

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

Spring 2005
Milestones
www.thesecondmile.org

Mentors and Empowerment— A Winning Combination

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The official registration and financial information of The Second Mile™ may be obtained from the PA Department of State by calling toll-free within PA, 1-800-732-0999. Registration does not imply endorsement.

Billy's father died just a few years ago, and now his mother struggles with a chronic illness while awaiting a critically-needed transplant. Billy's school counselor turned to The Second Mile for support.

While Meredith's parents are "together," her father hasn't been home very often during Meredith's elementary school years. Her father is incarcerated for the third time, and Meredith isolates herself from other students, rather than risk their discovering her "secret" or witnessing the hardships that her family suffers. Like Billy, Meredith's school counselor turned to The Second Mile for support.

James lives in a family with many of the resources that Meredith and Billy lack—two caring parents living together in a nice home. His parents worked together to find additional support when James started making unhealthy choices with a newfound group of friends, but James persisted in those choices, despite all of their efforts. His psychologist suggested a Second Mile program as an effective intervention.

Sara's family has few economic resources, including no means of reliable transportation, so Sara and her brothers miss out on many of the weekend activities typical of other kids—attending friends'



"Wanna give a kid a lift?" Add a caring adult to his life. A Friend Fitness mentor coaches his mentee.

birthday parties, going to a movie, an afternoon of bowling. Sara's teacher talked to her family about The Second Mile.

Unlike The Second Mile's Prevention Programs (PEAK, Nittany Lion Tips, and The Second Mile Sovereign Bank Leadership Institute), which offer skill-building opportunities to any Pennsylvania

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Reflections from the Founder

I recently attended a Second Mile special event that featured a speaker who really touched the audience—a very special young woman, a Summer Challenge graduate and current Children’s Scholarship Fund recipient. This young woman described how she grabbed the “hand up” of opportunity provided to her by The Second Mile and learned how to make a difference in her own life.

She began her speech by telling the audience a bit about herself as she arrived at Second Mile camp for her first camp year more than a decade ago: “I grew up with a very different picture of life than most children do. I thought that moms do not always love you, fathers do not always stay, and very few people care about what happens. Yet there was always someone looking out for me. Those adults included my stepfather, who adopted me, teaching me unconditional love, and my Second Mile family—both those that worked with me directly and those that contributed to the angel scholarship program to make my involvement possible.”

After talking about the impact of each of her Second Mile mentors, of the skills taught and the support provided by the staff and volunteers year-round, and of the awards and rewards that made her feel newly-special, she concluded, “I am very proud to have been an ‘at-risk kid,’ as many people label us. I am even more proud to have been part of the amazing experience that The Second Mile provides. I am proud because I am your success story, not because you made me to be, but because I wanted to be. I thank everyone involved with The Second Mile for being an angel in my lifelong path for success. I am living proof that The Second Mile changes a person’s life.”

She is, indeed. And you are “the angels” that helped make that change possible.

Jerry Sandusky

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student, The Second Mile’s Early Intervention Programs—the Summer Challenge Program, the Friend Fitness Program, and the Friend Program—reach out to young people whom children and youth and school professionals, clergy and coaches, and parents have identified as needing additional support to overcome obstacles—familial or personal—and achieve success. For Sara and her brothers, that support came through the Friend Program; for James, through Friend Fitness; and for Billy and Meredith, through Summer Challenge.

While each of these programs offers an intervention that is unique in its design, timing, and target audience, our Early Intervention Programs share common elements that have been proven key to helping at-risk students build brighter futures:

Caring mentors: In addition to working in collaboration with the professionals who refer youngsters to our programs, The Second Mile recruits and trains additional adults—Summer Challenge counselors, Friend Fitness mentors, and College Friends—to serve as positive role models, augmenting any available family support and extending and strengthening the network of adults who attend to that young person.

Personal empowerment: Children facing multiple obstacles within their families can begin to feel that nothing they do personally will make a difference so they give up. The Second Mile structures our Early Interventions Programs to overcome feelings of helplessness

in two specific ways. Participants learn goal-setting and goal-meeting skills, and children are provided with opportunities that they *alone* control: if they meet their goals (and they have the added support and encouragement of their mentors), not only will they have achieved their aims, they can earn awards, rewards, and ongoing program participation. Staff and volunteers provide opportunities to help others: through age-appropriate community service, children learn, “not only am I *not* helpless in my own circumstances, I have something to offer others.”

Currently, we offer the Summer Challenge program statewide, the Friend Program at five sites, and three iterations of the Friend Fitness Program, with a fourth site anticipated in Clinton County this spring, and we were excited to reach more than 1200 young people through these three Early Intervention Programs last year. And your support made possible the life-changing experiences these programs provide.

Yet again this year, we anticipate that we will receive more than 1,500 applications for the 700 camp slots we were able to fund last year, along with continued requests to expand our Friend Fitness and Friend Programs to additional communities across the Commonwealth. As our staff reviews these incoming camp applications and service requests, they find it heartbreaking to turn away any children like Billy, Meredith, James, or Sara. To whom do you say “no”? Together, let’s work to walk that “second mile” with as many of these children of promise as we can.

Miles Ahead

Past Second Milers: Where Are They Now?



Ryan Kerstetter, past Summer Challenge camper and soon-to-be Lycoming College grad



Alyson Walker, past Second Mile Scholar and current Villanova Law student

Ryan Kerstetter

Then

A 1993 Summer Challenge Camp participant from Herndon Borough's Line Mountain High School

Fondest Memory

"I loved going on the mountain hike with all of my fellow campers. There were so many different, positive physical and mental aspects that accompanied the hike that made the program so enjoyable."

