

# Hampden

*neighbors*

An exclusive magazine serving the residents of Hampden Township



## ***Comprehensive Specialty Service Opens In Camp Hill***

**IN THIS ISSUE**

- WHAT EXACTLY IS ORAL MYOFUNCTIONAL THERAPY?
- NEW BOAT LAUNCH
- WILD BABY BUNNY RESCUE
- AND MORE



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CONTENT DUE .....	EDITION DATE
January 5 .....	February
February 5 .....	March
March 5 .....	April
April 5 .....	May
May 5 .....	June
June 5 .....	July
July 5 .....	August
August 5 .....	September
September 5 .....	October
October 5 .....	November
November 5 .....	December
December 5 .....	January

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## DEAR RESIDENTS

Welcome to the July issue of *Hampden Neighbors* magazine. Hopefully, you had a great 4th of July and enjoy the rest of your summer.

This month we feature Verber Dental's new Oral Myofunctional Therapy practice. What's that you ask? Read the story for the answer and learn what they can help and how it's done.

In sports, we talk with CV Girls Lacrosse coach, Karen Keitel. She has a very interesting journey to the head coaching position, as well as a unique coaching style. It's a great read, even if you know nothing about the sport.

Don't forget to check out the cute, adoptable puppies from Homeward Bound.

As always, please support the small businesses in our community and especially our advertisers.

Have a great July.

*Bill Scott*  
Publisher



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# Summer at Fredricksen Library

By Abby Spotts



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Homeland at Home  
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**Michael Verber, DMD FICOD | Dental Expert**  
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\* Do you know a creative teen? Our Annual Teens Create Contest gives teens ages 13 – 18 a chance to display their incredible creative skills to inspire our community. Submissions will be accepted in 5 categories:

1. Short Story (includes original and Fan Fiction short story)
2. Poetry
3. Painting and Illustration
4. Photography
5. Digitally Created Print Art

Teens can submit creative works July 15 - 29. Judging will take place August 1 - 16 and exhibited August 1 - August 30. Awards will be announced on August 16. Register on the library's website.

\* Haven't had a chance to register for Fredricksen's Summer Reading Program yet? No worries, the program continues through August 15 and you can register at any time! The more you read, the more prizes you can earn including Prize Baskets, Books, Gift Cards to your favorite places, and more!

Our Concerts on the Lawn continue with Shea Quinn - Beatlemania on July 27 at 7 pm.

Family favorites Ryan the Bug Man (July 11 @ 6:30 pm) and Jesse the Reptile Guy (July 25 @ 10:30 am) bring their fun, action-packed shows to the library.

\* The Get Outdoors (GO) Cumberland Challenge also continues through August 15. This program is designed to exercise both the body and the mind as it gets families outside, doing activities together, talking, walking, and checking out library books. GO Cumberland promotes reading and physical exercise through letterboxing, an activity where you follow written clues to locate wooden marker posts that have been hidden in parks in counties in our region. Simply log your summer activities to make them count and earn amazing prizes.

Visit the library's website at [www.fredricksenlibrary.org](http://www.fredricksenlibrary.org), follow our social media, and pick up our newsletter for all event dates and registration information. Come see us at 100 N. 19th Street, Camp Hill, 717-761-3900. Thank you for supporting Fredricksen Library!

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# July

## CALENDAR OF EVENTS

Researched and Found by **Becky Schreiber**

Friends! There is SO much going on this month. Fun, fabulous, family events for everyone! Here are just a few opportunities.

1. July 8, 12 pm - 8 pm  
Bluegrass on the Grass - FREE  
Location: Dickinson College, Carlisle  
Live music, food, and more
2. July 14th, 7pm  
Alba Orthodontics is sponsoring a Movie in the Park night, complete with popcorn, food trucks, and even Kona Ice. Located at Friendship Park in Mechanicsburg, this free event will feature The Super Mario Bros. Movie!
3. July 15th, 7 am - 1 pm  
Blueberry Festival and Craft Show at Mt. Airy Orchards, located near Ski Roundtop. Get tickets for the blueberry pancake breakfast, enjoy live music, tractor rides, and so much more. For more information visit [mtairyorchards.com](http://mtairyorchards.com)
4. July 14-16  
Carlisle Chrysler Nationals at the Fairgrounds. Come on out to competitions, celebrities, and of course cars!
5. July 26, 5:30 pm - 8:00 pm  
StormFest - Camp Hill Borough Hall  
Join us for a free, family-fun educational fair for residents and visitors to learn about the Borough's efforts in stormwater management and environmental protection. Join in on some of the fun with kid activities, raffles, a scavenger hunt, giveaways, music, food trucks & more!

