

# SHARE News

## SUMMER - 2023

**IN THIS ISSUE:**

Welcome to Our New CEO...Summer Feeding 4 Kids...Meal SHARing

### Discoveries Inside

- Welcome Mischelle.....1, 4
- Volunteers Connect.....1, 4
- Summer Feeding 4 Kids.....5
- Congregational Corner.....3
- Bulletin BOARD.....5
- Match Madness Celebration.....2
- Carlisle 4 Kids.....6
- Corporate Sponsors.....6
- Kitchen Kronicles .....1, 7
- FARE for SHARE.....8



**We are all in exile** on a tiny planet in an obscure corner of the galaxy in an immense universe with a limited time to stay. Yet, we sometimes fail to realize that we are, as a result, all connected through time and space. Why do we pretend to be otherwise? Men invade countries disputing borders and history.

Others hurt fellow travelers in a myriad of ways. Most of our history denies the spiritual, historic and genetic connections that unite ALL life in so many more profound ways than those that supposedly divide us. If there is any hope, then it can only begin with me and you today. So let us connect in ways that bring peace, love and harmony back to all aspects of life on this planet in exile. -JDSMK

## Connected to SHARE

**M**ischelle Y. Moyer has connected to Project SHARE as our new Chief Executive Officer in an enthusiastic arrival, connecting with our Staff, Clients, Collaborating Organizations, Churches, Firms, Volunteers and Donor communities. Her arrival in mid March led to her taking the reigns of SHARE in April. Since then, Mischelle has been busy acquainting herself with the priorities of the organization based on our mission and vision. **She has been actively involving herself with organizations and boards in town, while connecting to the most important elements of our mission, the Clients.**

Since coming on board, many of you may have seen her at Distributions, as well as at a plethora of community events. Her more recent focus has been on ensuring her team has what they need to accomplish the tasks leading into the summer. *Summer Feeding 4 Kids* and *Gleaning* are two of the activities that are well oiled and moving ahead. Mischelle is not only acquainting herself with the operations, but is offering constructive critiques and suggestions for enhancing each of SHARE's nourishing initiatives.



Dustin and Doug from Mercersburg Printing, Mischelle, Nancy and Jacob from SHARE

Mischelle comes to us with the experience of one who has seen the struggles of our Clients. **Mischelle believes strongly in multiple pathways to recovery from all vulnerabilities** including, addiction, poverty, food insecurity, mental health, and homelessness.

Continued on page 04

## Meal Sharing

**A**nthony Bourdain, the celebrity chef who spent much of his career traveling and sharing meals with people all over the world, famously said "You learn a lot about someone when you share a meal together."

**A shared meal is a powerful connecting experience.** A shared meal can lead to laughter and lightness,



Continued on page 07

## Volunteers Connect



**A**s I sit on my back porch and look

across the Cumberland Valley toward South Mountain, I sometimes wonder **how long you have to live somewhere before you are "from" there?** Maybe 10 years, 20 years, or some might say never unless you were born here!?! Or maybe it's when you start making

Continued on page 04





# Connections

From CEO, Michelle Y. Moyer

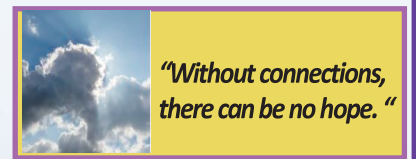
**W**hen I think of this quarter's newsletter theme "connection," I cannot help but reflect on my childhood. **So many Adverse Childhood Experiences**

**(ACEs) impeded all aspects of my life,** and they would follow me for most of my life. Sadly, one cannot control their ACEs, which more often than naught, lead to severe physical ailments such as heart disease, diabetes, and cancer. However, a high ACE score equally contributes to silent killers such as mental health issues; addiction; eating disorders; poverty; homelessness; food insecurities—and most alarmingly—early death and suicide.