The Second Mile's Impact

"Being involved with the Summer Challenge Camp made me realize that I needed to make more of an attempt to interact well with others. I learned not to act on my first impulses and to think first and then act so that I can make smart decisions in life."

Now

A criminal justice major at Lycoming College in Williamsport, PA, Ryan plans to graduate in May, and continue his studies at law school.

Alyson Walker

Then

A 1999 Children's Scholarship Fund recipient, Alyson was recognized by The Second Mile for her community service, which included volunteering for a tutoring program for elementary school children for 4 years and at local homeless shelters for 7 years.

Fondest Memory

"Through my involvement with The Second Mile, I had the ability to meet local people in my community who were doing similar things to what I was doing."

The Second Mile's Impact

"The Second Mile gave me optimism that there were other people out there making a difference in their communities. Also, the scholarship given to me by The Second Mile really helped me with my first year of college."

Now

Alyson is hard at work as a first year student at Villanova Law.

Thoughts from the President



In child development literature, a caring adult is termed a "protective factor," a key variable in predicting a future of fulfillment and productivity, if present, and a future of struggle and instability, if absent. Put simply, the more caring adults in a child's life, the higher the likelihood of happiness and success.

Counselors refer children to us because this critical support is in low supply. A single mother may be overwhelmed with the demands of supporting her family. A father may be uncomfortably thrust into the role of nurturer when his wife abandons the home. A "new" stepfamily may be struggling to define relationships. While the situations are unique, the need is universal: the children need additional, individual attention from a caring adult.

This is where The Second Mile enters—in the person of a College Friend, a Summer Challenge camp counselor, a Friend Fitness mentor—and stays. Recently, when Ben, a Friend Fitness mentor, shared his experiences, he reminded me of the power of this combination—caring and constancy—and of the power of one volunteer to change a young person's life. He also reminded me of what many of us take for granted, but of what many Second Mile children do not. Ben wanted to "connect" with his new mentee, so he asked the teen about his school activities, and then, he did what caring adults do—he showed up. In that act, Ben learned the "power of one," for Ben was not the *extra* adult for this child in the athletic event audience, he was the *only* adult this time...or ever—the first adult who had celebrated this child's participation in an activity with his presence.

The data on the effects of our programs are powerful, but can we possibly quantify Ben's impact through, what Ben considered, a simple act? Thank you for continuing to work with us—as volunteer and/or donor—to try to make this "power of one" a reality for all of the children who now live lives of empty bleachers.

Miles To Go

Sandusky Coaches Another Win!

(Centre Daily Times headline-June 19, 2004)



Another win indeed! With the help of countless, dedicated volunteers and loyal sponsors, The Second Mile raised more than \$250,000 in 2004 from four golf tournaments held throughout Pennsylvania. Here, we share memories of those 2004 tournaments and, on the accompanying Special Events Calendar 2005, the dates and places for this year's exciting tournaments action. For information on sponsorship and/or participation in *any* of our special events, please contact our staff at your nearest Second Mile office.



The 14th Annual Universal Media Second Mile Celebrity Golf Classic welcomed more than 200 golfers to this year's tournament, held at Hershey Golf Club in September. Joining Jerry Sandusky are Dean Cook (Tournament Co-Chair), Jim Young (President, Universal Media) and Tom Kirchoff (Tournament Co-Chair).



Second Mile Founder Jerry Sandusky with NFL football greats, Lydell Mitchell and Franco Harris. Franco served as honorary chair for the 2004 tournament. Lydell, a recent inductee into the NCAA Football Hall of Fame, will serve as Honorary Chairman for our 25th anniversary celebration in June.



The 11th Annual Sandy Kranich Penn State Celebrity Golf Benefit was held at Heritage Hills Golf Resort in York— May 2004. More than 120 players, including this foursome representing Waypoint Bank, were on hand to support the kids served by The Second Mile.



Franco Harris welcoming Louis Sheetz and his nephew, Travis, to The Second Mile Golf Classic. We were thrilled to have Sheetz Inc. join as a new corporate sponsor in 2004!



The Penn State Nittany Lion joined Jerry and tournament volunteers, including Chairperson Kristen Egan (front row, far left) at The 12th Annual Chester County Second Mile Golf Classic, The Downingtown Country Club, June 2004.

Special Events Calendar 2005

February 17

Clearfield Sports Banquet
Clearfield

March 18

The KPMG Celebration of Excellence
Hershey

April 2

Clearfield Chapter Monte Carlo Night
Clearfield

April 8

The 4th Annual Second Mile Blair County Reverse Drawing
Altoona

April 15

The 16th Annual Second Mile Art Auction
State College

TBD

The Lancaster County Spring Celebration
Lancaster

May 6

The 12th Annual Sandy Kranich Penn State Celebrity Golf Benefit
York

May 13

Clinton County Sports Night and Silent Auction
Lock Haven

May 20

The 1st Annual Second Mile Pitt vs. Penn State Golf Challenge
Pittsburgh

May 23

The Lehigh Valley Chapter Banquet
Allentown

June 10

The Berks County Kickoff For Kids Jazz Concert
Reading

June 13

The Chester County Second Mile Golf Classic
Downingtown

June 23-25

The Second Mile Golf Classic
State College

September 26

The Universal Media Second Mile Celebrity Golf Classic
Hershey

November 4

The Second Mile Mercedes Benz Reverse Drawing
State College