

Mission Statement

The Second Mile challenges young people to achieve their potential as individuals and community members by providing opportunities for them to develop positive life skills and self-esteem as well as by providing education and support for parents and professionals addressing the needs of youth.



Providing Children
with Help and Hope

Fall 2005
Milestones
www.thesecondmile.org

Angels Help Kids Soar!



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This summer, you made it possible for more than 700 young people from across the Commonwealth to experience the opportunity that is The Second Mile's Summer Challenge Program. In our last *Milestones*, we highlighted some of the challenging circumstances that many of our campers face by profiling the family situations of the campers attending just one of our ten camp sessions: 3 had a parent who committed suicide; 1 had a murdered parent; 5 had a parent die in an accident or from an illness; 4 had an incarcerated parent; 2 had parents dealing with drug and alcohol issues; 43 lived in single parent families; 13 had no contact at all with one of their parents; 16 lived in homes with a significant number of extended family members; and 28 were experiencing significant family dysfunction.

For children, and even for many adults, such daunting circumstances could certainly create a sense of helplessness and defeat. But the Summer "Challenge" Program is about providing young people

Some corporate angels visit camp: MBNA Angels reach the summit of Mount Nittany with a camper and our camp director; a State Farm Angel canoes with camper and staff; Sheetz Angels pose with a camper upon completing the camp service project.

with the skills, values, experiences, and mentorship they need to surmount such obstacles—to thrive, not just survive; to believe and to achieve. So, along with many of our angel donors who visited the camp program this summer, we witnessed the celebration and affirmation that is camp. First came the joy of welcoming our many returning campers at registration: these young people had earned their way back to camp by meeting their goals, learning that they *could* have an impact on their own lives through that process. Later that evening at the Camper Awards Ceremony, many of these same returning campers received medals and certificates for Highest and High Achievement based upon their counselors' reports about their school conduct and academic motivation. During

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Reflections from the Founder

On this issue’s back page, we unveil a new planned giving society, which our Board named The Arthur C. and Evelyn M. Sandusky Society in honor of my mother and my late father. As I’ve shared many times, the example that my parents provided for me in my youth served as the inspiration for The Second Mile. Through their leadership of and dedication to Brownson House Recreation Center in my hometown of Washington, Pennsylvania, I learned the importance of reaching out to others less fortunate *and* of learning from others who appear to be less fortunate. My parents instilled in me the belief that everyone has gifts that can be nurtured and should be celebrated. From my mother’s open door and compassionate invitation to her table and my father’s dedicated coaching and dogged encouragement of every youth or adult at the center came “the second mile,” my wish to join with others to support through the second mile those children and families who have faced obstacles in walking their first one. In some ways, I think of all of the children and families that The Second Mile has reached in the past and now reaches as my parents touching the future, part of their legacy.

Since planned giving is all about legacy—about choosing how we will touch the future after we’re gone, I am appreciative of and humbled by the Board’s recognizing my parents’ impact in naming our new planned giving society The Arthur C. and Evelyn M. Sandusky Society. I hope that together, through the vision and generosity of the membership of this new society, we can ensure that The Second Mile will continue to offer children help and hope, today and tomorrow.

Jerry Sandusky

Angels Help Kids Soar continued from cover

the event, guests and campers alike cheered camper after camper as the camp directors called the youngsters forward to announce their community service projects and present their Community Service Awards. As with all Second Mile programs, camp allows children to learn not only self-reliance but that they have something to give to others, too!

Whether it’s the excitement and pride of the awards ceremonies, goal-setting and skill-building practice with their counselors, team-building and problem-solving through our initiative activities, or the exhilaration and fun of swimming, hiking, or arts and crafts, angel donors visiting camp see that The Second Mile Summer Challenge is the place where campers learn that others believe in them and where they begin to believe in themselves. [For our angel donors not able to experience camp first-hand this summer, the *Miles of Smiles* picture collage attempts to capture some of these transforming images while the written words of some of the campers themselves express their appreciation. Here are excerpts from a few of the letters that campers wrote to thank their angel donors \(and that we’ll be mailing soon\):](#)