**I would never list grim statistics unless I knew there was a solution.** Had I known about the ACE Study many years ago, I could have begun so much earlier building resiliency factors within myself and protective factors within my boys. While we cannot change history, we certainly can decide we will do anything possible to not repeat it. **The opposite of physical and mental disorders is connection. The opposite of addiction is connection. The opposite of isolation is connection...** and the list goes on. One of the writers I admire most, Maya Angelou, said: "Do the best you can until you know better. Then, when you know better, do better." I began my career as a high school English teacher. I was not forced; but chose, to teach the underrepresented, underachieving, at-risk, minority, youth, whom many others tossed aside. Not only were these students tossed aside at school, but many times at home as well. This population was earmarked as disruptive, low-achieving, or "troublemakers" because they lacked the basic human need for connection and were forced to live in survival mode at all times. **Beautiful children with tumultuous home lives, the victims of abuse, neglect, violence, mental health challenges, addiction, homelessness, and/or hunger.** How can children be expected to sit in a classroom and successfully perform after stepping out of a van they are sleeping in while their bellies rumble? Continuing my mission to make a difference in the lives of at-risk youth, I



became a professor at a vocational college catering to this very population. Most of our student population barely made it through high school, or procured a GED, survived teenage pregnancy, childhood sickness, criminal justice involvement, homelessness, and hunger. But, against all odds, they were determined enough to make it this far. For the first time ever, these students had a fighting chance. **Then as the Director of Career Services, I proudly witnessed these same students—who started so broken and downtrodden—now holding their heads high and grinning ear to ear as I placed a diploma in their hands.** There was



not one I did not hug. It was all garnered through deep connections.

Alas, my past, as pasts tend to do, took ahold of my life, and my ACEs came shining through bright and clear. Recovery from anything is not a linear experience. I went through a very difficult time, facing many of the challenges listed above. It took me a while, a lot of setbacks, and a lot of work, to figure out that the number one factor missing in my life was connection. **Real connections, spiritual connections, and connections in all areas of my life. As I worked on repairing connections and setting healthy boundaries,** I decided to change my career trajectory. I married my background in education with lived personal experience. I helped several non-profit organizations grow their programs and acquire funding resources. I worked as an educational and addictions expert at an at-risk youth center and three drug and alcohol organizations with the same clientele but different hardships.

This all-encompassing connection I continue to talk about is what Project SHARE delivers day-in and day-out. **Our clients trust us to treat them with dignity and respect.** They turn to us for non-food issues, knowing we will get them where they need to be whatever it takes. If our clients were to take the 10-question ACE test, I know unequivocally that 90+ percent of them—just like me—would score highly. These are our most important, fragile, and vulnerable citizens. **They are looking for a hand up, not a handout.** They trust SHARE to get them where they deserve to be, where we all deserve to be. We pride ourselves in being one of our clients' first contacts when searching for community connections. **Without connections, there can be no hope. Without hope, what do we have?**



The Partnership for Better Health's announcement and presentation!

**Many thanks to all of our supporters during the campaign. We raised the most funds of any non-profit and we are humbled by your trust. These funds are an essential part of our ability to conduct our mission and vision of "Nourishing Our Community...Awakening Hope!"**





# Congregational Corner

In line with the old saying, “It takes a village to raise a child”, the same can be said with successful community support organizations. The **Bible Way Family Support Center** began operation in May 2022 with the goal of providing support programs to Bible Way Church members and greater Carlisle, families and their children. The success that our program has achieved is due, in large part, to the support we have received from our fellow community support organizations.

## Chief among our program supporters has been Project SHARE.

SHARE has and continues to provide assistance to the Bible Way Family Support Center Program in several ways:

- 1) **Provides food donations** to support our family and student activities;
- 2) **Actively promotes** Bible Way Family Support Center Program activities (secular in nature) to its Clients such as the **Summer Bridge academic activities program, the workshop on Fatherhood** and other skill based offerings for the community;
- 3) **Opportunities for our youth leadership** program students to join in Project SHARE community service activities, including gleaning and helping in the warehouse;
- 4) **Provides opportunities for our students and families to participate in cooking classes** that promote healthy eating lifestyles;



Young Bible Way participants at SHARE’s kitchen programs.

5) **Provides healthy eating support to our families** during the summer months by way of their Summer Feed Program.



Bible Way Gleaning team with certificates of accomplishment.



Men, at Bible Way discuss the blessings of Fatherhood led by Dr. Eskridge.

During the unforgettable “pandemic,” Project SHARE teamed up with Pastor Woodall at Bible Way, Pastor Keyes at Shiloh Baptist, and Chief Landis of the Carlisle Police Department to provide useful food supplies to the communities we all serve. **The French Toast Connection distributed basic food supplies**, (dairy, bread, eggs) were held

with teams from both churches and Project SHARE participating. Together we nourished our community, during hard times to demonstrate what we can do together.