Don't forget things like reduced movies at local theaters, reading programs at your local library, Kids Bowl Free, the many, many Vacation Bible Schools in the area, as well as simple things like playing in a creek!



# WE'RE LOOKING AT YOU!

By **Becky Schreiber**

Did you know that YOU can submit content to this magazine?!? *Hampden Neighbors* we are looking at YOU!

Do you know of a family that would be a great feature story?

Are you starting a book club and want to find fellow like-minded bookworms?

Perhaps you have a child who is a budding entrepreneur and wants to get their info out about their lawn services?

We want to hear from YOU!

Have an upcoming event that you want to share?

Know of a local theater production?

Or do you want to share a recipe, a story, or neighborhood pictures?

*Hampden Neighbors* is about community! We want to connect you to each other. We want to know YOU!

For more information or to share an idea, contact Becky Schreiber, Content Coordinator at [bschreiber@bestversionmedia.com](mailto:bschreiber@bestversionmedia.com). You can also go directly to <https://www.bestversionmedia.com/submit-content/> to submit content.

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## 2023 COMMONWEALTH Coach of the Year, Karen Keitel

By **Becky Schreiber** | Photo courtesy of **Karen Keitel**

### HOW CV GIRLS LACROSSE COACH LED HER TEAM TO THE MID PENN PLAY OFFS AND MADE COMMONWEALTH COACH OF 2023

“My identity was wrapped up in being an athlete my whole life. Even after college, I got married, started teaching, and immediately was coaching,” begins Coach Karen Keitel. “But then I started

raising a family and I felt like I needed to put it all aside for a season. I needed to make a clean break to find out who I was without the sports. I focused on raising kids and whatever came along that way.”

First-year head coach, for CV Varsity Girls Lacrosse, Karen Keitel reflects on her past and how she got to be Mid-Penn Commonwealth Coach of the Year.

Even as she laid down her own athletic goals, to focus on her family, sports found her one way or another. “I would end up volunteering for something, dabbling in whatever sport the kids were involved in. Whether it was basketball, soccer, field hockey, track, or whatever, I would just do one season at a time. I wanted to make it fun for the kids. I wanted the kids to have a good experience and enjoy it.”

As the kids grew and their interests began to vary, Karen did what many moms do, she looked for avenues in which she could help. Coaching lacrosse really came out of a place of necessity. “My daughter, Anna, started picking it up. Slowly I started filling in. I had been away from lacrosse for so long and so much of the game had changed, that I thought I didn’t even really know the sport anymore.” she remembers.

As her daughter continued to grow in her love for the sport, a coaching position

was needed for the middle school girls. Soon after the JV team needed a coach. “By then, I felt like I needed to run it by her (Anna) because this was her high school experience. I didn’t want to ruin it for her. I wanted her to have that space without me. But Anna was so encouraging.”

As it turned out, like mother, like daughter, that year Anna made Varsity and Karen didn’t even coach her. “She really did have her own experience with lacrosse, after all.”

When her daughter graduated high school, Karen had planned to tell the kids at the end of the season that she too, was quitting.

But then the head coach announced that she was done. The team and school asked Karen if she would consider being the head coach. “Again, I went back to my family and asked them if they were good with this idea. I know how I get. I know I can be tunnel-visioned and focused. But my family was all in. They encouraged me to do it.”

Last summer she watched film after film, of the team. She then gathered her seniors, all 10 of them, and sat them down. “I asked them, what kind of team did they want. I told them I was going to rely on them to set the tone. This is who the rest of the team would take their cues from. We decided that we wanted to keep practices fun, games uplifting, and to have authentic team trust.”

Keitel continued, “There was a level of pushing that I didn’t need to do. First, the prior coach had already set the bar high. Frankly, she laid the groundwork and had many great ideas that I was able to implement. Second, these kids are very, very high-achieving kids. They already put a level of stress on themselves, consistently looking for excellence. What I wanted them to hear, was that they didn’t need to be perfect and I wanted them to have fun.”

Keitel made the choice to try to change the culture by asking the team of girls to trust her enough to prepare them and trust her enough to be able to execute

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the directions she was giving them. She then pushed the students to have confidence in each other. One way they were able to build that faith was by pairing an older student with a younger student. This was called Stick Sisters. Every Monday, each pair would check in with one another to see how the other was doing. They also did things like run together during warm-ups. This was one of the ways the coach was able to help break down natural divisions and barriers between the girls.

