

Nestlé Waters and the American Academy of Pediatrics Team Up to Promote Kids Drinking More Water

By NWNA

STAMFORD, CONN. – Nestlé Waters North America (NWNA) and the American Academy of Pediatrics (AAP) are joining forces on a new national program to help parents and caregivers better understand the importance and benefits of water as a critical part of the health and well-being of kids.

Today, 20% of kids in the U.S. don't drink water in a given day. The same 20% of kids consume twice as many calories from sugar-sweetened beverages – about 200 calories total – than children who drink water. That's according to a study conducted by the Water, Health and Nutrition Laboratory at Pennsylvania State University.

"The fact that one in five children in this country don't drink water on a given day is a problem that doesn't get enough attention," said Cheryl Dreyer, RDN, CDN, Senior Regulatory and Nutrition Manager at NWNA. "Children who don't drink enough water are at higher risk for childhood obesity and other health issues. That's why Nestlé Waters North America is focused on helping parents instill important healthy hydration habits in kids early on."

NWNA and AAP are tapping into AAP's nationwide network of pediatricians to educate parents and caregivers about the importance of healthy hydration and pro-



vide ways to drink more water. Facts, tips, printable handouts and other resources will be available to doctors' offices and parents through AAP's HealthyChildren.org website.

AAP and NWNA will work together throughout the rest of 2020 and into 2021.

"Nestlé Waters North America is proud to team up with the AAP," said Tara Carraro, Executive Vice President and Chief Corporate Affairs Officer at NWNA. "Our beverage company is committed to making the world a healthier place – through our products, partnerships and policies – and that includes championing drinking water, whether it's bottled, filtered or tap, as key part of a healthy lifestyle, especially for kids."

Teaching kids not only to consume less sugar, but also to drink more water is important to improve children's long-term health and to prevent obesity, which affects about 13.7 million U.S. children and adolescents aged 2-19, according to the Centers for Disease Control and Prevention.

"Making water a primary drink choice is a great habit that parents can teach their children to improve their overall health," said pediatrician Jennifer Shu, MD, FAAP, medical editor of HealthyChildren.org. "Being well-hydrated can improve a child's mood, memory and attention.

Water is also important for growing bodies – keeping joints, bones and teeth healthy, blood circulating and helping kids maintain a healthy weight into adulthood."

Monroe County Head Start Recipient Of Rotary Global Grant

By Dave Super

STROUDSBURG – The Monroe County Head Start program has been named the recipient of a Rotary International Global Grant to fund virtual classrooms for these Monroe County Pre-K children impacted by Covid-19. The \$33,750 grant will be used to ensure Kindergarten readiness of pre-school age children enrolled in Head Start who, because of school closures, have not received formal programming since the outbreak of the Pandemic in March.

Rotary International is a service organization created over 110 years ago to bring together business and professional leaders to further humanitarian service, fight disease, provide clean water and sanitation, promote peace and support education around the world. The goal of its 1.2 million members and 35,000 clubs is to see a world where people unite and take action to solve real problems to create lasting change.

David Super, spokesperson for the Stroudsburg Rotary, lead sponsor of the grant application, said, "A coalition of our Monroe County Rotary Clubs joined together to address the problems Head Start is facing because of Covid-19. Most in-person programs have been shuttered because of the outbreak. As a result, these Monroe County Pre-K children who live in poverty have not received the in-person education necessary to demonstrate by school district Kindergarten assessments, a high readiness for educational success." He continues, "We met with Tim Lee, the Executive Director of Pocono Services for Families and Children (PSFC), which administrators our County Head Start Program, to find out how this gap could be bridged, and came up with this solution and the funding necessary to get it launched."

What is unique to this type of Global Grant is they are not normally awarded within the United States. Super continues, "We partnered with a Canadian Rotary chapter to apply for this International Program. Traditionally, our monies raised for international projects helps in countries around the world. Given the significant impact the Pandemic has had in Monroe County, we opted to fund a program within our County."

The Virtual Classrooms program will engage children through on-line learning using laptops loaded with specially designed software that focuses on skills necessary to enter Kindergarten. There is currently no outlet for children not yet enrolled in public schools to access this type of service. In addition to the children, virtual classroom



learning will also include adult programming on health education, parental skill developments, Bridges Out of Poverty curriculum, and computer skills. Through Head Start and Global Grant funding, everything families will need to learn remotely and receive basic education and literacy will be provided.

PSFC is a non-profit organization that advocates on behalf of economically challenged Monroe County families by being a responsive, thriving organization that leads the charge for training and advocacy. Their goal is to collectively improve the future for children, families and communities.

Super concludes, "We are in the process of securing the equipment for this new program and expect to impact 75 families in need in Monroe County. The launch of this new ongoing initiative will continue to help families with pre-school children access the equipment they need to advance their literacy and prepare them for school. Thanks to an International Rotary Grant, PSFC will manage the equipment and programming to create a sustainable learning opportunity for Monroe County families and is a shining example of how our organization not only impacts lives internationally but also here in our community."

