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Saturday-Sunday, April 5-6, 2014

RELIGION / C1

New director to lead counseling ministry in Juniata County



Among the best
East Juniata's Nick Lorenz named to all-state team for 2nd time
SPORTS / B1

LIVING / D1

Local historian recounts early Native American life in region

Residents can still assist fire victims

Mulvihill: Community needs to shift thinking to long-term help

By **LAUREN KERSHNER**
Sentinel reporter
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LEWISTOWN — The outpouring of support for the victims of the Juniata Terrace fire has been tremendous. What the community now needs to start thinking about is long term plans to help those who will need it.

Marie Mulvihill, executive director of the Mifflin-Juniata United Way, said the immediate needs of the fire victims were met by the Red Cross, and what these people really need now is to find housing.

"Only four households needed the support of hotels that first initial night. Everyone else was able to stay with friends or family," Mulvihill said. "However, that is only a temporary solution, they cannot stay with them forever."

Mulvihill said to help with long-term recovery, residents are being encouraged to support the victims with monetary donations through the Juniata Valley Bank. Many of the residents who have been displaced are from working-class families, and all have varying needs when it comes to what was lost. She also said that the United Way has partnered with the American Red Cross and Goodwill. Mulvihill believes that those displaced simply want to get back to normalcy and the JVB account is starting to help with that.

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Safe at school



Sentinel photo by LAUREN KERSHNER

Lewistown Police Department School Resource Officer Chuck Miller, second from right, watches kids play on the playground at Lewistown Elementary School.

Local police officer helps keep learning environment secure

By **LAUREN KERSHNER**
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LEWISTOWN — Everyday Lewistown Police Department School Resource Officer Chuck Miller reports to his office at the Mifflin County Middle School, and thinks about how he can improve the life of the young children in the school setting.

While Miller's office is located in MCMS, he also works in Lewistown Elementary School and the Lewistown Intermediate

School. His job was created through a Community Oriented Policing Services grant program, which allows funding to have officers assigned to patrol school buildings.

"The department applied for the grant, and it is funded 75 percent for the first three years from the federal government and 25 percent through the school district," Miller said. "In the final year the borough will pay for the remaining balance."

Miller said the ultimate goal of the grant is to make a difference in the life of a young person and to be a positive role model for them. Prior to working in the schools, Miller

worked as a police detective with kids after they had already been victims.

"There was a certain amount of stress in working with kids as victims," Miller explained. "I wanted to become involved with them at an early age and be on the preventive side. That was why after a few years as a detective, I put in for the transfer."

Before starting at the schools Miller underwent training through the National School Resource Officer Association. This helped him to become better at working with kids.

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Sentinel photo by BRADLEY KREITZER

Professional organizer Vali Heist speaks during the Home & Garden Show Friday afternoon at the Mifflin County Youth Park in Reedsville. The Home & Garden Show continues today with a presentation on water gardening at 1 p.m.

Home organizer: Let the clutter go

Val Heist addresses hearty crowd at Juniata Valley Home and Garden Show

By **JANE CANNON MORT**
Lifestyles editor
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REEDSVILLE — Vali Heist came to the Juniata Valley Home and Garden Show on Friday with one goal in mind: "I want to convince

you that letting go of clutter — I call it CRAP — will help you embrace your space and love your home even more than you already do."

A crowd of nearly 70 people — most of whom by raising their hands when asked admitted to being "savers" of too much stuff — came to the show to be convinced.

Guilty smiles, nervous chuckles and nods of the head from most of the audience gave the impression that Heist was doing some convincing.

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Police: Mifflintown teen has been missing since Wednesday

From staff reports

MIFFLINTOWN — Pennsylvania State Police Lewistown are looking for a teen girl missing from Mifflintown since Wednesday.

According to a report, Zoie L. Berrier, 16, of Mifflintown, was last seen at 5:20 p.m. on Wednesday, as she was walking away from Cedar Acre Apartments toward Industrial

Park Road in Fermanagh Township. Police said is described as being 5-foot-6 and weighing about 125 pounds with dark brown hair. According to the report she was wearing a dark blue or black zip-up hooded sweatshirt, blue jeans, and a black belt with a silver buckle.

Anyone with information on her whereabouts is asked to call police at 320-1010.

