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Family *Focus*

September 19, 2025



a special section of The Derrick. / The News-Herald

HOME ALONE

Age isn't everything when deciding if a child is ready

NEW YORK (AP) — School is back in session, bringing new routines — and new milestones for students.

For some, this is the year they are allowed to go home to an empty house instead of an after-school program or day care. It's a decision faced by many parents whose work or other obligations keep them from coming home until long past school release time.

With after-school care often expensive and hard to find, parents have reason to encourage independence. But how can they be sure their child is ready to navigate home on their own, even if only for an hour or two?

A handful of states have set age minimums. Maryland law, for example, makes it a crime to leave a child younger than 8 years old unattended.

But most states leave it up to parents and guardians. Experts say between 11 and 13 years old can be a good starting point, but stress there's more to the equation than age. And they say what's right for one child may not be for another, even within a family.

"It's not a one-size-fits-all ordeal. And you really have to take it and understand the bigger picture," said Jaesha Quarrels, director of child care services at Oklahoma Human Services. "Inadequate supervision is a key factor in many preventable childhood injuries and neglect cases."

Here's what experts say to consider when deciding whether a child is ready to be home alone:

Consider maturity and skills in addition to age

The American Academy of Pediatrics says most children are not ready to handle emergencies until about age



AP file photo

Kids from Ossie Wera Mitchell Middle School exit the bus in Birmingham, Alabama.

11 or 12, so the organization generally recommends structured supervision until then.

But it's not that simple.

Parents often want a specific answer on how old their kids have to be, but age is only one of the factors to consider, said Brian Tessmer, director of treatment and operations at Family Resources, a nonprofit agency in Pittsburgh, Pennsylvania.

"We really strongly encourage parents to look at many other factors be-

cause kids, obviously mature at different rates."

At minimum, children should be able to recite their full name, home address, phone number and the name of a parent, guardian or other emergency contact. They should also know how to reach that person, experts advise.

Other things to consider are whether a child can follow rules, handle routines and keep themselves occupied with homework, toys or electronic devices.

Can they dial the phone? Fix themselves a snack? Do they know where the bandages are if they need one? What if there's a tornado warning, if they smell something burning or if a carbon monoxide detector goes off? Do they know how and when to dial 911?

They can do it. Do they want to?

Even having all that knowledge doesn't mean a child is ready to get off the school bus at an unoccupied house, experts said. At a time of high anxiety for American children, there is also emotional readiness to consider.

"Oftentimes as parents, because it's convenient — we're busy, we have things that we have to do — we just kind of leave them alone," Quarrels said. "But we need to consider how the child feels. Are they confident? Can they handle loneliness, fear or boredom?"

Communication is key, Tessmer said.

"It's a great opportunity to explain to the child that this is a milestone that we're coming up to as a family, and we're exploring this opportunity because we do feel like you are getting to a point where you're ready for this type of trust. We have confidence in you," he said.

A child home alone should have no doubts about what they're allowed to do, and even more importantly, not allowed to do, experts said.

Stoves and ovens should be off limits, as well as matches, candles and lighters. Children should be instructed to stay inside, not open the door to anyone unless they've been told in advance, and to never reveal that they're alone on social media, gaming apps or to callers.

"Make sure your house rules are visible and reviewed frequently," said Quarrels, who recommended having prepackaged snacks or meals handy.

Practice, start slowly and take advantage of technology

To further reduce anxiety, Quarrels recommends role-playing scenarios like handling a doorbell and dialing 911.

And start small, she said. Parents can test the waters by leaving a child inside while they're in the backyard or taking a walk around the block, she said.

Smartphones and the availability of home security systems that enable real-time monitoring and communication can also put children, and parents, at ease.

"Always check in on a regular basis with your child if you're going to be gone longer than 15 to 30 minutes," Tessmer said. "Fortunately, in this age with cellphones and tablets it can be pretty easy. You can have your kids text, you can schedule a quick call, Facetime, send photos to each other to ease any anxieties."



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What should you do with photos on your phone?

LONDON (AP) — The summer holidays are over, and all those great times you had on vacation have been memorialized in hundreds of smartphone photos. Now what?

Some highlights — the prettiest sunset, the best group shots — have been posted on Instagram or shared in the family chat group. But many more will likely languish in your camera roll.

Because smartphones come with increasingly large amounts of file storage, it's too easy to take photos just because we can. But it's also real work to go through them all later, so it's too easy to forget about them.

Here are some quick and easy methods to help deal with the pictures (and videos) overwhelming your phone.

Pick your favorites

There will be some shots that will be the most important — standout photos that you want to share with others, or know that you'll look back on years later, or just keep for reference. Star or heart any photos that fall into this category, which puts them into a folder or album for favorites.

Delete, with help

After a recent extended family trip to Turkey, I ended up with quite a few photos of restaurant and cafe menus. They were shared in the family WhatsApp group to decide where or what to eat. But we'll probably never visit those establishments again.

It's always good practice to cull photos that you just don't need anymore, which could also include screenshots, pictures of receipts or duplicate images. But going through hundreds of trip photos could be a little tedious without some help. Fortunately, there are dozens of photo deletion and cleanup apps available that aim to speed the job up.

Many of them resemble dating apps like Tinder, because they let you swipe left to delete and swipe right to save a photo. Some are free, others need a subscription.

It starts getting more challenging

when you have images that are similar but not identical. Which one should you keep? Some apps have a comparison feature to help you decide.

I tried a few of these apps and found that Clever Cleaner's Similar function works well, helping me whittle down, for example, many of the various nearly identical shots I took of Istanbul's skyline while crossing the Bosphorus Strait by ferry at dusk. The free app grouped similar pictures together and then suggested the best shot to keep. I found that I generally agreed with its suggestions.

Tips to help organize your photos

Even if you've managed to sort through your camera roll, it will probably still be a jumble of images stretching back in an unbroken stream.

So group photos into albums organized by themes. Android and iPhone users can do this on the Photos apps on their respective operating systems. Select all the photos from a trip and add them to a new album.

Planning ahead will make this process easier. Create an album when you start your trip, then save the photos there as you take them.

You can also create a shared album on Android or iPhone, which lets other people view or comment on photos or add their own.

If you don't want to set up a shared album, Android and Google Photos lets users create links so others can just view an album or individual photo. It's not so easy on iOS, which only lets users export the album's photos. You can share individual photos with an iCloud link but it expires after 30 days.

