

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

Summer 2006

Milestones

www.thesecondmile.org

Cheering on Community Service

On their first day, following "icebreakers" and keynote remarks from The Second Mile Founder, Jerry Sandusky, and The Second Mile President/CEO, Dr. Jack Raykovitz, the 275 participants at our recent Sovereign Bank Second Mile Leadership Institute experienced the enthusiasm and benefited from the wisdom of a special guest, Dave Johnson, also known as The Nittany Lion. After acknowledging the 45 Pennsylvania high school teams in attendance with 45 of his trademark one-armed push-ups and leading cheers for the group as his alter ego, Johnson rejoined participants to focus on some key areas critical to his current success and critical to the future success of each of the attending high school leadership teams.

Johnson likened the Leadership Institute experience to his experience in front of a Beaver Stadium audience of 100,000+—the opportunity to be part of an experience larger than one's self, with a tremendous opportunity to impact others. With that opportunity, he talked of the importance of shame-free living, of always engaging in behaviors of which one is proud and that bring honor to one's school and self, whether in or out of the spotlight. This opportunity for service, coupled with the willingness to be a role model, can be a powerful combination, expressed Johnson, especially if the leader is adept at energizing others, and he then shared



The Nittany Lion roars his approval of community service at The Sovereign Bank Second Mile Leadership Institute and then honors the 45 participating high school teams with 45 of his famous one-armed push-ups.

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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.

Cheering on Community Service continued on next page



Reflections from the Founder

Recently, the Pennsylvania Association of Student Assistance Professionals invited me to serve as the keynote speaker for their annual conference. These professionals, who work in school districts throughout the Commonwealth identifying at-risk students and helping them overcome unhealthy behaviors and promoting healthy choices for all students, honored The Second Mile and me with their invitation. They view The Second Mile as an important resource in their work with children and adolescents, expressed great appreciation for our efforts, and were excited to learn even more about the impact of our programs.

Since each of these professionals has chosen to reach out to support at-risk youth, my presentation focused on thanking them for their efforts and providing examples of the difference that one person can make in the life of a child. Most of these examples came from my experiences with The Second Mile. I shared the story of a young woman, now a teacher, who credits her Summer Challenge Camp counselor with getting her through her first night away from a home in which she had learned "mothers don't always love you and fathers don't always stay." This young adult believes that her camp experience, and scholarship monies from our Children's Fund, provided her with the self-confidence and support she needed to apply to college and to create a successful, happy life and thanked The Second Mile for the help and hope provided her.

And, in that same spirit, I thank you...because each of you has extended your hand to provide hope to children in need. By supporting The Second Mile's programs, you have created the foundation for the life-changing moments I shared at the conference. Without your ongoing support, none of our work would be possible. You are the rock on which successful futures are built.

Jerry Sandusky

Cheering on Community Service continued from cover

"My experience at the Leadership Institute and then leading our project changed me. Now, I expect to be a community leader wherever I end up living. Instead of shying away from leadership positions, I now can easily see myself in them and work towards them. I haven't really said this to anyone, but when I'm older, I would like to set up a program to tackle racial tension and stereotypes in my community. Being bi-racial, this means a lot to me."

—Brielle

techniques for motivating individuals to join group efforts.

Following these keynote presentations, the members of each of those 45 teams—5 sophomores and their faculty mentor—spent the remaining action-packed days immersed in activities targeting team-building, effective communication, leadership styles and roles, and conflict resolution and consensus building. Each team then worked with business and community leaders and Second Mile staff to develop an action plan for a school or community-based service project targeting an area of concern. They left the Institute energized by their charge—to engage as many and as diverse a group of students as possible in their service project upon returning home, and based upon our six-year history with past participants, we anticipate that each team will positively impact their communities with a successful project during the 2006-07 academic year.