The story of Jesus feeding the many with few supplies resonates with all of us as we serve our community here in Carlisle. **We are reminded of the bonds that unite all of us from all faiths in service to one another.**

I would also like to recognize the entire Project Share team who provide excellent customer service and who truly believe in and love what they do for the greater Carlisle community. We at Bible Way Family Support Center Program send out our sincere thanks to Project Share for all they do!



**Dr. Michael Eskridge**, is Program Director, of the Bible Way Family Support Center Program in Carlisle. Prior to moving from Baton Rouge, Louisiana, to Pennsylvania he served as Executive Director of Advance Innovative Education. He also served various terms as a school Principal in Seattle, New York and Louisiana. Dr. Eskridge is the current owner and CEO of Cooperative Educational Services, in Enola, PA.

### A Past Collaboration With Bible Ways, Shiloh and SHARE

Introducing  
*The French Toast Connection*  
**FREE EGGS,  
MILK, & BREAD**



*Everything you need for French Toast  
or Another Delicious Meal*

**FEBRUARY 12, 2021**  
**3PM-5PM**

Organized by Leaders from  
*Ebbelway Church, Shiloh Baptist, Bethel A.M.E. Second  
Presbyterian Church, Carlisle Police, and Carlisle Borough.*  
Food Supplied by Project SHARE  
Volunteers from the Carlisle Community

#### Pickup Locations:

SHILOH BAPTIST CHURCH  
409 N WEST ST  
CARLISLE, PA 17013  
(AT LINCOLN STREET)

BIBLEWAY COGIC  
223 WALNUT STREET  
CARLISLE, PA 17013  
(AT WEST STREET)



“Realize that everything connects to everything else” —Leonardo DaVinci

Mischelle holds a **Master’s Degree in Education** as well as a **Secondary English Teaching Certification** from Penn State University. She earned her Bachelor’s in **Communications, Journalism, & Media Studies**, and minor in **Social Work** from Shippensburg.

Mischelle is proud to be deeply rooted in the community and is a lifelong resident. She lives in Camp Hill with her husband of 25+ years and their two boys aged 19 & 23. Mischelle embraces recovery, always remembering the Grace that saved her life and the Faith that set her free.



Nicole Deary, Project SHARE Board Chair added: “The board is excited to welcome Mischelle as our new CEO. **She brings a wealth of nonprofit knowledge from a long career of serving others.** We know her passion and enthusiasm will be a great asset to the Project SHARE family and help further our mission of nourishing our community and awakening hope.” **WELCOME MISHELLE!**

connections in the community; running into people you know at the grocery store, sitting down next to someone you know at the local watering hole, or seeing a familiar face on your work Zoom call.

I’ve experienced all these things but **the most surprising connections are the ones I’ve experienced through volunteering at Project SHARE.** I started volunteering at Project SHARE probably 5 years ago in the Distribution “Baby Room” and from there I moved to Kids in the Kitchen Cooking Classes, and then now (most regularly) the Slice of the Month (Adult) Cooking Classes. I have seen the friendly faces of Moms from both the “Baby Room,” and the Kids Cooking class now coming to the Adult Cooking classes. Emma, the amazingly talented nutritionist who leads this program, and I also served together on the Leadership Committee for the Cumberland County Food System Alliance. I get to turn my love for



*Slice of the Month (Adult cooking class) at Farmstead*

volunteering, cooking, and food into an activity I share with new friends each Month through these classes. What better way to connect then over a meal you’ve just prepared together?

**Project SHARE intersects with my work at USDA** doing conservation projects with farmers in the area. This work normally includes installing grazing systems, manure collection systems, and winter cover on cropland to improve water and soil quality and also wildlife/ pollinator habitat projects. My agency has opened their doors to the gleaning program at Project SHARE. I have also been **working with Dickinson College Farm** for several years on conservation projects and most recently assisting with a digester to turn manure and food waste into energy! **Project SHARE connects with my passion to food and farming.**



*With Volunteer colleague, Melanie*

I feel my connection through volunteering at Project Share. I may not be “from” here but I feel like this is my home, my place and my community.