Remember to print

Now that you've edited and curated your holiday pictures, consider taking an analog approach to showing them off.

Print them out and put them in an album that people can flip — not scroll — through. Or blow up the most eye-catching shot to frame and hang it as wall art.

Google Photos offers a photo book printing service that uses artificial in-



AP file photo

A faithful takes pictures with a mobile phone during the weekly general audience with Pope Leo XIV in St. Peter's Square, at the Vatican.

telligence to curate photos into generic themes, like Spring 2025, Memories, or They Grow Up So Fast, and generate basic no-frills layouts.

Other services like Mixbook and

Shutterfly offer services that automatically generate more elaborately designed photobooks. Mixbook can even provide AI-generated photo captions, though the results might be, well, mixed.

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From villains to mermaids

Disney's live shows steal the spotlight

BY KIMBERLY STROH
Food Life Drink

Millennial parents bring their Generation Alpha children to theme parks and lead the way in market spending. About 67% of parents with young kids are willing to pay more for unique experiences and spend an average of five hours in a theme park.

Blending the needs of two generations, Walt Disney World's new live shows strike a perfect balance by tugging at millennial and Gen X heartstrings with nostalgic characters while dazzling a new generation of young fans.

A family day at Walt Disney World is far more varied than rides, as more parents opt for live entertainment over long queues.

Guests who see every experience as an opportunity for memory-making drive the evolution of theme park entertainment to create moments that resonate. Disney Parks continue to meet this demand with two new live shows.

Nostalgia meets new magic on stage

Fifty-three percent of parents now

rank travel as a top annual priority. In return, theme parks feel the need to continually introduce new experiences to remain the leading choice for family vacations.

Their productions must deliver Broadway-caliber quality, appeal to audiences of all ages and accommodate high guest volume with multiple performances throughout the day.

Live stage shows thrilled park visitors for years, but now it's next-level entertainment. Disney faces the challenge of living up to the high expectations set by its iconic stage shows of the past, with a major overhaul to beloved stories with dazzling and immersive effects.

Walt Disney World is meeting this demand with two all-new theatrical productions at Hollywood Studios. Walt Disney Animation Studios' classic, "The Little Mermaid," comes to life in "The Little Mermaid — A Musical Adventure," and villains are finally getting the spotlight in "Disney Villains: Unfairly Ever After."

Mesmerizing physical sets, vibrant puppetry, live performers and breathtaking visuals are the new standard of live entertainment at Walt Disney World.



Photo via Disney

Disney World's new live shows dazzle families with iconic villains and beloved mermaids brought to life on stage.

Live shows aim to captivate both kids and parents

With multigenerational families traveling together more than ever, theme park entertainment must strike a delicate balance, captivating kids, parents and grandparents alike. At Walt Disney World, that means breathing new life into timeless stories. The goal: Reimagine the classics many adults grew up with in a way that resonates just as powerfully with a younger generation.

To achieve that, Disney combines cutting-edge technology with the magic of traditional stage theatrics. The result is a layered experience that feels both nostalgic and fresh. Every element is designed to elevate the storytelling. Whether it's projection mapping or puppetry, these live shows ground the fantasy in real-time emotion.

Behind the curtain, months of preparation fuel what audiences see on stage. Costume designers create intricate, modern interpretations of beloved characters.

Puppeteers train to animate fan-favorite sidekicks with lifelike charm. Choreographers, engineers and technicians collaborate to synchronize complex effects that unfold seamlessly in real time.

The result? It's immersive, next-level entertainment. It feels extraordinary

for every guest, regardless of age. Whether it's a wide-eyed child seeing a favorite character come to life for the first time or an adult reliving a cherished memory, Disney aims to deliver moments that resonate long after you leave the park.

Disney delivers memorable moments

As more families prioritize shared experiences over material things, Disney is evolving to meet the moment. Its newest stage shows blend cutting-edge technology with beloved characters, appealing to both nostalgic adults and wide-eyed children.

These productions are more than entertainment. They're designed to create emotional touchpoints that bring generations together on family vacations.

In an age when families seek deeper connection and meaningful memories, Disney continues to deliver something timeless: the magic of being together and the moments that stay with you long after the day ends.

Kimberly Stroh is an Atlanta-based family travel writer and the founder of Savvy Mama Lifestyle. Since 2015, she has been sharing expert travel tips, destination guides and parenting insights tailored for modern families.

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Are backpacks hurting your children's backs at school?

BY MAYO CLINIC NEWS NETWORK

DEAR MAYO CLINIC: For my kids, the best part of back-to-school shopping is picking out a new backpack. While I want them to have backpacks they like, I also want to make sure they have features that support their backs. What should I look for?

ANSWER: The backpack is as much a part of school life as homework, pencils and recess. Kids use backpacks to carry everything they need during the day and make a fashion statement. Unfortunately, the excess weight of supplies stuffed into an improperly worn backpack may lead to sore joints and muscles.

As a new school year begins, follow these tips to help kids take a load off to keep their backs healthy:

Limit the weight

Students of all ages seem to carry heavier loads in their backpacks. They often tote a day's worth of textbooks, a change of clothing for after-school activities, school projects and lunch. As a result, many parents have heard their school-age children complaining of back pain.

Overall, adults and children shouldn't carry more than 15% of their body weight in a backpack. For a 60-pound child, that means a pack weighing less than 9 pounds.

Even when worn properly, your student may need to lean forward to compensate for extra backpack weight. This can affect the natural curve in the lower back. Extra weight also can cause a rounding of the shoulders and an increased curve of the upper back. As a result, children may experience back, shoulder and neck pain.

Adjust them properly

When worn properly, backpacks are the best way to carry things, especially for long periods of time.

Backpacks should be worn using both straps. Slings a backpack over one shoulder can cause a person to lean to one side to compensate for the uneven weight, causing a curve in the spine. Over time, this can lead to lower and upper back pain, strained shoulders and neck, and even functional scoliosis (cur-

vature of the spine). Teenage girls are especially susceptible to scoliosis.

Tighten the straps so the pack sits high on your child's back with the top of the pack about even with the shoulder blades. It also should be snug, so it doesn't sway side to side while walking.

When properly worn, the back and abdominal muscles support a backpack. These are the strongest muscles in the body, stabilizing the trunk and holding the body in proper postural alignment. Improper backpack use presents some dangers to young, still-growing joints and muscles.