While The Sovereign Bank Second Mile Leadership Institute is The Second Mile program with service and leadership skill-building as its foremost aims, all Second Mile prevention and early intervention programs include service as a key component of their curricula. In addition to school counselors introducing the importance of community service through the

Nittany Lion Tips Program and the positive impact of service on self-esteem through our PEAK program in elementary and middle schools across the Commonwealth, campers in our Summer Challenge Program, Young Friends in our Friend Program, and our Friend Fitness mentees all participate in community service during the program sessions themselves. Additionally, the completion of an age-appropriate service project between one camp season and the next is one of three goals of each of our Summer Challenge campers. (A behavioral goal and an academic goal round out the trio of expectations.)

Service is important, not only because of the benefits that accrue to recipients of the service, but also because of the benefits that accrue to The Second Milers themselves. Often, the young people served in our programs have been plagued by low expectations: few in their schools or communities view them as capable of taking care of themselves and certainly don't see them as capable of caring for others. The impact of participating in a service project with The Second Mile and our expectation of and support for an independent service project reinforces their capability, someone else's belief in their abilities, and thus, their self-esteem.

Miles Ahead

Past Second Milers: Where Are They Now?



Friend Fitness participant, Corey Tilghman, now applies the work ethic learned in the program to his Penn State studies and his community service.



Ashley Banks credits the self-confidence gained in the Summer Challenge Program with many of her current achievements.

Corey Tilghman

Then

A graduate of The Second Mile's ABC and Friend Fitness Programs, Corey continues his Second Mile involvement by serving as a mentor in the Friend Fitness Program today.

Fondest Memory

"One of my best memories was when I heard a mentee in the Friends Fitness Program say, 'I had no idea I could do that!' That is one of the key quotes that enable me to push myself farther than I think I can."

The Second Mile's Impact

"The Second Mile has allowed me to become the man that I am today. The many lessons of hard work and determination have shaped me and my life. I would not have been given the opportunities with which I am now blessed without The Second Mile."

Now

Corey is currently a junior in the Smeal College of Business at Penn State University. Corey works at least 15 hours a week and plans to own or manage his own business someday.

Ashley Banks

Then

By meeting the goals she set at camp, Ashley earned her way back to the Summer Challenge from ages 9 through 15, including to SMILE, an outdoor-based challenge camp for the most successful campers.

Fondest Memory

"My fondest memory is of all the girls that attended the program with me, some of whom I still remain friends with. Along with the Second Mile's counselors, these girls helped me through the program by providing encouragement."

The Second Mile's Impact

"The Second Mile has had a great impact on my life. When I attended SMILE, I was pushed to complete tasks I would have never dreamed I could accomplish. This has given me a chance to do things that I may have never gotten a chance to experience and built my confidence."

Now

Ashley is currently a senior communications/journalism major at Shippensburg University. She writes for the student newspaper and plans to attend graduate school in the near future.

Thoughts from the President



Two tasks key to successful adulthood are learning to work with others and learning to give to others. Individuals who develop positive social skills and hone their emotional intelligence are more effective partners, parents, community members, and employees. Many of us develop and refine these skills as a result of our interactions with our parents and extended family, who model these behaviors for us and provide us feedback about our own skills.

While all young people can benefit from specific training in these key areas, such training is especially critical for young people who lack positive adult role models. Thus, The Second Mile includes such training as an aspect of our programs. Whether it's Human Gyroscope, Raccoon Circles, Nail Tower, or any of our other many initiatives, young people in our programs use physical and/or mental problem-solving exercises to learn effective communications, decision-making, and consensus-building skills. (At our recent Institute, adult volunteers joined with professional trainers and staff to facilitate these sessions, and as always, I invite you to visit any of our future programs to observe or facilitate.)

Learning to give to others is just as significant as learning to work with others. We include community service in our programs for a number of reasons. First, we know that connection to community makes children more resilient and less likely to engage in risk-taking behaviors. Second, research and experience indicate that young people who engage in community service enhance their self-esteem: they feel better about themselves both as a result of doing the activities and as a result of the feedback they receive. Finally, our goal for all Second Milers is that they will be part of a caring citizenry as adults and that, like you, they will choose to share their time, talents, and treasures to improve the lives of others. Experiencing the benefits of giving today makes future giving more likely.