“We also had accountability pods, which included a girl from each grade, attackers, defenders, you name it. We wanted to mix it up so that the girls continued to see each other as a team,” Keitel shared.

Her focus not only included team mentality but also to be content with whatever role they had on that team. “I wanted the kids to embrace whatever role they were playing on any given day, 100%. They could be a sub, a starter, or a sideline encourager but the whole team benefits, together. Every girl has a place on the team, a purpose.”

Before games, the team would gather

together and just start speaking out loud about the positives that they would do in the game ahead. Game time became



a place of encouragement. “At first they were afraid of failing, but it didn’t matter if they made mistakes. Everyone does. What matters is how you respond and

how you pick each other up.”

Keitel and the team kept things fun. They had Wacky Wednesdays, dress-up day, an easter egg hunt, and even lacrosse olympics. Teams dressed up with all sorts of fun ideas. “One team did a Shrek theme, which was impressive because it was in May and it was hot!”

The extras like team dinners, secret handshakes, and “Bucket Hat Winners,” all added to the atmosphere within the team. Over the course of the year, the connections built the trust and the team was both successful on and off the field.

“You know, I am competitive but I know that is not the end all. When you prioritize people and treat them with respect, you teach others that you care. Those girls know that I do care. To journey with these girls and have those connections and if I am able to help them in good, hard, or stressful times - well, then I have been successful.”

And that’s how Coach Karen Keitel led her team to the Mid-Penn conference and district playoffs and became the Commonwealth Lacrosse Coach of 2023, all in one year.

## Featured Article



Image Courtesy: Darren Carroll/  
Cabo Collegiate/Rice Athletics



## Raghav Chugh remains motivated as golf career blooms at Rice

By Isaiah Butler,  
BVM Sports Journalist

Raghav Chugh established himself as one of the best collegiate golfers in the country with Conference USA Freshman of the Year Honors in 2022. Now the Rice University standout aims to become the next Indian golfer to make it to the PGA Tour, and he’s carrying plenty of motivation to make that dream a reality. Growing up, Chugh was interested in cricket, the most popular sport in India, but with most of the country playing it, he and his family soon realized that his talents might be on the links...

*Continue reading on the BVM Sports website.*

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## Comprehensive Specialty Service Opens In Camp Hill



By **Becky Schreiber** | Photos Submitted by **Cody Myers**

As a pioneer in the dental health system model, Verber Dental Group (VDG) is laser-focused on serving the community with an exceptional standard of care for its patients. Locally owned, with values such as, “Relationships come first, Do it with a smile, Details Matter, and A Positive Force in the Community,” VDG is excited to announce that they are again expanding.

### INTRODUCING CUMBERLAND OMT

This new to the area specialty service will help patients with many

oral dysfunctions. OMT stands for Orofacial Myofunctional Therapy. It is the study of the facial muscles and skeletal structures and how they work harmoniously to have healthy lip, tongue, and jaw posture. An Oral Myofunctional Disorder (OMD) can affect many areas of a person’s health including poor sleep, speech, teeth alignment, breathing, and even ADHD. Additionally, treatment can help with facial aesthetics and even possibly shorten the duration of orthodontic treatment.

“I love treating my patients comprehensively and looking at the entire picture to help them with overall

health and well-being,” explains hygienist and OMT therapist, Ashley Nell. “My goal is to educate my patients on good oral health, but there is so much more than just another set of teeth to clean! Once I found OMT I was amazed by the fact that I can help young patients grow and develop with proper function and help my adult patients simply feel better about themselves or relieve pain that they never got a cause or reason for. I knew I wanted to be a part of that puzzle piece for them.”

This non-invasive, holistic treatment could help revert symptoms that people have been living with for a lifetime. Working with patients from age four all the way to the elderly, OMT has been proven to enhance quality of life, with everyday life-sustaining skills.

“There are infinite examples of how OMT can help people! Think about things like mouth breathing, tongue ties, crooked teeth, thumb sucking, oral habits, even sleep apnea,” Cindy Santiago, a dental hygienist and now an oral-facial myofunctional therapist, describes.

“Some children may be misdiagnosed with ADHD, but actually have an OMD that is contributing to their symptoms. It could be very beneficial to have kids with ADHD assessed. Children who don’t sleep well tend to have a lack of focus and can be hyperactive. There is a chance their symptoms could be lessened,” she points out.