Look for key pack features

Urge your children to look past the color or design when selecting a backpack. These features can make a significant difference in how they feel while wearing the pack at school:

■ **Wide straps:** Wide, padded straps won't dig into the shoulders, and they're more comfortable. Narrow straps can hinder circulation, causing numbness or tingling in the arms.

■ **Multiple sections:** Select a backpack with many pockets and sections to keep children organized. This also helps distribute the weight more evenly across the pack.

■ **Waist belt:** Tightening the waist belt helps to evenly distribute the weight of the backpack and support children's abdominal muscles.

■ **Lightweight when empty:** Consider the weight of the backpack when it's empty so your children don't have additional weight beyond books and supplies. For example, a canvas backpack will be lighter than leather.

■ **Reflective material:** If your children walk or bike to school, look for a backpack with reflective strips that make them more noticeable to drivers. You also can add strips of reflective tape at home.

Encourage your children to wear their backpacks properly. To help keep them light, they should make frequent stops at their lockers throughout the day to avoid carrying all their books at once. And leave nonessentials at home.

If they're in pain or have discomfort, talk with their primary care clinicians before a problem becomes serious.

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Back-to-school meals made easy

BY GRETCHEN MCKAY
Pittsburgh Post-Gazette

“Back to school” can release a flood-gate of emotions for parents.

We feel all the positive anticipation that goes with embarking on new adventures — it’s thrilling to see a child begin kindergarten or enter the senior year of high school — but starting a new academic year also brings a lot of anxiety.

The lazier routines of summer have to be reset, so the pressure’s on.

Bed times change, homework has to be managed and there’s a lot more laundry. If you eat as a family (and research shows you definitely should), you also have to figure out what to make for dinner after a long day that starts with packing lunches and probably also includes sports practices and other extracurricular activities.

The best weeknight meals, then, are ones that come together with minimal prep and a fairly short cooking time. Some can be largely prepared ahead or in batches — say in a slow cooker — and simply reheated.

Choosing recipes that don’t have you running all around town for an unusual ingredient also helps, as does picking one-pan dishes that guarantee easy cleanup.

Make a big pot of soup, for instance, and you can portion it out over several nights, freeze it for future meals, or portion it into a thermos for lunches.

We can’t help with separation anxiety or the stress of suddenly being over-scheduled in a new school year. (We’ve all been through it and feel your pain.) But we can help home cooks get a decent, economical dinner on the table in short fashion on a busy school night when there’s so much more to do than prepare dinner.

These four dinners can be assembled in a half-hour or less (one cooks all day long in a slow cooker) and use everyday ingredients. They include a meaty skillet lasagna that doesn’t require boiling noodles in water; homemade fish sticks coated in a crunchy mix of panko and Parmesan; a four-ingredient fettuccine dish that

makes the most of frozen baby peas; and a slow cooker chicken tortilla soup that marries boneless chicken breasts with fire-roasted tomatoes and the gentle heat of chipotle peppers in adobo.

Knowing no one likes to cook every night of the week, we saved Friday night for takeout!

Noodles and Peas

PG tested

Preparing a big bowl of pasta is always a great way to get dinner on the table in a hurry. This recipe from French chef Jacques Pepin’s upcoming book, “The Art of Jacques Pepin: The Cookbook” (Harvest, \$35) is an easy, satisfying and comforting dish that everyone in the family will enjoy.

It may be the easiest pasta dish imaginable: The sauce has just four main ingredients — grated Parmesan, olive oil, peas and some of the cooking water from the pasta.

I also tried this recipe using heavy cream instead of olive oil, with an additional tablespoon of grated Parmesan. If you love your pasta creamy, that’s the way to go.

- 12 ounces fettuccine
- 1 cup frozen petite peas
- 3 tablespoons grated Parmesan cheese, or more to taste
- 2 1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Bring 3 quarts of salted water to a boil in a large saucepan or pot and add pasta.

Mix well, bring the water back to boil and cook, uncovered, 10-12 minutes, depending on your preference.

Meanwhile, place frozen peas in a strainer, then run them under hot tap water until the ice particles have melted and they are thawed.

Place peas in a large serving bowl with the cheese, olive oil, salt and pepper.

When the pasta is cooked, remove 2/3 cup of the cooking liquid and add it to the bowl with the peas. Drain the pasta and add it to the bowl.

Toss well and serve immediately, with more cheese if desired.

Serves 4.

— “The Art of Jacques Pepin: The Cookbook”

Meaty Skillet Lasagna

PG tested

This quick version of an old-time favorite goes from cupboard to table in less than a half-hour. Yet it doesn’t sacrifice on taste.

The ingredient list looks long, but that’s only because there are three cheeses. Most everything else is a pantry item.

- 3 14.5-ounce cans whole peeled tomatoes
- 1 tablespoon olive oil
- 1 medium onion, minced
- Salt
- 3 medium garlic cloves, minced
- Generous pinch (or two) red pepper flakes

■ 1 pound meatloaf mix (ground beef, pork and veal) or 1/2 pound each of ground pork and ground beef

■ 10 curly edged lasagna noodles, broken into 2-inch lengths (do not substitute no-boil noodles)

■ 1/2 cup shredded mozzarella cheese

- 1/4 cup grated Parmesan cheese
- Ground black pepper
- 3/4 cup ricotta cheese
- 3 tablespoons chopped fresh basil

Pulse tomatoes with their juice in a food processor until coarsely ground and no large pieces remain.

Heat oil in a 12-inch nonstick pan over medium heat. Add onion and 1/2 teaspoon salt and cook until softened, 5-7 minutes. Stir in garlic and pepper flakes and cook until fragrant, about 30 seconds. Add meat and cook, breaking apart, until lightly browned and no longer pink, 3-5 minutes.

Scatter pasta over meat, then pour processed tomatoes over pasta. Cover, increase heat to medium-high, and cook, stirring often and adjusting heat to maintain a vigorous simmer, until pasta is tender, about 29 minutes.

Off the heat, stir in half of the mozzarella and Parmesan cheeses. Season with salt and pepper. Dot heaping tablespoons of ricotta over the noodles, then sprinkle with remaining cheese. Cover and let stand off heat until cheese melts, 2-4 minutes. Sprinkle with basil and serve.

Serves 4.

— Gretchen McKay, Post-Gazette

Slow Cooker Chicken Tortilla Soup

PG tested

One of my daughters’ favorite dishes is homemade tortilla soup. Usually I

make it with a sweet and smoky ancho chili and roasted tomato puree. But in this recipe, all ingredients go into a slow cooker at the same time to simmer all day.