## Congregation Connections



Many thanks to our congregational supporters. Although not listed, also thank the many congregations for their gifts of time. This list recognizes donations received March 14th—May 31st, 2023

Bethel Assembly of God	Life House Church
Bible Way Church of God	Lighthouse Church of God
Carlisle Baptist Church	Mechanicsburg Presbyterian
Carlisle Evangelical Free Church	Opossum Hill Union Church
Carlisle First Church of the Brethren	Otterbein United Methodist Church
Carlisle Quaker Meeting	Presbytery of Carlisle
Carlisle Seventh Day Adventist Church	Second Presbyterian Church
Carlisle United Methodist Church	St. John's Episcopal Church
Congregation Beth Tikvah	St. Matthew's United Church of Christ
Dickinson Presbyterian Church	St. Patrick Catholic Church
Faith Chapel of Carlisle	St. Paul Evangelical Lutheran Church
First Presbyterian Church	St. Peter Lutheran Church
First United Church of Christ	The Meeting House
Green Spring First Church of God	Trinity United Methodist Church
Hickorytown United Methodist Church	Youngs United Methodist Church



Diana Sturrock Dellinger has been a Project SHARE Volunteer since 2018. Together with her husband they love taking advantage of outdoor recreation opportunities in the region. She works for the USDA Natural Resources Conservation Agency for 18 years in Cumberland and Franklin Counties. She is also the Chair of the Cumberland County Food System Alliance.





# Bulletin Board

I first began my involvement with Project SHARE because I **was in deep need of connection**. I had just moved to the area **from Rochester, New York** to attend Dickinson Law and was feeling extremely homesick. It was a professor who saw this need and recommended I start getting involved with the community through Project SHARE. **I attended my first distribution Saturday** as a volunteer shortly thereafter **and found the connection** I needed. I am now proud to serve on the Board of Directors and to call this area home now that I have graduated from law school.

The first thing that comes to mind with Project SHARE is, of course, food! Sharing food gives clients opportunities to connect to their communities without food insecurity interfering. **Sharing meals gives families opportunities to connect with one another at the table**. And sharing recipes gives clients opportunities to connect their new communities with their culture.

But Project SHARE also gives people **an opportunity to share**



**space**, which I believe is also integral to connecting our community. Through distribution, clients and volunteers share their stories. Through our cooking classes, clients and their kids share a kitchen and connect their food to learning and fun. And

through our events, our community can connect with one another with the needs we each have.

**“As a Board , we are focused on strengthening these community connections...”**

Project SHARE also gives people the opportunity to share their resources. Donors and volunteers are given the opportunity to **connect their abundance with the community’s need**. Other community organizations are able to connect with our clients to provide additional services. Clients are able to share with one another—from giving each other rides to distribution, and volunteering at Project SHARE themselves.



The beauty of Project SHARE is in these connections. **As a board, we are focused on**

**strengthening these community connections**, and intentionally moving the organization forward to be in a position to share more with our community, and improve our mechanisms for doing so. We are excited to introduce to you Mischelle Moyer as our next CEO, who we know is committed to these same values.

The very act of sharing does more good than just what is being shared. It creates **connections that better the entire community**. Thank you all for being a part of this network of connections and for everything that you share.

Madelyn Snyder is a member of SHARE’s Board and currently serves as the chair of the Development and Communications Committee. Maddy moved to central Pennsylvania in 2019 to attend Dickinson La when she began volunteering at Project SHARE. Maddy is now an attorney working for the United States judiciary in Harrisburg. She is also the president of the Dickinson Law Alumni Society.



## Summer Feeding 4 Kids

For those in need of a hand-up!

**Free**

June 8—August 11



**Drive-Thru**

- \*Carlisle
- \*Mt. Holly
- \*Plainfield

Register: [timetosignup.com/projectSHAREpa](http://timetosignup.com/projectSHAREpa)

# Gleaning



Begins June 16th and every Monday at 5:15 p.m. from Project SHARE’s HQ. Saturdays in October. Sign up at:

[ProjectSHAREpa.org/volunteerhub.com](http://ProjectSHAREpa.org/volunteerhub.com)





**Firms, Businesses, Foundations & Organizations** who, as part of our community, donate funds or in-kind gifts received between March 14th—May 31st, 2023.