“Thank you so much for caring enough to send me to camp. I had a great time. [I learned how to make new friends and how to make my dreams come true.](#) I set goals for myself and chose a community service project. I like camp a lot. Thank you for sending me to The Second Mile.” —Sincerely, *M*

“Thanks a lot for making it possible for me to come to camp. This is my third year here at camp. [This](#)

[year and last year, I won a medal and a certificate for doing my goals.](#) At camp, we are always doing something, like swimming and playing games and doing work. At the State Park, we canoed and hiked. We also did a community service for them. It was really fun. The carnival was fun, too. I won a prize and got to throw a sponge at my counselor. I met new friends and learned new things this week.” —Your Friend, *R*

“I love camp. I’m so glad I got sent here! I love arts and crafts and the food that everyone gave to us! I learned how to be a team and make good friends! My goals for this year are to make the cheer team at my school and to get an A on my spelling tests instead of a B. I have been going to camp for about two years, and I always have fun going to camp! I wanted to go off the 5-meter diving board, and I was very scared but my group encouraged me. Our group name this year is the Bandana Bananas! [Our theme for camp is TRY! When our counselors hear us say we can’t, they tell us to try! I love camp this year!](#)” Thank you! —*R*

The words...and all of the exclamation points...are their own! [And who makes the excitement possible? Who helps these children learn how to make their dreams come true? You, our angel donors—individuals, corporations, clubs, organizations, and foundations providing support at every level and in many forms: funds, goods, services, time. Since we can’t say it any better than our campers, we’ll close, not with the words of one of our female campers, who added to her letter, “P.S. Don’t just send money—send bug spray,” but with the words of a young boy, who wrote, “\[I want to thank you for donating the money for me to come. I will never forget. This will be the best memory of my life.\]\(#\)”](#)

Miles Ahead

Past Second Milers: Where Are They Now?



A gifted vocalist, Sheila hopes to serve as a Summer Challenge camp counselor in an upcoming summer.



A young professional who seeks to serve, Chad was a key volunteer for the Second Mile's newest golf tournament in Southwest Pennsylvania this past spring.

Sheila Carroll

Then

Summer Challenge Program—camper, 4 years, and SMILE participant, 1 year.

Fondest Memory

"SMILE was my favorite camp year—hiking, caving, canoeing, camping. But my best memories are of the people I met at The Second Mile. I'm still in touch with one of my counselors today!"

The Second Mile's Impact

"The Second Mile really helped my confidence level and self-esteem. I met many kids who had the same difficulties as I had socially and in school, and we worked to overcome them together. When I auditioned for and was accepted to Julliard School of Music's Pre-College Program, that confidence was an important factor in my success—not only giving me the nerve to audition but to travel 4 hours from home every Saturday to study with some of the most talented teenagers in the country."

Now

A sophomore majoring in vocal performance at Westminster Choir College in Princeton, New Jersey, Sheila receives scholarships for her leadership skills and academic excellence.

Chad Rexrode

Then

One of the earliest participants in our Friend Program and a Summer Challenge participant, Chad was awarded a scholarship through The Second Mile's Children's Scholarship Fund for his college studies.

Fondest Memory

"Jerry Sandusky had been bragging about his invincibility in the pool to us campers, but we banded together using the teamwork and problem-solving skills we learned at camp and swam underwater and all dunked him together."

The Second Mile's Impact

"The Second Mile gave me confidence to interact with others. My mom, along with The Second Mile, were the ones who provided me with the guidance and direction to be a better person."

Now

An accounting graduate of Robert Morris University, Chad provides leadership at Specialty Concessions, and he and his wife, Christine, are proud parents of Tyler.

Thoughts from the President



I had two experiences in the same day this week that I wish you could have shared as they happened, but since that's not possible, I'll recount them here. Early in the day, a visitor to State College stopped by the office and asked to be introduced. A grandmother of a camper from Southeastern Pennsylvania, in town for a meeting, made the time to stop by because she wanted to share her personal thanks with everyone at The Second Mile for the wonderful experience that her grandson had at Summer Challenge camp and to share his excitement, and her own, about his involvement in the program. Along with her profuse thanks, she asked for materials so that she could let other families in need, and the professionals who work with them, know about our programs.