AP photographer killed, reporter hurt in Afghanistan

KABUL, Afghanistan (AP) — An Afghan police commander opened fire Friday on two Associated Press journalists, killing Pulitzer Prize-winning photographer Anja Niedringhaus and wounding veteran correspondent Kathy Gannon — the first known case of a security insider attacking journalists in Afghanistan.

The shooting was part of a surge in violence targeting foreigners in the run-up to Saturday's presidential elections, a pivotal moment in Afghanistan's troubled recent history that promises to

be the nation's first democratic transfer of power.

Niedringhaus, 48, who had covered conflict zones from the Balkans in the 1990s to Iraq, Libya and Afghanistan, died instantly of her wounds.

Gannon, 60, who for many years was the news organization's Afghanistan bureau chief and currently is a special correspondent for the region, was shot three times in the wrists and shoulder. After surgery, she was in

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D. Zimmerman
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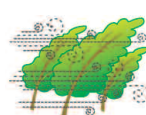
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Jessie W. Huhn

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WEATHER

TODAY
Windy
High: 54
Low: 28



SUNDAY
Sunny
High: 61
Low: 35



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LOCAL

Mulvihill

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"I was contacted by the JVB and we are going to be giving checks weekly to those residents who have been affected," she said. "If your business or group can put money in that account that is how the community can keep on giving. Any amount will be accepted, because it all adds up in the end."

In fact many of the places that were originally accepting donations have been so overwhelmed with items, for the time being they have had to stop their collections. One example of this is Junction Fire Company, which was one of the original donation sites, will continue to help to distribute what has been donated. Donations taken to the Goodwill have been getting disbursed through a new partnership with the American Red Cross. John McHenry, executive vice-president of marketing and development for Goodwill Keystone Area, said this partnership is brand new and has not changed the mission of Goodwill.

"Our mission is to support persons with disabilities and other barriers to independence in achieving their fullest potential as work-

ers and as members of the broader community," McHenry said. "Goodwill is not in the disaster recovery business, but this partnership is a great way for the business to give back to the local community."

McHenry continued to say that when a small close-knit community experiences a disaster like the Juniata Terrace fire, having a partnership like this in place uses the strengths of both the Red Cross and Goodwill. He said this the partnership works by converting donations of things to the store into gift cards that can be spent at any Goodwill Store.

"A member of the community can help by donating clothing and other items in the store specifically to the Red Cross. Those donations will then be sorted through and given a monetary value on a gift card," McHenry said. "Those gift cards are then given to the Red Cross, who can give it to the disaster victims. What is nice about this is items can be donated at one store, but the gift cards used at another."

Mulvihill agreed that the partnership is a great way for victims to start long-term recovery, and it allows them to pick-out the items that they want.

"What one person may like, another may hate," Mulvihill said. "Giving those affected the opportunity to get exactly what they need or want, again it all goes back to helping them get some normalcy back into their lives."

One of the things Mulvihill said no one can replace are the memories that were lost in some of the homes in the row. To help combat this problem, 10 local photographers have gotten together to donate photography sessions to those families on the Terrace. Arle Jimenez spearheaded this endeavor, saying that many of the photographers had similar ideas, but were not sure how to go about organizing it.

"Some were telling me that they didn't have enough to give but wanted to do something with their business," Jimenez said. "I was able to get them together and 10 different photographers have donated two gift certificates that are good for a year."

She also said that while this is no substitute for what has been lost, especially for the older residents, but she said many have already expressed their interest.

"I was given a list to help distribute them (the gift certificates) and with the families I have al-

ready talked to they seem very excited about this," she said. "Residents of the Terrace who have been affected should contact me at 250-5780."

Throughout the week following the fire, many businesses and organizations have started holding special events to raise money for the fire victims. Many events have already happened, but some events were already planned but the money being raised is now being donated. For example the Rotary Club of Lewistown, at a recent meeting, voted to donate not only the proceeds from the April 9 Seafood Dinner, but also an initial \$5,000 into the JVB account.

Even the local kids have tried to get involved in the efforts to raise money. The students at the Lewistown Intermediate School have been collecting money for the victims and have been writing thank-you notes to the firefighters. Principal Paul Maidens said he believes that this simply shows how a community can come together in times of a disaster.

"Not only have the students been stepping up, but we have also had support from their parents," Maidens said.