Beeman's Bakery	Market Performance Group
Big Spring School District	Mooreland Elementary School - Faculty
Blue Mountain Veterinary Service	Orthodox Christian Charities Greater Harrisburg
Bruce and Andrea Kimmell Charitable Fund	Partnership For Better Health
Bubbler Foundation	RISE Medical Marijuana Dispensary
Carlisle Area School District	Roxbury Treatment Center
Carlisle Area Sertoma Club -	Safe Harbour
Carlisle Arts Learning Center	She Shed Scrapbooking Girls
Carlisle Kiwanis Club Foundation	The Cindy and Glenn Shope Fund
Carlisle Rotary Club Foundation	The Donald B. & Dorothy L. Stabler Foundation
Colyott & Watson Insurance Agency	The Foundation - TFEC
Community Aid, Inc.	The Turo Foundation
Cumberland Valley Classics	Thrivent Choice
Dale Lay Memorial Fund	Torchbearer Rho - Beta Sigma Phi
Emergency Food & Shelter	Transformation Training & Fitness
Gateway Health Plan, Inc.	Troxell Giving Fund
Giant Food Stores, LLC	United Way of Carlisle & Cumberland County
Girl Scout Troop 11657 - 11465	Volvo
Capital Region Literacy Council	Wegman's
LifeGuide Financial Advisors	Weis Markets
LOGOS School	



Helping all kids in the Carlisle area get ready to go back to school

**WEDNESDAY, AUGUST 16**

**NOON to 1PM - Kids with IEPs & siblings**  
**2 to 5:30PM - Kids K-12 & HeadStart 4- & 5-year-olds**

Carlisle Expo Center, 100 K Street, Carlisle

**Child must be present to receive supplies.**

Registration required by Monday, July 31, 2023.

Only those registered will receive supplies.

Register: [www.projectsharepa.org/carlisle-4-kids/](http://www.projectsharepa.org/carlisle-4-kids/)

If you can't register online, please call Project SHARE at 717.249.7773 or United Way of Carlisle & Cumberland County at 717.243.4805.



**Clean your closets and support SHARE's**

**CORPORATE SPONSOR**

By Using Our

**Community Aid bins**

**Project SHARE HQ**

**Carlisle E-Free Church**

**Carlisle United Methodist**



**Shop at  
Community Aid  
Mechanicsburg**

# CORPORATE SPONSORS

**Is your firm feeding the community?** Are you SHARING your mission and vision with those in most jeopardy, some of whom are around us every day?

**Become a corporate sponsor of Project SHARE and benefit with:**

- ◇ **Recognition from your employees, customers and the community** showing your business's empathy and outreach.
- ◇ **Participate in community SHARE activities like GLEANING** the summer fields for vegetables and fruits to be distributed to our Clients.
- ◇ **Team building by distributing food in our warehouse** to those in need.



**Begin a conversation about corporate sponsorship:**  
**Contact Lisa Maddux, Director of Development**

**LMaddux@projectSHAREpa.org**

**or call 717-249-7773 ext 233**



**Would you consider supporting our mission by clicking here with support appropriate for you?  
Let us know if this Newsletter may have prompted you to SHARE by checking that box on the form.**



# KITCHEN KRONICLES

Emma Witwer, RD, LDN Nutrition Coordinator



deepen friendships and family relationships, create a safe space for vulnerability and bring unity. When I teach cooking classes at Project SHARE, my favorite part of class is sitting down to eat dinner together. I see in these monthly cooking classes how cooking and eating together cultivates connections, and I

am grateful to be part of it.

As cooking classes wrap up for the summer, and not to be launched again until the Fall, I want to dedicate this Kitchen Kronicles to encouraging you to **create space in your lives for family meals or meals with friends**. Sharing meals with loved ones not only has relational benefits, but a growing body of research indicates that there are mental, emotional and physical benefits as well. In fact, the evidence is so strong that the American College of Pediatrics recommends families to eat meals together as an integral part of raising a healthy family.<sup>1</sup> Yet, the wealth of benefits are not just for children but for adults too. **Children who eat meals regularly with their family tend to do better in school**, with young children having advanced vocabulary and teenagers receiving better grades. Children who eat frequent meals with their families also **eat healthier**, by eating a greater variety of food groups and eating more fruits and vegetables. Furthermore, in families who eat meals together routinely, **teenagers report better emotional and mental health**, with lower risk for depression, and parents report the same thing. Increased self-esteem is also associated with eating more family meals together. These benefits add up- sharing family meals has social, emotional, physical and relational benefits.<sup>1,2</sup>

While the benefits are clear, for families without an already established habit of eating meals together, it can be challenging to figure out how to include family meals into busy family schedules. The Family Dinner Project, an organization with a mission to help families break down barriers to eating together, has some ideas.<sup>2</sup> There is no magical formula or trick to making family meals a habit, but The Family Dinner Project has a few ideas for tangible first steps.<sup>3</sup>

First, pick a meal. **A shared family meal does not need to be dinner. A shared meal could be breakfast or lunch too.** Pick a meal that fits your family's schedule the best, or mix and match meals throughout the week.