I like to add thinly sliced corn tortillas to the soup to thicken it, and also fry some in hot oil for a crunchy, low-cost topping. But the soup also can be served with bagged tortilla chips.

■ 1 1/2 pounds boneless chicken breasts

- 1 tablespoon chipotle chili powder
- 1 heaping teaspoon cumin
- Salt and pepper, to taste
- 1 medium white onion, chopped
- 1 red bell pepper, seeded and chopped, optional

■ 3 14.5-ounce cans fire-roasted tomatoes

■ 1 (10-ounce) can diced tomatoes and green chilies, such as Rotel

- 32-ounce chicken broth or stock
- 4 ounces tomato paste
- 1 whole chipotle pepper in adobo, smashed

■ 1/4 cup vegetable oil, for frying

■ 10 white or yellow corn tortillas, sliced into 1/4 -inch strips

■ Juice 1 lime, plus lime wedges for serving

- Sliced avocado, cilantro leaves and/or grated cheddar cheese, for serving
- Fried corn tortilla strips, for serving

Place chicken in a slow cooker. Sprinkle spices on top and mix to combine.

Add chopped onion and bell pepper, tomatoes, tomatoes and green chilies, chicken broth, tomato paste and chipotle pepper in adobo.

Mix well to combine, place the lid on the slow cooker and set heat on low for 8 hours.

Remove cooked chicken from the cooker and allow to cool. Then, use two forks or your fingers to shred it into bite-sized pieces.

Add chicken back to pot, along with sliced corn tortillas. Cook another 10 minutes.

In a large skillet, heat canola oil over medium-high heat and fry tortilla strips until lightly browned around the edges, about 45 seconds. Transfer to paper towels to drain.

When soup is ready to serve, stir in lime juice. Season to taste with additional salt or pepper, if needed.

Ladle into bowls, and top with a handful of tortilla strips. Each person can add avocados, a squeeze of lime juice, cheese and cilantro according to taste.

Serves 8.

— Gretchen McKay, Post-Gazette

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AP file photo

Many easy-to-make meals can be found to ease families into the back-to-school season.

► Meals

Continued from Page 6

Homemade Baked Fish Sticks

PG tested

Kids might say they hate fish, but slice a fresh fillet into planks, add a crunchy coating and suddenly it's delicious. I used cod for these homemade fish sticks, but any firm and meaty white fish will work. You could use salmon for a stronger "fish" taste.

An added plus: Homemade fish sticks can be stored in the freezer for up to 2 months, and reheated in the oven or air fryer, so they're perfect for batch cooking.

Ketchup is the standard dipping sauce for kids, but homemade tartar sauce (I make it with mayonnaise, pickle relish, lemon juice and yellow mustard) works, too.

I used panko bread crumbs for extra crunch. A squeeze of lemon will brighten the fish sticks' flavor.

- 1 1/2 pounds cod or other firm fish fillet
- Salt and black pepper
- 1 teaspoon dried oregano
- 1 teaspoon sweet paprika
- 3/4 cup all-purpose flour
- 2 eggs, beaten with 1 tablespoon water
- 3/4 cup panko bread crumbs
- 3/4 cup grated Parmesan cheese
- Zest of 1 lemon
- Vegetable or extra virgin olive oil, for pan

- Lemon wedges, for serving
- Ketchup and/or tartar sauce, for serving

Preheat oven to 450 degrees and lightly coat a baking sheet with oil.

Pat fish fillets dry with a paper towel and generously season both sides with kosher salt. Cut fillets into long, fat sticks (1- to 1 1/2 -inch thick and about 3-inch long).

In a small bowl, combine black pepper, dried oregano and paprika. Season fish sticks on both sides with spice mixture.

Place flour in a shallow bowl. Beat egg wash in a deeper dish or bowl. Combine bread crumbs, grated Parmesan and lemon zest in a third bowl placed next to the dish with egg wash.

Dip a fish stick in flour to coat both sides, then shake off excess flour. Dip it in egg wash, followed by the bread crumb and Parmesan mixture. Gently pat the fish with your fingers to help the coating stick. Repeat until all fish sticks have been coated.

Arrange coated fish sticks on a prepared baking sheet. Drizzle the tops with a little oil.

Place the baking sheet on the middle rack of the heated oven. Bake for 12-15 minutes, until they are golden brown.

To serve, give fish sticks a quick squeeze of lemon juice. Serve with ketchup and/or tartar sauce for dipping and additional lemon wedges.

Serves 6.

— Gretchen McKay, Post-Gazette

Cody Clark Magic

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Cody Clark Magic

Step into the extraordinary world of magician Cody Clark, a performer whose journey is as captivating as his magic. Diagnosed with autism at just 15 months, Cody defied expectations and overcame challenges that once seemed insurmountable. Rather than being held back by his differences, he embraced them, gaining a unique perspective and a deep empathy for the autism community.

Cody's life took a magical turn at the age of 11, when he was invited to join a magic show on stage. That moment sparked a lifelong passion, leading him to the Louisville Magic Club and later to the world-renowned Jeff McBride Magic & Mystery School in Las Vegas. With a Bachelor's degree in Marketing and Theatre Arts from the University of Louisville, Cody has crafted a one-of-a-kind performance that combines magic with personal stories, stand-up comedy, classic country tunes, and his commitment to autism advocacy.

Beyond the stage, Cody empowers individuals with disabilities to acquire life skills that open doors to greater success. His magic isn't just a performance—it's a powerful message: when we embrace our differences, we transform lives. Experience the wonder and wisdom of Cody Clark, as he invites you to celebrate the diversity of human experience, leaving you with a new perspective on what it means to live and thrive with difference.

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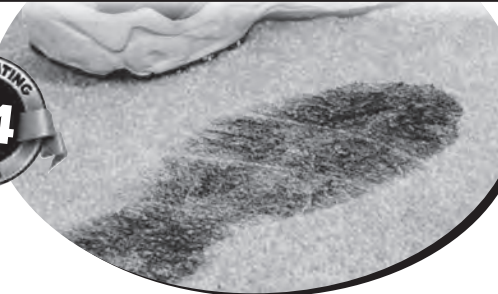


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Helping kids deal with current events

As sometimes violent images spread faster and faster online, here's how parents can help

NEW YORK (AP) — In hardly any time at all, the footage of the horrifying moment when a bullet hit conservative activist Charlie Kirk in the neck cascaded across the internet.