The money will be deposited directly into the JVB account, and

Maidens said the classroom that raises the most money will have the opportunity to have dessert with the firefighters after a special presentation of the thank-you letters on April 17.

"We have already had teachers asking us for more containers for the money their classrooms have raised," he said.

The donations, both monetary and physical, from the community shows how communities come together even if they have not been directly affected. Mulvihill said the amount of stuff that now needs to be sorted means a tremendous amount of work both for the victims and volunteers. She said if the community would like to help further, the monetary donations will go further for those involved.

"No one is ungrateful for the stuff donations, it all goes back to these households wanting to get back to normal," she said.

To make a monetary donation the community can go to any branch of JVB and tell the banker where the money is to go and they will take care of it. The residents of the Juniata Terrace who were affected will be receiving checks from the account weekly to help with their individual recovery needs.

Officer

Continued from Page A1

The grant was awarded to the department in late 2013, and Miller started in his new position on Jan. 2, which was the first day students were back in school after the holidays.

"It was a small shock for the kids when they saw me walking around in uniform that first day," Miller said. "There were kids calling parents who work in the local police departments, asking them what was wrong and why I was there."

Miller said he believes these kids are warming up to him, since they are seeing him on a daily basis. Miller also believes his easy-going personality helps him with working with the students and with the day-to-day situations. He said parents have been receptive toward his position and not only the work he has been doing with the students, but also the work he plans to do. "The biggest part of his job is to be there for the students to talk to and help them to work through problems."

"I offer advice to them when it is needed," Miller said. "I remember one time in a bullying case, I sat down with each student individually to get their side of the story. I then brought them together, talked to them and really got down to the root of the problem."

Miller said the school continues to handle disciplinary actions, but he helps enforce the school policies. In addition to working with students, Miller performs security checks on the school doors to make sure they are locked and undamaged.

"Prior to leaving for my security checks or leaving to go to another school, I check in with the principal of that school," he explained. "I do this for two reasons, one it lets them know what I am doing, and two it allows them to let me know if there is something that needs to happen before I do what I plan on doing."

"I think it has been extremely helpful," MCMS Vice-principal Heidi Welham said. "Officer Miller is able to communicate to students the consequences that will occur

outside of the safety of the school and helps us to guide them in the right direction."

Miller said he is able to help the kids understand why making the correct decision will help to guide them down the right path, whether that be in their school work or in their private lives. He and the school district have a common goal, to educate and help the students wherever possible. Miller said now that he has been at the schools for a few months he would like to be a larger part of the educational process.

"The training I went through at the NSROA helped hone the skills I already had," Miller said. "In the past I have been a guest speaker at the South Hills Business School for the criminology department because of my background in criminal cases."

Some of the classes he would like to teach include bullying, internet safety, alcohol safety, and other relevant topics at MCMS, LIS and LES.

"In the elementary school I am working on positive reinforcement," he said. "One of

my ideas for the middle school is to bring in the district attorney and have him explain the entire court system to the students from a legal standpoint."

One of Miller's objectives for all levels is to make law enforcement more tangible for kids. LES principal Mark Hiday believes these programs are what will really make this program work in the elementary school.

"I think at the primary elementary level, we are very excited to have the presence of SRO Chuck Miller, mainly for the teachable moment as it pertains to law enforcement," Hiday said. "Areas we hope to involve him in more are peer relationships, and helping kids to understand how to get along with each other and explain the consequences down the road. One of the things I hope to tap into his expertise is school security and how we can help keep things in check."

All of the district's security measures work to keep the students safe, but there are always new technologies or ideas that help to increase se-

curity. Miller believes once he has more time to get to know the schools, he may be able to suggest some new ways to help increase security even more.

"The schools have great systems in place," he said. "But like everything, as soon as one system is put into place a new better system is created."

Miller said he really enjoys his job, and one of his favorite parts is simply working with the kids.

"When I first started and would go out during recess the kids would surround me asking me questions," he said.

Now the kids still come up and ask him questions but Miller said the "novelty" of him being there has started to wear off. Some of the questions students ask him include those about his tool belt, and if he is the good guy or not. He said he also tries to visit the classrooms to wave to the kids and he believes it helps them to know that there is someone there when they feel like they would need it.