“You can’t put a price on a parent’s peace of mind when knowing that their





child is sleeping well and getting along with their peers.”

True to the Verber style, the team works with other specialties. With a consultation and diagnosis, a therapist can then make referrals, if needed, to other professionals such as chiropractors, speech therapists, oral surgeons, and more. The team is excited to work with other multi-disciplinary professionals. “We are just one part of the team but working with other specialists will help us to treat our patients more effectively,” Santiago shares.

Another aspect of this therapy is cosmetic. “Our treatment can change someone’s self-esteem. Consider a person who has an open bite or breathes with their mouth open. When they have that corrected, they shine brighter!”

Cindy shares a testimony of a young woman who had trouble drinking out of a cup. “We identified that she had a tongue thrust and couldn’t seal her lips well. She was so self-conscious, especially when out in public. However, we’ve been able to utilize various therapies to help correct the thrust. This is the value that we can give to people in these everyday struggles.”

“When you are healthy, more self-confident, you are happier and feel as though you are living a more fulfilled life.”

Currently, there is no other OMT service in the local community, with the closest therapist in York. The team is excited to serve the population in the Cumberland Valley area and knows that this specialty will benefit speech therapy as well. “We already have patients that have been in speech therapy for a long time and are in dire need of OMT. Speech therapists are dying to have us in the area so that we can collaborate together on a patient’s health!”

## TREATMENT IN THREE PHASES

**Step 1** - Beginning with a consultation, the team will do an evaluation to determine if OMT is a good fit. This also includes any referrals that may be needed.

**Step 2** - Next a custom therapy program is created. Using data, photos, measurements, and patient explanation, the team tailors the exercises first on individual muscles, then groups of



muscles, and finally habituation. Habit elimination is an important part of the process. However, the team has seen success within 15 days, specifically with a compliant patient.

**Step 3** - Begin Treatment. Typically a patient will meet with the therapist once a week for a half-hour session. This one-on-one teaching builds rapport and relationships with the patients. The team is able to evaluate the competency of the exercises each week. A typical treatment takes 3-6 months.

## PASSIONATE. INFORMED. SPECIALIZED.

The team of 3, Cindy Santiago, Ashley Nell, and Maria Eisenhart are excited to bring this new treatment option to the area. A big portion of this endeavor also includes the opportunity to educate other professionals. “There has not always been a good blend between the medical community and the educational professionals. If we can share this with parents, educators, and counselors then maybe we could assist kids in getting the help they need. We want to be a piece of the team. I think OMT could be another one of those opportunities,” Maria Eisenhart voices.

Education was the way that Cindy Santiago was able to convince the team of doctors within the Verber group to move forward with this idea. “This all started about a year and a half ago. I went to Dr. Verber and shared with him my idea. I knew what this group thinks, the idea of having a complete dental health system. I was able to then

do a presentation with the entire team by focusing on how OMT could help a child with ADHD. Honestly, since then, we have had such great support from our doctors. We truly couldn’t do this without the Verber group behind us.”

As the team worked to become specialized in this very niche field, they learned some interesting things about themselves too! “We realized that we all had some sort of OMD ourselves. Apparently, I don’t chew my food well enough and Ashley’s tongue is tied!” laughed Maria.

“I’ve been a dental hygienist for 17 years. I have told my patients for years to brush more often or try a different angle. Now I can identify something as simple as a tongue tie that can help their dental health. We have solutions! We can correct things that we have looked at for years. I love the idea that we can help improve a person’s quality of life!” Santiago concludes.

## GRAND OPENING - GET A FREE SCREENING

Mark your calendars and meet the team at their Grand Opening, located at 3920 Market Street, Camp Hill, on Tue. Aug 1, from 5:30 pm – 7:30 pm. This fun, family-friendly event, will have a tailgating theme and will include free screenings, games, prizes, food, drinks, ice cream, and more! They will also have coupons for discounts on services.

*For more information go to [cumberlandomt.com](http://cumberlandomt.com).*



# HAMPDEN TOWNSHIP FUN Food Fest

Submitted by **Mike Erno with Hampden Township Park and Rec**

For the tenth straight year, Hampden will host a community-wide special event on Saturday, July 8th, at Hampden Park.