Whether seeing it inadvertently or seeking it out, onlookers far from the crowd at a Utah college could be exposed to disturbingly close and potentially bloody glimpses of his shooting and the resulting chaos. It's the product of a digital-first world where the presence of smartphones and social media makes current events readily accessible and often, practically unavoidable.

And, of course, among those seeing it were kids, teens and other young people — those who live with their phones practically attached and are often far more chronically online than their parents.

It raises a question that modern-day parents are sadly having to ask more frequently: How do you talk to your kids about what's going on, what they're seeing and hearing?

Don't ignore it

It's a basic parental impulse to want to protect kids, to shield them from harsh realities or complicated situations, to think they're too young to know about the ways in which the world can be unsafe or terrible.

Yet when it comes to the actual world around us, that's not realistic, experts say. Information is EVERYWHERE.

"For parents to assume that their children are not being exposed to this is just



Sisters Clara Hetland, 4, left, Haddie Hetland, center, 9, and Audra Hetland 6, of Surprise, Arizona, spend time at a makeshift memorial set up at Turning Point USA headquarters after the shooting death at a Utah college on Wednesday of Charlie Kirk, the co-founder and CEO of the organization, Sept. 11, in Phoenix.

not a good way of approaching it," says Jodi Quas, professor of psychology at the University of California, Irvine. "Children talk at school, children overhear teachers, they overhear adults, they overhear their parents' conversations."

That's only exacerbated by phones, tablets and other technology that connect children to the world, even if parents try

to set screen limits or parental controls.

"In this adult world, you could easily think that it's very easy to protect yourself from this, of course you don't have to look at it, of course, you can turn away," says Kris Perry, executive director of Children and Screens: Institute of Digital Media and Child Development. "But what's happening with children, especially in social media contexts, is that the algorithms are so sophisticated and the feed is so tailored to them that you should assume your child has been exposed to this event through a source that you did not choose."

Don't assume they know everything, either

In talking to young people, parents should try to get a sense of what knowl-

edge kids do have about the events at hand, instead of rushing in with assumptions, says Riana Elyse Anderson, associate professor of social work at Columbia University's School of Social Work.

"It could be that young people are seeing things that were actual images from the event, or it could be things that have been doctored or changed because of different editing or AI software," Anderson says. "So it's really important for us to get a sense of what they think they know."

Process your own feelings first

Of course, if parents are looking to reassure their kids about their safety, or talk to them about what they've seen or national events, parents should take the time to acknowledge their own feelings and thoughts first.

"Parents have to stop and take a breath and be ready — put your own oxygen mask on as they say — so that you can process your own feelings before you start talking to your child, so that you're more stable and able to listen carefully and be less reactive," Perry says.

Parents need to remember that they are their children's role models, Quas says.

"If parents are highly agitated, parents are so distressed that they can't regulate their own emotions, it really doesn't matter what they say to children. Children are going to be afraid," she says.

Make it an ongoing conversation

Kait Gillen's 10-year-old son doesn't even have a phone of his own yet, but was next to his mom at home in Virginia when the alerts of Kirk's shooting and subsequent death started alerting on her phone.

"He was visibly shaken by it and wanted to know who had done it," Gillen says, questions that still have no answers. They talked about it for a bit, and she promised him they could talk about it more as he needed to.

She knows it's not the last of the conversation about the incident, as he talks to schoolmates and others, and it won't be the last time this type of conversation could be needed as he grows up and gets a phone of his own, joining the larger world.

"As much as I want to shield him ... he is going to be exposed to it," she says. "And so I can't keep him from it. But what I can do is try to give him the tools to understand and process what he is feeling."

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The nest is empty: Parents grapple with mixed emotions after children move out

NEW YORK (AP) — It's that time of year when many parents across the U.S. see their kids head off to college or leave home to start their working lives. For parents and guardians, experts say, the separation from their children can cause mixed feelings of loss, grief, loneliness, relief and freedom and can lead to unhealthy thoughts and behaviors.

They're the classic signs of what is known as "empty nest syndrome."

While not a clinical diagnosis, it can create intense long-term feelings that affect mental health, emotional well-being and relationships. Experts say acknowledging changing emotions, reconnecting with loved ones and finding new hobbies are all ways to prepare for this transition.

Here's what experts say:

How empty nesters adapt more quickly

Parents and guardians can feel a range of emotions during different stages of their children's lives. But experts say it is important to acknowledge that the time when children move out on their own can be more intense compared to the first preschool drop off, for example. The uncertainty surrounding when parents might see their children again is part of what makes it so gut wrenching.

Julie Gottman, a clinical psychologist and co-founder of the Gottman Institute, said regardless of your relationship with the children who are leaving, it is helpful to nurture or build relationships with people other than your children to combat loneliness. This is especially important for single parents or guardians or people whose daily lives and schedules revolved around their kid's lives and activities.

"One of the hardest things for empty nesters is understanding that your children need separation," she said. "It will be hard but call your friend instead."

Diane Bergantinos, 45, said her friends have warned her about how hard

dropping your child off to school can be, but knows she has supportive family and friends she can call on if she needs company. Bergantinos, a newly single parent in Honolulu, Hawaii, says she leaves in a week to help her only child move to Oregon for school.

"It's like having a sick family member. You know their time is limited and you try to prepare yourself mentally and emotionally, but you can't fully prepare for it until it happens," she said. "I'm just trying to savor every minute, cherish whatever moments I have left, and not dwell on the fact that he is leaving."

Some experience empty nest syndrome after children leave home, but the emotions can be overwhelming before the actual move. Gottman says if the emotions begin to mirror symptoms of depression, it might be time to see a therapist or counselor.

Relationship expert says it's time to date — yourself and your spouse — again

When you co-parent, it is likely that each person is experiencing some of the same emotions, but experts say that those shared feelings should be addressed with each other and, if needed, by professionals.

Not everything was sad for Mike Marlow and his wife, Barbara, a couple in their 50s who over the years have had three children move out of their home in Flagstaff, Arizona.

"I remember Barb and I looking at each other over at our island in our kitchen going, 'Hi there!'" he said, adding that they have been so thankful that they maintained a healthy and happy relationship with each other over the course of raising three children, who are now 29, 25 and 24 years old.

Gottman, who has counseled couples over the years, said the big question empty nesters face is "Who are we?"

See **EMPTY NESTERS**, Page 12



AP file photo

A family walks down Lee Hall as students begin moving in for the fall semester at N.C. State University in Raleigh, North Carolina.

