



The Foundation Focus

The Penn Manor Education Foundation Newsletter
April 2012

Worm Factory Inspired by PSSA

Penn Manor senior, Russell Thorsen, found inspiration while tackling the PSSA reading test last year. One question discussed the concept of composting in schools. Russell researched worm composting online and took the lead asking his Advanced Placement Environmental Science class teacher, Erick Dutchess, if they could start a composting program at the high school via a PMEAF Venture Grant.



The students located an enclosed system that uses worms to aid in the composting process - the Worm Factory 360. The goal of the project was two-fold: creation of good quality soil while making use of excess food scraps from the high school cafeteria. The students plan to use the soil to start their own classroom grow beds in the science department's 8 foot by 8 foot greenhouse.

Worm Factory 360 looks a little like a square fire pit that grows taller as trays are added. It is completely reusable and plans are to continue the composting year after year in the AP Environmental Science class. To begin the process of developing quality soil, students learned the importance of balancing carbon-based (leaves) and nitrogen-based (vegetable and fruit scraps) ingredients. Coir, the coarse, brown fiber of a coconut, was purchased online.

Coir, which feels like dirt when wet, was mixed with newspaper for the original bedding. Students then added food scraps from the high school cafeteria. They favored peppers, onions and bananas while avoiding meat, dairy and citrus scraps.

Now they were ready to add the "workers" in this composting project - 1000 red worms! The live worms arrived in a bag from Uncle Jim's Worm Farm in Spring Grove. Russell estimated that the number of worms doubles every 90 days. Once the bottom tray is filled with compost (about 3 weeks), a second tray filled with the same bedding ingredients is added on top. The worms start moving up to the new tray. (Think salmon swimming upstream without the breathtaking leaps. Worms are a bit more subtle in their movement.) As the compost in each tray is complete, trays can be added on top of the previous tray. Fly strips were hung around the Worm Factory 360. Russell explained that they initially had a fruit fly problem as a result of the fruit scraps, but the fly strips did the trick.

Using the compost, students hope to grow peppers, tomatoes and corn in grow beds in the biology greenhouse. They plan to alter some of the food scrap ingredients and then measure the change in soil production. By logging their alterations to the composting process, they hope to produce higher quality soil.

Russell uses a small, yellow, plastic rake to carefully unveil his worms working in their tray. He plans to take the Worm Factory 360 home over the summer so the composting can continue and the worms receive proper care. He expects to return the kit to the high school in the fall for next year's AP Environmental Science class to continue composting. Thanks to a PMEAF Venture Grant, this project enables Penn Manor students to apply what they've learned in the classroom to a real life problem.

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The Penn Manor Education Foundation Named Endowment program has reached **\$752,000** thanks to the generosity of the Penn Manor community!
Add your name to our Founding Friends virtual plaque by contacting PMEF Executive Director, Don Stewart at 727-875-4583.

The Penn Manor Education Foundation is a 501(c)(3) non-profit community based organization, dedicated to enhancing and enriching the education experiences of the students and faculty in the Penn Manor School District.



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"Girls Night Out" and "Freedom Run" a Partnership for Strong Young Women

"Adolescence is when girls experience social pressure to put aside their authentic selves and to display only a small portion of their gifts."

Mary Pipher, author of Reviving Ophelia

Since 2004 Penn Manor's "Girls Night Out" program has been devoted to helping middle school age young women better understand themselves, the challenges they face and the full potential of their futures. The program grew out of the inspiration of Manor Middle School counselor, Kim Moore, and school nurse, Barb Still. At Marticville Middle School, the program is guided by counselor, Gail Ulmer.

Girls Night Out is an afternoon and evening program focused on building the esteem of middle school aged young women. Special workshops designed to prepare these young women for the challenges of middle school and high school life have covered a wide range of issues and opportunities.

A chance to learn from experts on such topics as "Being Safe in Cyber Space," "Empowering You - Understanding the Media's Image of Women," and "Self-Defense and Common Sense" serve to help young women prepare to face their futures with confidence. Through engagement with successful women leaders, our Penn Manor middle school girls are inspired to set high goals and to achieve them.

Community leaders who have shared their stories with our Girls Night Out participants include Dr. Francine McNairy, President of Millersville University, Anne Shannon, WGAL TV personality, Anita Pilkerton-Plumb, a Lancaster County social worker and therapist who focuses on women's issues, Miss Pennsylvania, Emily Wills and former Penn Manor High School student, Jill Wiley, who was named Pennsylvania's Outstanding Teen in 2009. While sharing their personal success stories, these women inspire courage and resilience.



Manor Township police officer, Corporal Kim Geyer, instructs girls in common self-defense moves.

As you might suspect, Girls Night Out is also about being with friends and having a good time. Since its inception, Girls Night Out has provided enhanced learning opportunities and positive social experiences for over one hundred young women every school year. The night includes fun workshops, prizes donated by community business groups, good times and, of course, great food. Local merchants, generous volunteers and parents have supported the program in a wide variety of ways. Girls Night Out is a wonderful example of how the inspiration of educators can synthesize the energies of a whole community on behalf of its children.