Later that day, a past participant in both our Summer Challenge and Friend Fitness Programs arrived at the office, asking if I could make some time to meet with him. This recent Penn State graduate, who served as a Second Mile program volunteer as a collegian, offered that he was about to move out of town to start his career but *couldn't* leave without taking the time to share the impact that The Second Mile had on his life. The son of a single parent who worked two and three jobs to support her family, this young man recounted his journey from a youth lacking respect, direction, and motivation to his young adolescence, when he learned to set and meet goals through the Summer Challenge Program, through his teenage years, when his Friend Fitness mentors guided and cheered him as he excelled at high school academics, activities, and sports. When he arrived at Penn State, he found, "not only had The Second Mile prepared me to earn my degree, they also helped me afford it through the Second Mile Children's Scholarship Fund. Through The Second Mile, I learned that I have unlimited potential and acquired the determination to fulfill it." This young man understands that a network of "angels"—volunteers, donors, and staff—is The Second Mile. He parted, asking that I thank *each* of you for the contribution that *you* made in changing his life.

Miles To Go

Angel Donors and The Angel Society



In our lead article, some of our Summer Challenge campers expressed their thanks to the angel donors who made their camp experiences possible. Their words conveyed their appreciation and excitement and shared their goals for today and their dreams for tomorrow. [Our many readers who are camp angel donors are aware that, a number of years ago, The Second Mile initiated the angel scholarship program to connect donors to the youngsters whom they were so generously supporting.](#) Donors who contributed one \$500 angel scholarship to provide a child at risk with the benefits of the Summer Challenge Camp Program and its year-round follow-up received a thank-you letter from their camper and, often, visited camp to see the program in action. There's no better way to experience the power of your support. As one of our camp angel donors from Virginia shared in a letter following her time at camp, ["Upon visiting camp for the first time, I was visibly moved by the experience and came away with a greater understanding of how my angel scholarships help these young girls.](#) I also enjoyed meeting the counselors—what an amazingly dedicated group of young people who clearly care about children. Many thanks for a wonderful afternoon!"

The Summer Challenge Program is just *one* way that a \$500 angel scholarship is put into action. Angel donors touch children in many of our other programs through the angel scholarship program:

An adolescent builds leadership skills and school harmony through The Sovereign Bank Second Mile Leadership Institute;

Five youngsters experience safe activities with caring mentors through the Friend Program;

Foster children from five families enjoy Foster Family Support activities; or

Ten youngsters receive items needed to thrive (a warm coat, a baseball glove, etc.) through the Children's Fund.

Some of our other angel donors enjoy supporting the teens involved in our Friend Fitness Program, providing their \$1000 angel scholarship to help those adolescents build inner *and* outer strength through twice-weekly, year-round sessions and a program of service and social activities. Still others want youngsters who have experienced success in Second Mile programs—Second Mile program "graduates"—to have the opportunity for post-secondary education and choose to provide \$1000 Children's Fund angel scholarships.

[In this year's upcoming Annual Report, we will be recognizing many of these angel donors as members of one of The Second Mile's new giving societies, The Angel Society. The Angel Society will recognize those individuals, organizations, corporations, and foundations that make annual contributions to The Second Mile equal to or greater than \\$2,000 during The Second Mile fiscal year, September 1 through August 31.](#) Gifts of cash are the most common way of giving, but donors may also choose to make gifts of securities, personal property, or real estate.

While this Society is one small way of recognizing Second Mile Angels, no one captures the importance of angels like a young woman writing to her camp angel sponsor as she prepares to graduate: "Thank you for sponsoring me. This year was such an awesome year, thanks to you! I am so glad I had the opportunity to go to camp for 7 years. [These past years are precious to me, and I will never forget them. This camp means so much: safety, help, and always having support—no matter what. I loved it.](#)" Safety, help, support—no matter what—the priceless gifts provided by Second Mile Angels.

The Arthur C. and Evelyn M. Sandusky Society

Recognizing Planned Giving

As Jerry shares in his Founders' column, his mother and late father instilled in him many important values, including the worth of each individual, the importance of a second chance, and a belief in our ability to make a difference. Guided by these values, Jerry inspired others to join with him to create The Second Mile, and with that creation came the *possibility* of help and hope for children and families. More than two decades later, that help and hope is no longer just a possibility: it is a *reality* upon which children and teens, their families, and the professionals who serve them rely.