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Understanding changes in entertainment

Video games take the controls following pop of super hero bubble

BY SAMANTHA MASUNAGA
Los Angeles Times

For years, Hollywood relied on a steady stream of comic book adaptations to power the box office and draw audiences in.

But as superheroes have faltered, studios are scrambling to figure out what's next. Is it video games?

That's the bet several studios — including the newly re-capitalized Paramount — are making, particularly because games have a built-in fanbase and appeal to younger audiences.

With Paramount and Santa Monica-based video game publisher Activision's recent deal to adapt "Call of Duty" for the big screen, new media mogul David Ellison is looking to capture the zeal of its die-hard fans along with the interest of those who've never heard of the first-person-shooter game.

"Call of Duty" joins a long list of video game adaptations, particularly in the last few years, when gaming properties including "The Last of Us," "Twisted Metal," "Minecraft" and "Super Mario Bros." have all hit screens.

"It's going to be just another avenue of source material, the same way comic books were," said Roy Lee, producer of several video game adaptations, including "A Minecraft Movie," "Until Dawn" and the upcoming reboot of "Resident

Evil." "It's going to be considered more viable than it has been in the past."

Recently, film adaptations of video games have proved to be big business.

The top-grossing adaptation ever is 2023's "The Super Mario Bros. Movie" from Universal Pictures, Illumination Entertainment and Nintendo, which garnered more than \$1.3 billion in global box office revenue, followed by this spring's surprise hit "A Minecraft Movie," which hauled in almost \$958 million worldwide. In third place is 2024's "Sonic the Hedgehog 3," from Paramount Pictures, which raked in \$492 million, according to data from industry newsletter FranchiseRe.

One connecting thread among these three films is that they did well with families, a key audience for studios and theater owners.

"An enormous advantage is that these do have broad appeal," said David A. Gross, who writes the FranchiseRe newsletter. "The real strength is this combination of virtual reality, some live action and animation. When it's done well, it stretches the imagination and tickles the funny bone."

But it's not just family films that break through. The 2023 cult horror hit "Five Nights at Freddy's" scored with Gen Z, bringing in \$291 million.

Tapping into the video game industry is not a new phenomenon — after all, the

first, though widely panned, film adaptation of the Nintendo game "Super Mario Bros." was released in 1993.

For years, video game adaptations were viewed almost as a running joke in Hollywood.

The films were roundly criticized. Gamers found they bore little resemblance to the original titles, while unfamiliar audiences rejected them. Video games ended up falling into the same category as toys and board games, all seen as properties that weren't serious propositions for the screen.

Now, that's all changed. In an era when the decades-old Barbie doll is a billion-dollar box office hit and shows like HBO's "The Last of Us," based on the Naughty Dog game, and Amazon MGM Studios' "Fallout," based on the Bethesda game franchise, are critically acclaimed, studios see all of these as intellectual property worth mining.

The kids who grew up playing games like "The Last of Us" and "Resident Evil" are now the ones helming these adaptations and translating their enthusiasm for those titles to the screen, filmmakers and production executives say.

Ellison noted his love of the "Call of Duty" franchise in Paramount's announcement of the Microsoft-owned Activision deal, calling the chance to adapt it "a dream come true" in a statement.

The Activision deal continues Elli-

son's deal-making spree since he took over ownership of the legacy studio. The company, which is in dire need of more film franchises, has inked deals for lucrative UFC media rights and "South Park" and lured away "Stranger Things" creators Matt and Ross Duffer from Netflix.

On Thursday, Paramount also announced a multi-year global distribution deal with Legendary Entertainment, the first film of which will be an adaptation of the classic arcade game "Street Fighter."

Finding the right filmmaker who respects and understands a franchise is key for PlayStation Productions.

The small production team, which works on the Sony Pictures lot in Culver City, focuses on developing and producing film and TV projects based on Sony games, including 2022's "Uncharted" and 2023's "Gran Turismo." Up next is a series adaptation of the popular "God of War" franchise, which was a top priority for PlayStation Productions and will be distributed by Amazon.

The keys to a successful adaptation that appeals to both fans and broader audiences is "respecting the medium and then using the source material as a guide versus a rule book," said Asad Qizilbash, head of PlayStation Productions.

"Video games are so much more prevalent in common pop culture now," he said. "What that does is it helps to de-risk film and TV projects for a lot of studios."

► Empty nesters

Continued from Page 11

"There's a beautiful thing that can happen to couples. You are able to rediscover who your partner is and the love that you have for them. Now if you have really parented a child since birth together, there is history you have shared of going through the hurdles of raising a child. You've shared the worries, the hopes, the dreams, the excitement," she said.

Gottman said sharing in the experience can also rekindle intimacy in a way adults might not have been able to when children were around.

Marlow said now that the children have moved out, they have had time to date each other again and really spend time on themselves, including working out more, traveling and making future plans.

Families can experience joy in new routines and hobbies

"We focus so much on our health. We

have a routine, we work out, we play pickleball and we also have separate things we work on," Marlow said.

Experts say developing new routines and learning new hobbies are excellent ways to combat any negative emotions from becoming empty nesters. While many of these hobbies, especially traveling, depend on income, there are creative things parents can do to with the extra time they now have.

"Anywhere you can meet new people will help," Gottman said. "Not only are you losing your child, you're also losing the community of parents of your kids' friends. So, look for group activities where you can meet more people, take an exercise class, take a yoga class, take a painting class, join a choir and sing, and see if your partner is interested in doing those things together."

For Bergantinos, working is going to keep her busy as a single mom, but she said she plans to continue a therapeutic hobby she started when her son was in high school: lei making.

"I taught myself how to make ribbon leis because I knew his graduation was

coming up," she said. "In Hawaii, leis are giveaways for every special occasion. So I decided to post it on Facebook Marketplace and see what happens."

Empty nesters never stop being parents and guardians

Some parents and guardians become empty nesters much later in their children's lives when they stay through college or their first jobs, especially in intergenerational households.

For the Marlows, it felt like the empty nester title was on and off as one of their children moved back home when he started a job after school in the same city, and another child attended a local university minutes from home. But they said they knew they would continue to be a part of their children's lives and continue to parent, even if they were away from home, and technology helps with that continued connection.

"To this day, we maintain a lot of interest in their lives. We don't want to intrude but we want to be there to offer them advice, encouragement, praise, all that kind of stuff," Marlow said.

