



For over 50 years, Special Olympics Pennsylvania, Mifflin/Juniata (SOPA – Team Mifflin/Juniata) has been proud to serve the more than 500 athletes with intellectual disabilities. Our mission is to provide free year-round training and competition in different sports giving them the opportunities to get off the sidelines and onto the playing field.

This past year has been difficult for most but especially our athletes. For many of our athletes, SOPA – Team Mifflin/Juniata is their biggest social and physical outlet. It has been extremely difficult and challenging for them not be practicing and competing together.

Our athletes also depend on us for their health. Special Olympics is the largest global public health organization dedicated to serving people with Intellectual Disabilities (ID). Did you know that people with ID die on average **20 years sooner** than the general public due to preventable health conditions? People with ID are also **2X** as likely to be obese, **2X** as likely to have a cardiovascular disease & asthma and **5X** as likely to have diabetes. This is why it's so important for us to get our athletes up and moving.

Your sponsorship will help our athletes continue to have opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community. We hope you will consider supporting this initiative and get Team Mifflin/Juniata moving again!

Current Sports offered to Team Mifflin/Juniata Athletes:

Fall Sports:

Bocce

Long Distance Running/Walking (LDR)

Winter Sports:

Bowling

Spring/Summer Sports:

Swimming

**Special Olympics PA, Team Mifflin/Juniata is proud to have you as part of our family! Thank you for everything you have done to make sure our athletes can do what they love most, train, compete and just be with their friends! And ensuring a NO COST for our athletes/families.**

Special Olympics Pennsylvania - Capital Area Region - Team Mifflin/Juniata  
PO Box 315, Reedsville PA 17084

Team Lead: Steve Hipple, 717-250-1116  
Sports Lead: Damien Lyter, 717-250-9194  
Treasurer: Holly Goodling, 717-994-3701

[www.specialolympicspa-capitalarea.org](http://www.specialolympicspa-capitalarea.org)

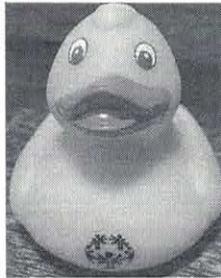
Created by the Joseph P Kennedy Jr. Foundation. Authorized and accredited by Special Olympics, Inc. for the benefit of persons with intellectual disabilities

**Team Mifflin-Juniata**

**Special Olympics**  
Pennsylvania Capital Area Region



## **Duck Derby**



**May 18<sup>th</sup>, 2024**  
**Kish Park**  
**1 Derry Park Drive**  
**Lewistown, PA 17044**

<b>1</b>	<b>Ducky</b>	<b>\$5</b>
<b>2</b>	<b>Duck Pals</b>	<b>\$10</b>
<b>6</b>	<b>Quack Pack</b>	<b>\$25</b>
<b>12</b>	<b>Quacker's Dozen</b>	<b>\$50</b>
<b>25</b>	<b>Flock of Ducks</b>	<b>\$100</b>
<b>65</b>	<b>Golden Flock</b>	<b>\$250</b>

**Purchase a Souvenir Duck for \$5**  
**(Souvenir ducks will not take part in competition)**

**Contact: Stephen Hipple, Sr. (717) 250-1116 or email**  
**[mifflinjuniataduckderby@gmail.com](mailto:mifflinjuniataduckderby@gmail.com)**

**Checks can be written out to:**  
**Special Olympics PA – Team Mifflin Juniata**



**Event Primary Sponsor:**  
**Juniata River Valley Chamber of Commerce**

**\*\*This event is not sponsored or endorsed by Derry Township, Mifflin County.\*\***

Special Olympics Pennsylvania – Team Mifflin-Juniata  
PO Box 315, Reedsville, PA 17084  
[www.SpecialOlympicsPA.org](http://www.SpecialOlympicsPA.org)

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# Save the Date: Read and Run 5k Event for PHN Charitable Foundation!