How do we ensure that those in need can continue to rely on The Second Mile? How do we make certain that the legacy, begun with the example of Art and Evelyn Sandusky and enacted by Jerry and an ever-growing network of volunteers, continues? One of the answers is strengthening our foundation through planned giving—asking all of those who have demonstrated their caring for children through annual giving to consider making an estate provision so that their commitment continues when they are gone.

Since planned giving is all about creating strong foundations, The Second Mile's Board thought it fitting to honor the two people who created such a foundation for Jerry. Membership in The Arthur C. and Evelyn M. Sandusky Society will be offered to all individuals who have made an estate provision for The Second Mile or a planned or deferred gift commitment, regardless of the amount. These gift commitments could include a bequest in a will or living trust, designating The Second Mile the beneficiary of a retirement plan, a charitable remainder trust, a gift of a life insurance policy naming The Second Mile as beneficiary, and/or the execution of an estate note.

If you have already made such a provision and would like to be recognized as a Society member, or if you would like to know more about becoming a Society member, please contact The Second Mile.

Checking the Mileage

Young Friends' Relative Strengths and Challenges



Young and College Friends enjoy some recreational time together at the Springs Awards Picnic.

Through the Friend Program, The Second Mile provides a context for youth in kindergarten through sixth grade to engage consistently with positive adult role models who promote development of healthy self-esteem and personal responsibility among these students. School counselors, teachers, children and youth service workers, parents, and/or clergy typically refer youngsters to the program because they believe that the children could benefit from additional support due to changing family circumstances, difficulties with academic or social issues, geographic isolation, financial hardship, and/or a lack of adult support and guidance.

The Second Mile's program staff members structure Friend events as recreational and educational opportunities targeting one or more of the Friend Program's three goals, specifically: (a) improved functioning in social settings, (b) improved academic effort and/or performance, and (c) increased engagement in service to others. At our five program sites, College

Friends from Penn State-University Park, Penn State-Altoona, Lock Haven, and Millersville and from our newest Southeast Region site at Villanova work with Young Friends from Centre, Mifflin, Blair, Clinton, Lancaster, Chester, and Montgomery Counties on attainment of youngsters' personal, academic, and service goals.

To date, we have pilot-tested two evaluation surveys tied to those program goals. In both, participants rated students at given points in time in the program year on a 5-point scale. A Young Friend self-evaluation consisted of 12 statements (read aloud by College Friends). Students circled one of five depictions of facial expressions ranging from "really bad" to "really great." The College Friend survey consisted of 10 statements on a scale of 1 (low) to 5 (high) and an open-ended item for comments. College Friends were asked to rate the Young Friend(s) with whom they were usually paired, based on their

perceptions and observations of that youngster.

The box below shows respondents' perceptions of Young Friends' strengths and challenges. These findings show our Young Friends face persistent challenges in dealing effectively with their emotions, getting along with their peers and adults, functioning appropriately in social settings, and maintaining positive attitudes toward school and they demonstrate relative strength in treating others respectfully and interacting well with adults and constructively during activities. In addition to using these data to continue to refine the Program, we will also continue to use the completion of this survey data to help youngsters learn skills of self-reflection and self-assessment, to provide "talking points" for the students and their College Friends, and to strengthen bonds between students and their mentors.

Young Friends' Strengths and Challenges

Young Friends' Relative Strengths (Young Friend Self-Evaluations)

Trying my hardest in school is important
I like to help other people
I am a good listener at Friend events
I like to try new things and meet new people
I participate actively at all Friend events

Young Friends' Relative Challenges (Young Friend Self-Evaluations)

I am able to calmly and clearly express my feelings
I get along well with other kids
I am polite to other kids and grownups
I get along well with grownups.

Young Friends' Relative Strengths (College Friend Evaluations)

Student treats others respectfully
Student interacts well with adults
Student participates constructively in activities
Student fulfills basic social conventions

Young Friends' Relative Challenges (College Friend Evaluations)

Student displays comfort in new situations
Student shows enthusiasm about helping others and/or doing community service during events
Student interacts well with age peers
Student makes positive statements about school

Miles of Smiles

Featured Program Event—
Summer Challenge 2005