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How to help kids with back-to-school anxiety

BY JAYATI RAMAKRISHNAN
The Seattle Times

SEATTLE — The first few days of school can spark excitement and anticipation for kids: they look forward to seeing friends, learning something new or getting back to sports and clubs.

But for many students, this time of year can also be one of significant stress. As children go back to school, they may be worried about fitting in socially, adjusting to a new teacher or classroom or experiencing bullying.

Seattle-area therapists say such fears are common early in the school year, and parents should be on the lookout for a variety of stressors.

Yolanda Evans, a doctor and the head of adolescent medicine at Seattle Children’s Hospital, said back-to-school concerns typically tend to fall into specific areas.

“It’s often those three general categories — social dynamics, expectations on performance and change in routine — that can all lead to anxiety,” Evans said.

Harmony Raveler, a child therapist with Seattle Play Therapy, said the increased workload of the new school year can put strain on children with undiagnosed learning disabilities or neurodiver-

sity — something that often shows up for children around third or fourth grade.

“There might be increased academic difficulties, or it might show up as increased behavioral problems at home or school,” Raveler said. “That might be a little bit hard to understand, especially if it hasn’t shown up in past years.”

Raveler said they also tend to see increased anxiety for kids who are making the jump from one level of school to another, like elementary to middle school. The change is often accompanied by new teachers or new experiences, like riding a school or city bus.

For older kids, relationships with their peers can also be a stress point. As they enter middle or high school, kids may be more influenced by what their classmates are doing and feel pressure to do the same — whether to act or dress a certain way, or accomplish things in class or sports.

“I think those increased comparisons to peers and increased awareness of what’s cool and not cool, increased value of peer opinions over adult opinions when you’re younger can be hard to balance, especially when it can be at odds with academic pressures” Raveler said. “Navigating that tension can be really hard.”

Christina Alexander, a therapist with

SoDo Counseling who mainly works with elementary school kids, has largely seen the same themes among students over the years. But she said the COVID-19 pandemic increased students’ worries about social connection.

“Fitting in, making friends, a lot of those social elements — I feel like those have heightened in the wake of COVID,” Alexander said.

The last decade or so has also amplified anxiety about school safety, particularly as schools do more lockdown and active shooter drills, Evans said — even as kids and families realize that it’s important to have the information.

Coping mechanisms

A large part of helping students cope with back-to-school stress is helping parents manage their own anxieties.

Alexander said she often talks to families about getting back into consistent routines as the summer winds down, such as regular bed times, eating nutritious foods and consistently getting outside and moving.

“That can be a great opportunity for modeling some stress management and coping tools,” Alexander said.

One important thing parents can do is

help their children identify what they’re feeling, Evans said.

“A lot of times they’re not quite sure. They just know they don’t want to go to school or be in a certain environment,” Evans said. “But helping them really put a name on what it is they’re feeling and why they’re feeling that way can be empowering, and help people start to recognize, ‘What are the things in my control?’”

Raveler said they encourage parents to talk to their kids about what is the same and what’s changing this year, so they can feel grounded.

“They can feel comfortable and safe in the familiar, and then also prepared to grow and stretch into that change. That’s pretty simple but I think pretty powerful,” Raveler said.

Setting aside a few minutes throughout the day to check in with kids can also make a big change, Raveler said.

“Five minutes in the morning before school, 10 minutes after school to get the attachment back and let them process the day, and then five minutes before bed,” Raveler said. “If your kid has a place to drop in and connect, it can really help with them navigating these big changes or anxiety.”

See **ANXIETY**, Page 15



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A new, cyber-focused world

Study addresses parents' concerns for online safety

BUSINESS WIRE

McAfee today released its latest study on kids' online safety, uncovering that parents are most worried about their children experiencing cyberbullying and exposure to harmful content — 27% and 25% of parents, respectively, list these among their top three concerns.

Those fears are being fueled by a surge of deepfakes and other AI-manipulated content, with 18% ranking deepfakes and similar content as a top-three worry. Other top parental concerns include gaming and impersonation scams — risks that spike in the middle school years as kids gain independence but may not yet have the knowledge or tools to protect themselves.

To help families respond, McAfee pairs practical guidance with AI-powered protection to help support kids growing up in the age of AI.

Everyday risks parents can't ignore

Parents whose child has already been targeted describe a clear pattern of risks — from cyberbullying and inappropriate contact to scams and nudify apps — that illustrate the everyday threats kids encounter online:

- Cyberbullying or harassment (43%). The most common risk families report, hitting girls the hardest. More than half of targeted girls (51%) experi-

enced it compared with 39% of boys, and risk peaks in the early teen years, with 62% of girls and 52% of boys ages 13–15 affected.

- Inappropriate contact (28%). This is one of the most frequently reported online risks, cited by 36% of parents of targeted girls and 26% of boys. Incidents rise steeply in the 13–15 age range, when more than one in three kids are affected.

- Deepfake and nudify misuse (19%). Nearly one in five targeted kids faced this risk, with rates doubling to 38% among girls ages 13–15.

- Blackmail or “sextortion” (25%). Threats to release fake or real content are especially damaging for older teens. More than half of targeted boys ages 16–18 (53%) reported this type of coercion.

- Online gaming scams or manipulation (30%). Especially common among boys, with 43% of targeted boys ages 13–15 reporting this exploitation.

The confidence gap

Parents admit it's increasingly difficult to keep up with their kids' digital lives. As technology evolves, many feel outpaced and unsure how best to protect them:

- Knowledge gaps. Nearly half of parents (48%) say their child knows more about technology than they do and 42% say it's hard to keep up with the pace of risks.

- Spotting fakes. Just 34% of parents feel very confident their child knows what's real vs. fake online, especially when it comes to AI-generated content or misinformation.

- The monitoring gap. Parents see kids most at risk late at night (56%) and after school (41%), yet only a third check devices daily (33%) and 41% weekly. Nearly all (95%) talk about online safety, but just half check in regularly and few set rules — leaving a clear gap between awareness and action.

These gaps widen in the teen years, when the most complex threats emerge. Safety discussions fall from 63% with younger kids to just 54% with teens, and daily device checks plummet to 20% for boys 16–18 and as low as 6–9% for girls 17–18.

The online threats hitting kids hardest

Online threats are no longer hypothetical — nearly 1 in 4 (22%) of parents say their child has already been targeted, with the top concerns ranging from bullying to harmful content and fast-emerging risks like deepfakes:

- Cyberbullying or harassment. A leading fear for parents of teens, with 17% of parents of daughters 13–15 ranking it their #1 concern.