Miles To Go

*The Summer Challenge Program—
Sponsored Camps and Summer Angels*



The Second Mile's Summer Challenge Camp Program is a collaborative program between school counselors and The Second Mile's programming staff. School counselors, and other youth service professionals, initially refer camp youngsters between the ages of 8 and 12 who are dealing with challenging personal circumstances and are in need of extra support. Campers come from rural, suburban, and urban communities in all regions of the Commonwealth of Pennsylvania. They always face one (and typically more) of a variety of challenging circumstances, such as parents' divorce; death or illness of a family member; financial hardship; familial substance abuse, neglect, or incarceration; academic deficits; or difficulties with peer interactions and socialization.

Our Summer Challenge Program meets the needs of these youth through three distinctly different, residential programs. As a new participant in the program, the child participates in the camper program, residing in a cabin or dorm and experiencing a curriculum that includes skills training in goal-setting, decision-making, and peer and adult relations, as well as recreational activities such as swimming, hiking, and arts and crafts. As part of the camp week, campers set an academic and behavioral goal for the upcoming school year and plan a community service project. Once they are members of The Second Mile camper family, campers who make significant progress on those goals earn their way back to camp the following year. After mastering the early curriculum, older, returning campers have the opportunity to attend a more advanced camp program—SMILE (Second Mile Intensive Learning Experience), an outdoor, adventure-based program, which continues to promote personal challenge and success. SMILE campers are then invited to participate in a capstone camp experience, the Leaders Program, during which they benefit from leadership and career training and have the opportunity to mentor young campers.

Individuals and businesses supporting this program are helping us provide *much more than a week of "fun in the sun"* for children whose families could not afford a camp experience. In addition to the skills training received at camp, these young people benefit from year-round follow-up from The Second Mile staff, which comes in many forms—visits, letters, cards, phone calls, meetings, and special activities. With this year-round support and the opportunity to earn ongoing program participation, these young people learn self-reliance, rather than continue patterns of helplessness. They learn that their behaviors determine whether or not they will receive a return invitation to camp, no matter what the challenges and difficulties encountered at home. When campers discover that their behaviors are what make a difference, they begin to live optimistically. The optimism learned and skills acquired lead to more successful futures.

Private sector support is critical to The Second Mile's ability to offer this opportunity to the needy young people identified by our network of referring professionals. Many individual donors reach out to the young people by providing a Camp Angel Scholarship of \$500. We are also blessed by both businesses and individuals who generously underwrite an entire camp session. In addition to providing these significant gifts of treasure, these corporate partners also offer the time and talents of their staffs to volunteer during their camp sessions and beyond. This summer, we will welcome campers to **Camp Bank of America, Camp Cleveland Brothers, Camp S&A Homes, Camp Shaub, Camp State Farm, Camp First and Goal, and Camp Willaman**, and for this very generous support of Second Mile children, we are exceedingly grateful.

The PA EITC Program

*An Update on One Form of
Corporate Support*

In a previous "Miles to Go," we introduced Pennsylvania's Educational Tax Credit (EITC) Program, sharing how businesses can make their tax dollars work for Second Mile kids. This program provides an approved business a tax credit equal to 75% - 90% of its contributions to an approved non-profit organization. Businesses interested in supporting The Second Mile through this program must apply to participate, designating their donation for an "educational improvement organization," not a scholarship organization. And, as the credits have been exhausted quickly in the past, businesses are advised to have their applications in by July 1. More information about the program can be found at www.inventpa.com or by contacting a member of The Second Mile's development staff at any of our three offices.

We are delighted to announce that our roster of corporate supporters participating in the EITC Program has grown this year. That roster now includes:

**Cleveland Brothers
Columbia Gas
Community Banks
Computer Aid, Inc.
Davis Vision
M&T Bank
Northwest Savings Bank
Pennfield Corporation
Precision Medical, Inc.
S&A Homes
SEI Investments
Waste Management**

The support of Second Mile children by these corporations is critical to our maintaining our commitment to children who have often had lives filled with broken promises. We hope that additional businesses will expand this roster by applying to participate in the EITC Program.