Penn Manor Education Foundation has been proud to be a supporter of Girls Night Out and this year is particularly happy to announce a new partnership with The Freedom Run in support of this initiative. The Freedom Run is a 5K fun run scheduled each fall and organized by three Penn

Manor graduates, Nicki Reynolds Nafziger (2000), Michelle Fisher (2001), and Nicole Graby (2002) to promote awareness of eating disorders. This year's run was held at Greider Park in Manor Township on October 8. The Freedom Run team has generously consented to use proceeds from the run to help fund Girls Night Out every year.

The Freedom Run, The Penn Manor Education Foundation, thoughtful community volunteers and caring counselors have formed a team to help young Penn Manor teens grow into strong women leaders. Girls Night Out means much more than just fun with friends. It means gaining the understanding that a confident young woman can achieve all of her goals.

PENN MANOR EDUCATION FOUNDATION

WAYS YOU CAN HELP



Provided below is a brief explanation of the many ways you can contribute to the efforts of the Penn Manor Education Foundation. Additional clarification of each giving opportunity can be gained by contacting a member of the Foundation Board or contacting the PMEF Executive director at 717-875-4583 or emailing fandstew@comcast.net.

Please also consider consulting the Penn Manor Education Foundation website - <http://www.pennmanor.net/foundation/>.

A GENERAL FUND GIFT

General fund giving is vital to the operation of the Penn Manor Education Foundation and furnishes the Foundation with funds to support the annual Venture Grant program and the expenses of the Penn Manor Education Foundation as it plans fund-raising activities. General fund gifts also support the publication of the "Foundation Focus." When you simply send a check to the Foundation, your gift becomes part of our general fund.

A NAMED ENDOWMENT GIFT

To date, thirty-seven individuals, couples and groups have chosen to support the Foundation via the Named Endowment program. These Named Endowments are listed in each copy of our "Foundation Focus." When a supporter initiates a Named Endowment, they agree to either one lump-sum payment or an easy five-year payment plan. For example, by contributing \$580 a year for five consecutive years, the giver can establish a \$5000 endowment to honor a loved one or to recognize their group or organization. These funds are invested and grow. When the endowment reaches the targeted level, the Foundation can begin to use the proceeds to continue its mission. Endowments mean the Foundation can be a positive force in the lives of Penn Manor students for years to come.

AN ANNUALLY FUNDED SCHOLARSHIP

The Penn Manor Education Foundation is currently managing over thirty-five scholarships provided by individuals and groups. The majority of these scholarships are annually funded. All PMEF scholarships are initiated at a minimum level of \$500. When you establish a PMEF scholarship, you will work with Foundation personnel to create a scholarship application, award criteria and selection process. In April of each year, you will be asked to fund your scholarship via a payment to the Foundation. The Foundation will prepare for the presentation of the scholarship at the Penn Manor High School Senior Awards Ceremony in May. Many of the scholarship sponsors choose to take part in the presentation ceremony.

AN ENDOWED SCHOLARSHIP

While most scholarships are funded annually, some contributors have endowed their scholarships. A \$500 scholarship can be funded in perpetuity with the creation of a \$12,500 endowment. Endowment funds are not tapped in the first year of the scholarship, so contributors who wish to offer the scholarship in the first year must make that additional annual payment. A \$1000 scholarship is endowed at the \$25,000 level. As the endowment grows in value, the scholarship award can grow along with it.

A CHARITABLE GIFT ANNUITY - AN ESTATE GIFT

A Charitable Gift Annuity is a creative way for a Penn Manor Education Foundation enthusiast to help insure the long-term viability of the Foundation's programs, while also generating investment income for him or herself. This program provides you with guaranteed payments for life and frees you from managing funds that you intend eventually to give away. Your gift is managed by a third party fiduciary who guarantees annual payments to you at a fixed rate for the rest of your life. In addition, you get substantial tax savings at the time of your gift. Plus, part of the future annuity payments you receive may be tax-free. Only after your death does PMEF receive the remaining balance. A Charitable Gift Annuity can be funded with a wide range of assets, including cash or other securities.



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6th Annual PMEF Charity Golf Scramble

The 6th Annual PMEF Charity Golf Scramble will take place on June 12, 2012 at Meadia Heights Country Club. Registration begins at 11:00 followed by a hot lunch and 12:30 shotgun start. The event ends with dinner at 5:30 in the clubhouse. The format is a four person scramble and both individuals and foursomes may enter. Prizes will be awarded on several holes and the first Hole-in-One on the designated Par 3 will win a new car.

The entry fee of \$115 includes a round of golf with cart, a sleeve of golf balls, hot lunch, beverages and dinner. Several levels of sponsorship are also available.

All profits benefit Penn Manor students through PMEF grants and scholarships. For further information and/or registration or sponsorship, contact any PMEF Board member or Pat Kline at (717) 284-3107 or patrick.kline.gkls@statefarm.com.



The registration form is also available online at www.pennmanor.net/foundation.

6th Annual PMEF Sponsored Retiree Breakfast

If you are retired from the Penn Manor School District, you are invited to join us for the 6th annual PMEF sponsored retiree breakfast.

Date: Wednesday, May 9, 2012

Time: 8:30 a.m. - 10:00 a.m.

Place: Penn Manor High School Cafeteria

*R.S.V.P. required by April 25, 2012
717-872-9500 ext. 2332*

Enter the high school from Cottage Avenue and park directing in front of the cafeteria's lower entrance.

Join us to greet friends, enjoy student entertainment, and hear what is happening in our schools.



Check us out on the web at www.pennmanor.net/foundation