A variety of food trucks will be ready to serve food in Hampden Park at 4 p.m. Live music is scheduled throughout the evening, with the Greater Harrisburg Concert Band performing a free park concert at 5 p.m. and A Sought Out City kicking off their set at 7 p.m. The event will be capped off with a professional firework display after sunset. The pool will be open until the conclusion of the fireworks. Come spend the day at the park, go for an evening swim, try some great grub, and enjoy an evening of fireworks!

\*This event is coordinated by the Township Recreation Department and is free to the public, although you must be a member or pay daily admission to gain access to the pool.



Every family magazine deserves a kid's spot!  
Welcome to **The Neighbors Kids**, a corner  
where kids can learn something too!

# The Neighbors Kids

Submitted by **Becky Schreiber** | Pictures by **Elijah Schreiber**

We rescued a wild baby bunny recently. The poor thing had been hurt and needed some help. Our friends at the West Shore Wildlife Center were kind enough to take the baby in and help it.

Here is some advice on what to do when you find a hurt wild animal.

1. Do not touch it or get near it!
2. Find a parent or an adult.
3. You can call or text West Shore Wildlife Center hotline at 717-268-9574. They will instruct you on how to help the animal.

For more information on West Shore Wildlife Center and the work they do, visit [westshorewildlife.org](http://westshorewildlife.org).

*\*\* Kids ages 5-12 can submit jokes, pictures, recipes, book recommendations, or stories to Becky Schreiber, Content Coordinator, at [bschreiber@bestversionmedia.com](mailto:bschreiber@bestversionmedia.com). You can also go directly to <https://www.bestversionmedia.com/submit-content>.\*\**



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# NEW BOATLAUNCH AT DIFILIPPO PRESERVE OPEN TO PUBLIC DAM

Submitted by **Kurt Henry, Shawn Fabian**, CCWA board member, contributed the info for this article

Though we won't ever see the christening of a new Titanic here, we will see thousands of people and pets using and enjoying this launch, including canoers, kayakers, waders, fishermen, inner tubers, and dogs chasing sticks and balls in the creek. The launch has an 8% grade to allow for ADA-approved (for disabled individuals) access to the water.

Like anything worthwhile, this launch took some patience but was worth the wait. Design began in 2020, and construction wrapped up last fall.

Silver Spring Township's Parks and Recreation Department applied for and won a Cumberland County Land Partnership grant to fund half the project. The other half came from matching funds paid by the township. The total cost was about \$30,000.

Board member Shawn Fabian led the design team and managed the project throughout.

The team used a coffer dam to divert creek water away from the construction site. Since the creek level was lower than anticipated due to drought, the project team extended the ramp further into the creek to ensure it will always meet and touch the water.

The team hit bedrock at the creek bottom. So, they drilled into the bedrock, set the rebar, and tied it into the rebar for the boat launch before they poured concrete for the launch. Of its durability, Shawn said,

**"That launch should outlive me!"**

The ramp is about 15' wide x 100' long. Rip rap rock is installed and secured with grout along both sides of the launch to help prevent erosion.

The PA Department of Environmental Protection issued a joint permit for projects at the DiFilippo Preserve that covered the launch.

Coincidentally, the work on Sample Bridge Road south of the bridge is completed. The road has been open from the Carlisle Pike and over the bridge to the Preserve for a few months.