- AI-generated deepfakes (including “nudify” tools). Overall, 18% of parents list this in their top 3; among parents under 35, 1 in 3 (33%) do so.

- Harmful or inappropriate content exposure. About 1 in 6 parents of boys ages 10–12 (16%) ranked this as their top concern.

- Unsafe or inappropriate contact (ranked #4 overall). Concern is strongest among parents of daughters ages 13–15—nearly 1 in 5 (20%) rank it as their top concern.

“Today's online threats aren't abstract risks — families are facing them every

day,” said Abhishek Karnik, head of threat research for McAfee.

“Parents' top concerns are the toll harmful content, particularly cyberbullying and AI-generated deepfakes, takes on their children's mental health, self-image, and safety. That's why it's critical to pair AI-powered online protection with open, ongoing conversations about what kids encounter online. When children know how to recognize risks and misinformation and feel safe talking about these issues with loved ones, they're better prepared to navigate the digital world with confidence.”

Real-world fallout

The impact of online risks extends well beyond screens, with families reporting emotional strain, social fallout, and changes in daily life. Parents of tweens (11–13) most often report anxiety or embarrassment, while parents of teens (14–18) more often describe lasting fallout — from damaged friendships and reputations to withdrawal from technology and the need for counseling support.

- Emotional toll. 42% of families say their kids have felt anxious, unsafe, or embarrassed after an online incident, such as being harassed with cruel messages, seeing a fake AI-generated video of themselves circulating, or facing relentless cyberbullying.

- Friendships and school life. 37% say issues spill over into relationships with friends or affect school performance.

- Avoidance. 31% say their child has withdrawn from technology altogether after a negative experience.

- Families often need outside support. 26% reported turning to therapy or counseling to help their child cope with online harms.

See **TECH**, Page 15



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Parents can take steps to make home safer

New parents face a host of new and unique challenges when they bring their babies home for the first time.

Lack of sleep and dirty diapers are two well-known challenges parents must confront when caring for newborns. While those hurdles must be cleared after babies are born, other potential issues can be dealt with while parents are awaiting the arrival of their children.

Prior to getting pregnant, parents expecting for the first time may not have given much thought to how safe their home is for children. But with a baby on the way, safety must be the utmost priority at home.

Home injuries pose a bigger threat than expecting parents may realize, as Stanford Children's Health reports that roughly 2,000 children ages 14 and under die each year as a result of injuries

sustained at home.

Thankfully, many home injuries can be prevented. Expecting parents can get a head-start on being moms and dads by taking various steps to make their homes safer before their babies are born.

■ Conceal cables and cords.

Cables and cords pique kids' curiosity.

Pulling on cables and cords can put young children in the path of falling objects or increase their risk for injuries involving electrical wires and outlets.

Cable and cord concealers are inexpensive and easily installed.

Often used to cover cords hanging down from mounted televisions, concealers also can be used to hide cords coming from computers, lamps and other items that can pose a threat to young children.

■ Avoid hand-me-down kids' furniture.

When furnishing a children's nursery, it's best for parents to avoid hand-me-down furniture. The older a piece of furniture is, the less likely it is that the item will meet current safety guidelines.

Some parents may be tempted to let their children sleep in the same crib they slept in as kids decades ago, but it's safer to eschew nostalgia in favor of products that meet the latest safety standards.

■ Get rid of choking hazards.

The National Safety Council and the National Center for Injury Prevention indicate that airway obstruction injuries are the leading cause of unintentional injury-related deaths among infants less than 12 months old.

Prior to bringing their babies home, ex-

pecting parents can remove all small trinkets and other items that curious children may want to put in their mouths.

When buying toys for kids, read the packaging to make sure each item is safe for babies and avoid buying or accepting any gifts with small pieces.

■ Store all medicines on high shelves behind cabinet doors.

Vitamins and medicines should be stored on high shelves behind cabinet doors. If kids can see them, they'll likely try to grab them. In fact, the NSC reports that children ages 19 and under account for roughly 8,000 fall-related emergency room visits every day.

Hiding medicines on high shelves behind closed cabinet doors reduces the risk that kids will be poisoned and suffer a fall-related injury.

► Anxiety

Continued from Page 13

Some of the coping mechanisms Alexander tries to teach her clients include focusing on the things they can control — including deep breathing, progressive muscle relaxation and positive self-talk.

And while some students engage in "school refusal," or wanting to avoid school because of stress or anxiety, Alexander said she tries to encourage students to find ways to step away if

they're overwhelmed — but still participate in school.

"We need breaks, that's very important. And we don't want to cross over into the territory of avoidance, because when we avoid it we're sort of reinforcing the anxiety," she said. "So I work with kids and their caregivers on how we take a break, get what we need and be able to get back at it."

Raveler said they try to help kids work on awareness of their own sensory needs early in the school year, so they can recognize and manage what makes them anxious. That might mean asking kids

to look for times when they feel calmer, such as after recess, or noticing that it might be easier to listen when they're playing with a fidget toy.

As parents help kids with coping skills, they should also be on the lookout for worrisome behaviors that continue past the first few weeks of school.

Evans said parents should be aware of whether their kids are withdrawing from activities they used to like, spending a lot of time alone, or eating or sleeping irregularly.

She also urged parents to be on the lookout for their children voicing hopelessness

or depression, and checking in with them.

Alexander said while it's normal for kids to be reluctant to go to school when they're nervous, parents can help by reinforcing and praising small but specific behaviors.

"For example, 'Hey you did such a good job of getting in the car and making it to kindergarten today. I can't wait to hear about something fun you did when I pick you up,'" Alexander said. "Maybe doing a little bit of planned ignoring of the whining, and focusing on those moments when we see the behaviors that we want to see more of."

► Tech

Continued from Page 14

McAfee encourages parents to pair technology with open conversations. Steps include:

■ Pair tools with talks: Combine parental controls with regular, judgment-free conversations about harmful content, coercion, or bullying so kids know they can come to you.

■ Teach "trust but verify": Show kids how to pause, check sources, and

ask for help when something feels off — especially with AI-altered media.

■ Set and revisit a family tech contract: Create clear agreements with kids about screen time, online behavior, and device use — and update them as your child grows.

■ Keep devices secure: Keep devices up to date and use protection that helps spot and flag suspicious links or manipulated content.

■ Review privacy settings together: Using tools to ensure personal information is only visible to the people you want to share it with.

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