For program information and assistance with participation, residents can call Monroe County Head Start at 570-421-2676 or go to their website at psfc.org.

Senator Browne

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committed to our guiding principle that early childhood education is a worthwhile investment which pays tremendous dividends to Pennsylvania's communities and our state's overall economic wellbeing.

"Resources devoted to this cause gives an extra boost that many children need to help them succeed in school and later in life. I am proud of the progress we have made as we continue to work towards the goal of providing early educational opportunities to every child."

Receiving "Legislative Champion" awards along with Senator Browne are state Reps. Pat Harkins (D-Erie), and Mark Longietti (D-Mercer) and former state Rep. Phyllis Mundy (D-Luzerne).

"Senator Browne's leadership is unparalleled as a proponent of high-quality early care and education for Pennsylvania's children," Jen DeBell, Executive Director of Pennsylvania Association for the Education of Young Children. "In addition to being a founding and current chair of the General Assembly's bipartisan, bicameral Early Childhood Education Caucus, he is a tireless advocate for prioritizing early learning programs in state budget and policy decisions. The early childhood community is fortunate to have such a committed leader and we are pleased to honor him for all his efforts."

Over the course of his career, Senator Browne has served in numerous leadership positions for the advancement of education in Pennsylvania. He has served as chairman of the Basic Education Funding

Commission, Special Education Funding Commission, Higher Education Funding Commission and the PA Public School Building and Construction and Reconstruction Advisory Committee (PlanCon), among other roles.

The awards were presented by principal partners of Pre-K for PA, Start Strong PA and Childhood Begins at Home on behalf of Early Learning PA – a coalition of advocates supporting Pennsylvanians from birth to age five. The virtual awards ceremony took place on Monday, Oct. 19 as part of a special session of the 2020 Early Childhood Education Summit.



Your Vote Matters: 2020 Election

By Senator Scavello

PEN ARGYL - Pennsylvania implemented several changes in election laws this year, and many citizens are expected to take part in the November 3 election.

Vote on November 3

Polls will be open from 7 a.m. to 8 p.m.

The state Polling Place Search tool will help you locate your polling place.

Voters who are voting for the first time in their election district will be required to show an ID. Acceptable IDs for first-time voters:

Driver's license.

U.S. passport.

Military, student, or employee ID.

Voter registration card.

Firearm permit.

Current utility bill, bank statement, paycheck or government check.

Any ID issued by the Commonwealth or federal government.

COME CELEBRATE OUR MILITARY VETERANS FOR A VETERANS' DAY CELEBRATION

**UPPER MOUNT BETHEL IS HOSTING A FIREWORKS DISPLAY ON SATURDAY, NOVEMBER 7TH UP AT THE
UPPER MOUNT BETHEL COMMUNITY PARK LOCATED AT 1535 POTOMAC STREET.**

PARK OPENS AT 3:30PM FOR THE DRIVE BY PARADE AND CEREMONY BEGINS AT 5PM.

FIRE WORKS SHOW IS SPONSORED BY LAMTEC AND CUSTOM LAMINATING

THIS WILL BE A DRIVE-BY PARADE WHERE YOU CAN SEE MILITARY VEHICLES, THERE WILL BE SINGERS SINGING PATRIOTIC SONGS, WE WILL DEDICATE THE FLAGPOLE AND PAVILION, ELECTED OFFICIALS WILL SPEAK AND FIREWORKS GO OFF AT DUSK.

ALL ATTENDEES WILL REMAIN IN THEIR CAR OR CAN GET OUT OF THEIR CAR, REMAINING NEXT TO THEIR CAR OR CAN SIT ON THEIR CAR TO SEE THE FIREWORKS

THERE WILL BE NO MINGLING AND ENGAGING OTHERS, YOU MUST REMAIN IN YOUR CAR AND 10 FEET FROM ANY OTHER CAR.

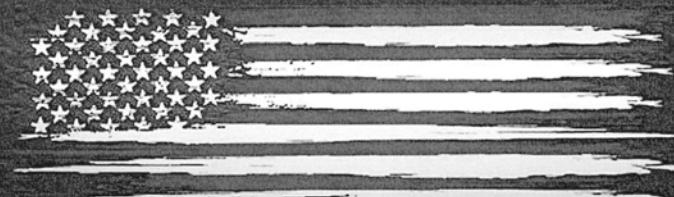
THIS IS A GREAT WAY TO CELEBRATE THOSE WHO SACRIFCED FOR OUR FREEDOM AND THOSE WHO CONTINUE TO SACRIFICE.

GOD BLESS THE USA!

SEE YOU SATURDAY, NOVEMBER 7TH!



VETERANS DAY



— Honoring All Who Served —

