. Enjoy apple cider pressing demonstrations, pictures with Johnny Appleseed, wagon rides, fall activities, games, and more.

### **Apple Fest**

*Saturday, September 23<sup>rd</sup> from 1:00pm-4:00pm*

Visit Brown's Orchards for family fun with an apple theme. Enjoy yard games, crafts, face painting, wagon rides, live music, food vendors and more. Admission is free, and a small fee for some activities.

### **Springettsbury Township's Saturday in the Park Community Day Event**

*Saturday, September 30<sup>th</sup> from 9:30am-7:30pm*

Visit Springettsbury Township Park for a day of fun, food, live music and performances, carnival games, and athletic events. Visit [www.springettsbury.com](http://www.springettsbury.com) for a schedule of events.

### **29<sup>th</sup> Annual Bridge Bust**

*Saturday, October 7<sup>th</sup> from 8:00am-4:00pm*

Over 300 vendors will offer their wares in the categories of antiques, art, crafts, food and unique items in this unique and popular event. The venue is the Rt. 462 Veterans Memorial Bridge between Columbia and Wrightsville (Lancaster & York Counties). Free parking and free shuttle service is available from both sides of the bridge. Admission is \$2; ages 6-12, \$1; under 6 years, free. For more information, visit [www.parivertowns.com](http://www.parivertowns.com).

## **Leg Up Farm Fall Fest**

*Saturday, October 14<sup>th</sup> from 10:00am-3:00pm*

Free community event held at Leg Up Farm featuring craft and food vendors, children's activities, silent auction, open house and more. For more information visit [www.legupfarmfallfest.com](http://www.legupfarmfallfest.com).

## **Pumpkin Walk**

*Saturday, October 14<sup>th</sup> from 6:00pm-9:00pm*

Enjoy a ½ mile walk on the Seven Valleys section of the Heritage Rail Trail decorated and lighted with hand-carved pumpkins. Free snacks for children will be available. \$5 donation benefits the York County Rail Trail Authority. For additional information, contact the York County Rail Trail Authority at 717-428-0999 or [info@yorkcountyrailtrails.org](mailto:info@yorkcountyrailtrails.org).

## **Halloween Parade**

Date & Time: Sunday, October 29, 2-4pm

- Route: Market Street from Richland Avenue to Broad Street
- Organizers: The York Halloween Parade presented by York Traditions Bank is produced by Eventive: Events Fueled by York Revolution. The York Halloween Parade, now in its 68th year, is a fantastic event for family and community to enjoy!
- Parade Supporters: Presented by York Traditions Bank with returning additional sponsors!
- Grand Marshal: Carol Hill-Evans - State Representative of the 95th Legislative District

## **First Friday**

*Recurring monthly on the first Friday from 5:00pm-9:00pm*

EVERYONE is invited to attend First Friday in downtown York! First Friday is a celebration of downtown shops, restaurants, cultural venues, and nightlife hotspots. Downtown shops and restaurants host special events, offer refreshments and promotions, and sponsor live entertainment. Sponsored by WellSpan Health.

Friends and neighbors, we encourage you to contact us with your family friendly events. We will be happy to let our community know about these great activities. Send an e-mail to [ctc.mobilizer@gmail.com](mailto:ctc.mobilizer@gmail.com)

## **CTC VARIETY SHOW ANNOUNCEMENT**

**Calling all YS aspiring performers — it's time to show your talent!**

**The YS Communities that Care *Variety Show* will be held on  
Saturday, November 18, in the High School Auditorium at 7:00 pm.**

**Please consider sharing your talent at the *Variety Show* by registering to audition. Go to  
[ysctc.org](http://ysctc.org), or stop by your school's office and pick up a registration form.**

***Deadline is September 29!***

**Auditions will be held the evenings of **October 10 and 11.****

**Please remember:**

**Song lyrics must be school appropriate**

**Acts should be no longer than two minutes**

**You must provide your own music**

**No lip syncing**

**CTC is looking for a variety of talent,  
so register today at [ysctc.org](http://ysctc.org) to audition because . . .**

***We know York Suburban's Got Talent!***



# 13th Anniversary

**SATURDAY, NOVEMBER 18, 2017; 7 P.M.**  
**YORK SUBURBAN HIGH SCHOOL**

We're on the lookout for performers, so "get your act together!" The show is open to all students in grades 2 through 12, teachers, administrators, staff, and community members within the York Suburban School District. Remember, this is a **Variety Show**, so we are looking for a variety of acts — jugglers, magicians, bands, stand-up comics, skits, group acts, or whatever talents you have — all are welcome!

## What you need to know:

- Auditions will be held Tues., Oct. 10, and Wed., Oct. 11, from 6 – 8 p.m., at the High School. Please select your preferred day on the registration form below.
- Mandatory rehearsals: Tues., Nov. 7, and Tues., Nov. 14, from 6 – 8 p.m., at the High School.
- The performance is Saturday, Nov. 18, 7 p.m.
- Song lyrics must be appropriate for a community show and are subject to committee approval.
- Acts should be no longer than two minutes.
- You must provide your own music.
- No lip syncing!

[www.ysctc.org](http://www.ysctc.org)

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## Registration & Permission Form

Must be completely filled out and returned by Friday, September 29.  
Return form to your school or mail to: CTC Alliance, 1800 Hollywood Dr, York, PA 17403



Performer's Name: \_\_\_\_\_

Co-performers: \_\_\_\_\_  
*(each performer will need to submit a separate registration form)*

Address: \_\_\_\_\_

Parent Phone No: \_\_\_\_\_ Student Phone No. (if any): \_\_\_\_\_

Your school building (if applicable): \_\_\_\_\_ Grade (if applicable): \_\_\_\_\_

Parent E-mail: \_\_\_\_\_

Student E-mail (we cannot accept YSSD e-mails): \_\_\_\_\_

Audition Night Preference:     Tuesday, Oct. 10     Wednesday, Oct. 11     Either night

*By signing below, I give permission for myself/my child to perform in the YS CTC Alliance Variety Show, and I agree that I can attend the audition, and, if selected, both rehearsals and the performance. I also acknowledge and give permission for the performer's photograph or image to be used for publicity purposes for the YS CTC Alliance. This may include, but is not limited to, local media coverage, newsletters, social-media sites, and YS-CTC's website.*

Performer's signature: \_\_\_\_\_

Parent's signature (required for performers 18 years old and younger): \_\_\_\_\_

Type of performance (instrumental, vocal, comedy, etc.): \_\_\_\_\_

Specific needs (piano, music stand, chair, table, etc.): \_\_\_\_\_

**etc**

# **Variety Show**

**NOVEMBER 18**  
**GET YOUR ACTS READY**

**YORK SUBURBAN**  
**HIGH SCHOOL**

**Be There.**