From PHN Charitable Foundation <info@phncf.net> on 2024-02-26 13:40

**From** PHN Charitable Foundation <info@phncf.net>  
**To** Love WCHX WKVA WVNW <mlove@chx105.com>  
**Reply-To** info@phncf.net  
**Date** 2024-02-26 13:40



Love,

**We are thrilled to invite you to the inaugural Read and Run 5k event, presented by the PHN Charitable Foundation! Save the date for May 18, 2024, as we come together for a morning of fitness and philanthropy at Primary Health Network's Lewistown Health Center located at 106 Derry Heights, Blvd., Yeagertown, PA 17099, in support of a fantastic cause.**

Although PHN Charitable Foundation is fairly new to the Lewistown community, our dedication to empowering individuals through literacy and education initiatives has remained steadfast since our establishment in 2005. One of our flagship programs, Reach Out and Read, exemplifies this dedication by integrating childhood literacy into pediatric care. Through this initiative, pediatric providers not only deliver essential healthcare but also engage caregivers in conversations about the profound importance of reading aloud to children every day. By providing books at each wellness visit from ages six months to five years, we sow the seeds of a lifelong love for reading in our youngest community members.

Moreover, our commitment to fostering literacy extends beyond healthcare settings. We proudly invest in Little Free Libraries, which serve as beacons of accessibility and opportunity in neighborhoods across Lewistown. By providing free and accessible books, we aim to ignite imaginations and empower minds throughout our community.

In addition to our literacy initiatives, we believe in investing in the future of healthcare itself. This belief is exemplified by our annual award of \$30,000 in academic scholarships to students pursuing careers in healthcare or allied health fields. These scholarships not only support the aspirations of talented individuals but also contribute to the overall well-being of the communities we serve.

Join us as we run for a cause and support the expansion of literacy programs in Lewistown. Stay tuned for further details, including registration information and event specifics. Together, let's make a lasting impact on our community.

- All of us at The Primary Health Network Charitable Foundation

[Learn More About PHNCF](#)

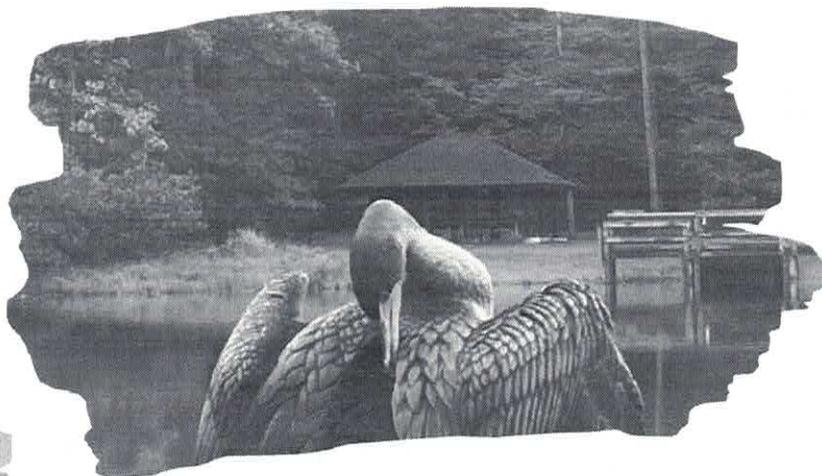
**The Primary Health Network Charitable Foundation**  
55 Pitt Street, P.O. Box 716 | Sharon, Pennsylvania 16146  
724-981-2875 | [info@phnfoundation.net](mailto:info@phnfoundation.net)

# Spring Bird Walk

**Saturday,  
March 16, 2024  
10:00 AM  
Whipple Dam**



No registration required.  
Program is free and all ages welcome.



Now that spring is near, join the park naturalist for a morning bird walk. We will take a short walk around Whipple Lake to look for migrating birds.

Binoculars and spotting scope will be available for use during the program. Meet at the beach.

**Whipple Dam State Park**  
3746 Laurel Run Road  
Petersburg, PA 16669  
814-667-1800



**pennsylvania**  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES

## WILLY WONKA EAST JUNIATA HIGH SCHOOL

From mtmanedro <mtmanedro@yahoo.com> on 2024-02-23 09:30

**From** mtmanedro <mtmanedro@yahoo.com>  
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**Date** 2024-02-23 09:30

LETTER TO THE EDITORS ETC

DEAR EDITORS AND NEWSCASTERS.

please add the following article to your newspapers, radio broadcasts etc.

Thank you Ed Rozell 717 463 2108

It's not too late. There is still enough time to see the newest 2024 play at the East Juniata High school... Willy Wonka , a musical will be presented on Thursday and Friday Feb. 29th & Mar 1st, at 7:00 pm./ Saturday Mar 2nd at 2:00 pm. and 7:00 pm and Sunday Mar 3rd at 3:00 pm. Lets all give our support to these gifted students for their time and talents by attending one of the performances'. I will be there. Will I see you? \Ed Rozell