Secondly, pick a goal. The benefits of family meals begin to shine through when families share **at least 3 meals a week**, according to the research.<sup>3</sup> The greatest benefits occur when families share 5 to 7 meals together a week.<sup>3</sup> Consider picking a goal between 3 and 7 meals a week, to share together as a

family.

The third recommendation is to **be flexible- life happens!** Roll with the ebbs and flows of your family's schedule as you try to establish this habit.

Their next piece of advice is **stay home**. Cooking at home is more affordable than eating out. As best as you can,

**"In fact, the evidence is so strong that the American College of Pediatrics recommends families to eat meals together as an integral part of raising a healthy family."**



avoid being a short order cook and set the expectation that all family members will eat the same dinner, instead of cooking specific meals for specific family members. Three great family-friendly food blogs for recipe ideas are Kids Eat in Color (<https://kidseatincolor.com/>), Budget Bytes (<https://www.budgetbytes.com/>), and Doctor Yum (<https://www.doctoryum.org/>).

Finally, **keep it fun!** Asking fun or thoughtful questions can help to launch conversation and create a meaningful atmosphere. Consider asking one of the following questions<sup>4,5</sup>:

- ◆ What made you laugh today?
- ◆ What are you really good at?
- ◆ Imagine the house is made of food. What food would it be made of?
- ◆ What's the funniest face you can make?
- ◆ How did you show someone kindness today?
- ◆ What was the best part of your day? What was the hardest?
- ◆ Imagine a magic tree that grows food. What would you want it to grow?

Sources:

<https://acped.org/position-statements/the-benefits-of-the-family-table>  
<https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/>  
<https://www.nytimes.com/guides/well/make-most-of-family-table>  
<https://cookingmatters.org/community-resources/#kids-handouts>  
<https://foodhero.org/conversation-cards>

**Our Mission**

Project SHARE is a faith-based food pantry

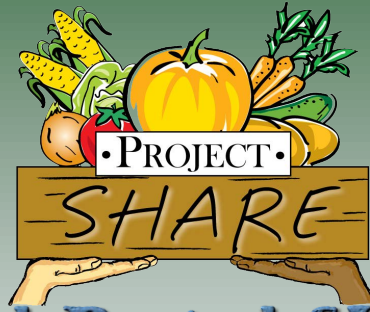
founded in response to God's call to love one another.

To reduce food insecurity for neighbors in the greater Carlisle area by offering access to nutritious food, programs, and a support network that promotes self-sufficiency, fosters dignity, and instills hope.





5 North Orange Street  
 Carlisle, PA 17013  
 Phone: 717-249-7773  
 Website: [projectSHAREpa.org](http://projectSHAREpa.org)  
 Facebook: Project SHARE of Carlisle



## Support Project SHARE

While we Nourish Our Community...Awakening Hope!

Would you consider supporting our mission by clicking here with support appropriate for you?  
 Let us know if this Newsletter may have prompted you to SHARE by checking that box on the form.

Follow SHARE on:



Gratefully on the campus of:  
**Dickinson**



**FARE for SHARE**  
 A Project SHARE Event

- DOOR PRIZES
- LOCAL MUSICIANS • KIDS ACTIVITIES

Premier Sponsor: **LIFEGUIDE**  
 FINANCIAL ADVISORS

Come one, come all!

**SUNDAY, SEPT. 17**  
**2:30—7:00 PM**

- Bricker's Fries
- Farms Show Milkshakes
- Chameleon 1648
- Crazy Glazed
- Falafel Shack—Wood Fire
- Oven Pizzas & more
- Gourmet Popcorn
- Grappling Crab Shack
- Italian Job
- Lemons to Love
- Pretzel Spot Café



**THE MEETINGHOUSE**  
 1155 Walnut Bottom Rd, Carlisle



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