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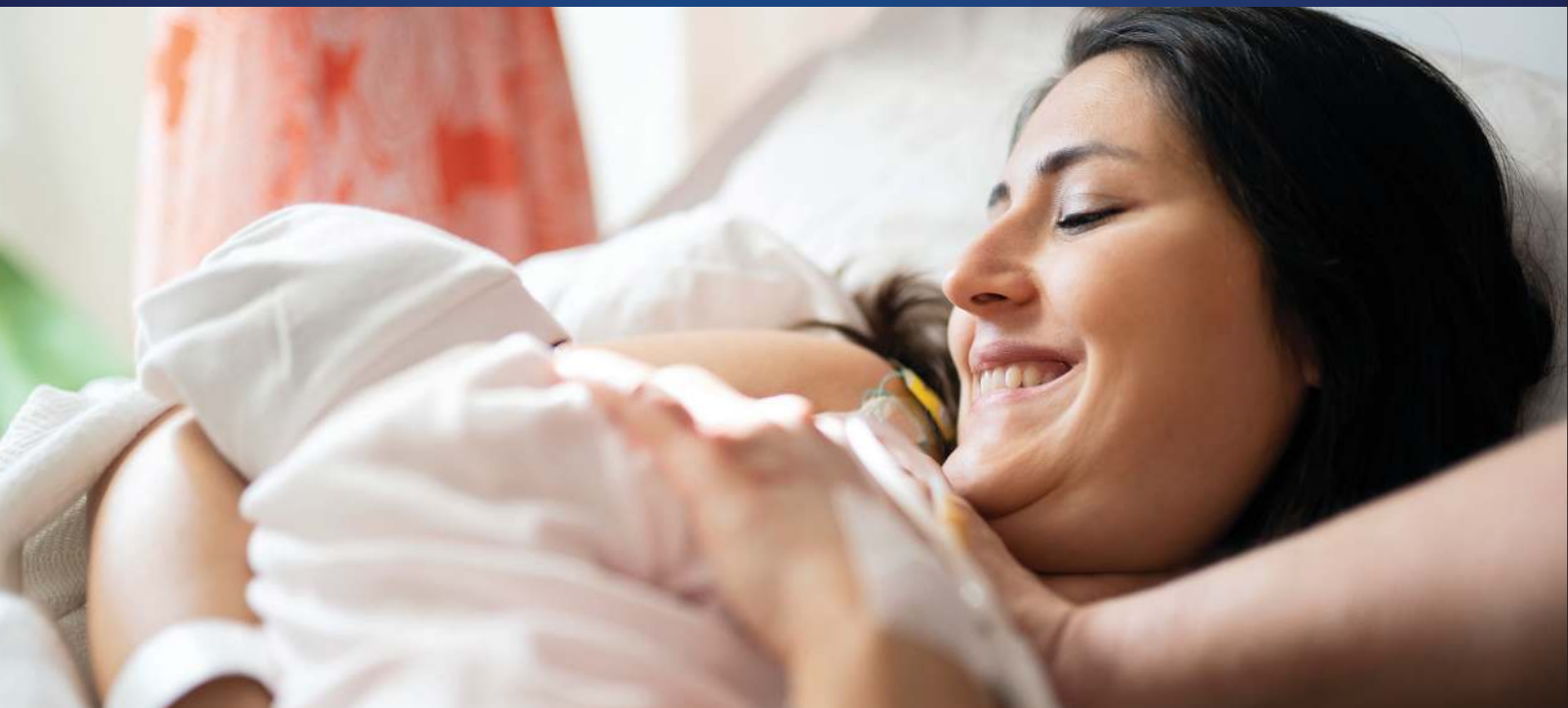
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**PennState Health**



# BBQ PULLED CHICKEN SLIDERS

By **Michelle Reber** at Healthy You Cafe and Catering

## INGREDIENTS:

- ½ Cup ketchup
- ½ Tsp smoked paprika
- 1t dark brown sugar
- ½ Tsp ground cumin
- 1t cider vinegar
- 1/8 Tsp ground allspice
- ½ Tsp dry mustard
- ½ Tsp onion powder
- 1tsp chilib powder
- 2 Cups shredded rotisserie chicken breast
- ½ Tsp garlic powder
- 8 Hawaiian rolls
- 6 Pickle chips

## DIRECTIONS:

1. Combine the first 10 ingredients in a saucepan over medium heat. Bring to a simmer.
2. Cook for approximately 2 minutes until it turns slightly thick. Add chicken and Cook an additional 2-3 minutes.
3. Spoon 3 t of mixture on the bottom ½ of a hawaiian roll and top with a pickle

Nutritional content: (approx for 2 sliders) 400 cal, 7.5g fat, 30g protein, 52 g carbs

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## HOMeward BOUND ANIMAL RESCUE

program growing fast – both interest and impacts

Submitted by **Nicole Hockenberry**

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We are also in need of various items. Treats, bones, and toys are at the top of our list! We can also use cleaning supplies, comforters, blankets/sheets, and towels. As well as any other dog items such as crates, baby gates, etc. can be dropped off anytime on the porch at 437 Woodcrest Dr, Mechanicsburg.

More information on adopting, fostering, or giving can be found at [homewardbound2u.rescuegroups.org](http://homewardbound2u.rescuegroups.org) or facebook.com/HomewardBound2u



Picture submitted by **Chelsea Skucek**



Picture submitted by **Chelsea Skucek**

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**SERVICES PROVIDED: Laptop Help/Wi-Fi Setup Available for laptop, and Wi-Fi setup. References available. Contact Kirti at 717-903-4194 or [kasonalkar@gmail.com](mailto:kasonalkar@gmail.com) if you need tech help.**

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