"All of these measures that I do while I walk around and

go from school to school all goes back to wanting to help make law enforcement tangible," he said. "If I can help one kid in each school, then it will follow them throughout their life and that makes it all worth it."

LIS Principal Maidens agrees that preventive measures at the young age could help with issues that arise at the high school.

"I am looking forward to getting programs like online bullying, and other more preventive measures here will really help with problems at higher levels," Maidens said. "Officer Miller has been here since January and the staff has gotten used to seeing his face in the building, and I think it will only continue to get better."

The grant awarded which allows this program to happen has funded the program for three years, and Miller said he hopes this program continues in the future. He also believes that the program will continue to benefit the children at the younger levels like it has been helping at the high school level.

Heist

Continued from Page A1

Things in the home become clutter, Heist said, when stuff gets in the way of letting you live your life the way you want. She really does call all that stuff CRAP, an acronym she made up long ago that stands for Clutter that Robs Anyone of Pleasure. She coined the phrase when she noticed all the "Christmas CRAP" piled in the aisles of stores while shopping on Black Friday.

"Then I realized there's much more out there than 'Christmas CRAP,'" she said.

Heist is a certified professional organizer who owns a business called "The Clutter Crew," near Reading. She has written a book on the topic, "Organize This! Practical Tips, Green Ideas, and Ruminations About Your CRAP," she writes a monthly column on the topic for her hometown newspaper, and she makes public appearances.

By Heist's definition, CRAP is:

- Clutter that robs you of joy because it reminds you of tasks undone; or makes you sad in other ways;
- Stuff that can be owner-specific — one person's CRAP is another person's treasure;
- The retail or market value is irrelevant — just because it's expensive doesn't mean it's not CRAP;
- It prevents homeowners from enjoying their homes and living their best lives.

"That's why people call me," Heist said. "They're ready to 'right-size,' rather than 'downsize,' to do what's 'right' for them."

Heist called herself a "thrower," meaning that she can let things go easily. Her husband, however, is a "saver," which means that he cannot.

Their differences actually help Heist, she said. Because she understands her husband's emotional attachments to things, she can understand similar feelings in her clients. While attempting to help

IF YOU GO

- The Juniata Valley Home and Garden Show, presented by The Sentinel, opens at 10 a.m. and runs until 5 p.m. today at the Mifflin County Youth Park building in Reedsville.
- Admission is \$2; children under 16, free. Free parking.
- At 1 p.m. today, Roger Sears, of Songbird Ponds in Hanover, will present "Water Gardening."

those clients, Heist reminds them that every single thing requires some sort of action that takes up their time.

"So I tell clients to be very stingy about what you bring into your home."

Too many things in your home can make it feel small. "Ask yourself, do you need a bigger home, or just less stuff?"

Heist listed some examples of "stuff you might not need:"

- Things that you haven't used in at least two years;
- Things that were given to you by someone you don't really like, or that make you feel bad;
- Projects, or supplies for projects, that are unfinished, including clothing that does not fit;
- Memorabilia from people or events from the past that have no meaning or value to you now.

She also revealed 10 "myths" for not unloading CRAP:

- 10 — You might need it some day — or you might not, so be honest with yourself;
- 9 — It cost a lot of money — and it would make you feel bad to get rid of it for that reason;
- 8 — A friend gave it to me — but it's yours to do with whatever you want, including donating or regifting it;
- 7 — Your aunt gave it to you and you want to display it if she comes to visit — ask yourself honestly how likely that is to happen;
- 6 — It's been in my family for years — then you should repurpose the item and make it useful;
- 5 — I'm going to pass it down to my kids — first, ask them if they'll really want it. If they say "no," they mean "no."

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- 4 — I know it's going to be worth a lot of money some day — be sure to find out what's it worth by having the item appraised and researching what similar items are selling for;
 - 3 — I'm saving it for my grandchildren — see Number 5.
 - 2 — My children will take care of all my stuff when I'm gone — emptying out a household is a tough job for your remaining children. Help them out by getting rid of most of the stuff now;
 - 1 — It's so cute — but if you're not using it, how cute can it be?
- When you finally decide to let go of the clutter, what do you do with it?
- Heist recommends keeping a box or bag in each room to hold things you want to get rid of, then donate, barter, sell or recycle as much as you can, rather than just filling up landfill.
- "Letting go of your CRAP is an important way to embrace your space," Heist said.

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