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ON THE BOARDS

Adele K. Schaeffer
Robert F. Firely Jr.
Stephen W. Christian

► Smith Memorial Playground and Playhouse, a nonprofit group in east Fairmount Park, has named Virginia G. Essandoh and James Kearney to its board. Essandoh is chief diversity officer for Ballard Spahr LLP. Kearney is a principal at Vanguard and the head of the Project One Development Team.

► The Academy of Music, Philadelphia, has elected Adele K. Schaeffer chair of its 11-member board of trustees. Schaeffer is a community volunteer who counts among her affiliations emeritus trustee for the University of Pennsylvania and trustee for the Philadelphia-based Foreign Policy Research Institute think tank.

► Stephen W. Christian and Robert F. Firely Jr. have been elected to the board of the American Institute of Certified Public Accountants. Firely is partner in charge of auditing and accounting with Herbein & Co. Inc. in Reading. Christian is a managing director with Kreischer Miller in Horsham.

► The Greater Philadelphia Chapter of the National Contract Management Association has elected the following officers to its executive committee: Brian J. Connolly, contracting officer for the Federal Protective Service, DHS, Philadelphia, is president.

Jeanine Roso, director of contracts for Sabre Systems Inc., Warrington, is executive vice president.

Susan Beal, contract administrator for Sabre Systems Inc., Warrington, is treasurer.

Ilona Goanos, owner, Contracts Navigator L.L.C., Doylestown, is vice president, publicity and education.

Tammy Edgington, contracts-compliance manager for Weston Solutions Inc., West Chester, is vice president, certification.

Veronica Kull, retired subcontracting manager for Aerospace and Military Transportation Industries, is secretary.

William Kunigonis, retired senior buyer for Cherokee Information Systems, Philadelphia, is vice president, membership.

Donna Marchese, contracts and pricing administrator for Boeing Co., Ridley Park, is vice president, leadership development.

Brian S. Gocial, partner with Blank Rome L.L.C., Philadelphia, is vice president, small-business development.

Michael W. Kott, contract manager for Service Source Network, Philadelphia, is awards and fellows chair.

David M. Ciminio, contracts manager for Jacobs Engineering, Philadelphia, is second executive vice president.

Giacomo Apadula, manager for BDO, Philadelphia, is newsletter chair.

Deborah L. Jordan, business process analyst for Boeing Co., Ridley Park, is website chair.

► Pointio, a Wayne provider of document-centric modern middleware solutions, elected Michael Sanchez to its board. He is chairman and CEO of the interactive process management software company Savana and is a former Ernst & Young Entrepreneur of the Year.

► Peirce College, a private Philadelphia institution, named Linnette W. Black and Tom Karinshak to its board. Black most recently was president and CEO of HealthRight Inc. Karinshak is senior vice president of customer experience at Comcast Corp.

► The Children’s Literacy Initiative, Philadelphia, named Bonnie Greenberg, Susan B. Smith, and A. Bruce Crawley board members.

Greenberg is a trustee at the Vert Charitable Trust, Wyndmoor. Smith retired as executive director from the Devereux Center for Children With Intellectual and Developmental Disabilities. Crawley is president of Millennium 3 Management.

► Greg Heller, senior adviser at Econsult Solutions Inc., has been named to the board of Families Forward Philadelphia. — Mike Zebe

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Tuition and Fees rebate under new college pilot program for high school students

From a News Release

For a limited time, the College is allowing students from Delaware and Chester Counties the opportunity to earn college credits while still in high school at a substantially discounted rate of up to 72 percent off the College's normal tuition and fees.

“Our High School Dual Enrollment Pilot Program provides high school students with a way to accelerate their education, while saving them and their parents a significant amount of money on a quality college education,” said College President Dr. Jerry Parker, adding that 266 students are already enrolled for the fall semester.

Qualified students from the College’s sponsoring school districts pay only $40 per credit versus the normal $146 a credit with fees. Students from non-sponsoring school districts pay only $80 per credit versus the normal $254 a credit with fees. Courses can be taken at most of the College’s nine locations. Fees are waived.

Application deadlines are Dec. 1 for the spring semester, May 1 for Summer I and June 1 for Summer II. (Sponsoring districts contribute to the College; residents from these districts receive a reduced tuition rate).

The High School Dual Enrollment Pilot Program will last three years. Eligible high school juniors can earn up to nine college credits, while eligible high school seniors can earn up to 12 college credits. Thus, by the time students graduate from high school, they can accumulate up to 21 credits.

Program eligibility is based on a student’s potential for success, which includes demonstrated academic ability and motivation.

Additionally, dual enrollment students can save thousands of dollars by completing their first two years at Delaware County Community College and then transferring to a four-year school for a baccalaureate degree.

Studies show that students who complete their associate degree before transferring credits are more likely to attain their bachelor’s degree.

The College—under already existing programs (Dual Admissions, Please see College on B8)

Core-to-Core Articulations, and Guaranteed Admissions Agreements)—enables students who graduate with an associate degree to seamlessly transfer their credits to a variety of four-year schools. These transfer agreements often come with guaranteed admission and excellent scholarship opportunities to universities such as Drexel, Penn State, Temple, West Chester, and Widener, as well as to colleges such as Albright, Cabrini, Chestnut Hill, Peirce and Rosemont.

College transfer agreements and high school dual enrollment programs enable four-year schools to enroll students they may otherwise have not received. Research shows that students who take advantage of dual enrollment opportunities while in high school tend to be more successful as they progress through their post-secondary education experience.

“Participation in the College’s Dual Enrollment Pilot Program can simplify and take the worry out of the college admissions process,” said Fran Cubberley, the College’s vice president for Enrollment Management.

“The College’s dual enrollment and dual admissions programs allow qualified students to—early on in their college selection process—be assured of guaranteed admission to excellent four-year schools in the Greater Philadelphia area.”
Widener professor earns educator award

Dr. Cathy M. Littlefield of West Chester has received the 2013 Alexander Charters Outstanding Continuing Educator Award presented by the University Professional and Continuing Education Association Mid-Atlantic Region.

Littlefield teaches continuing education courses at Widener University as an adjunct faculty member within the School of Education, Innovation and Continuing Studies. The UPCEA’s Alexander Charters Award recognizes the scholarship, leadership, and contributions to the continuing education profession by an individual who entered the profession less than 10 years ago. Littlefield taught her first continuing education course at Widener in 2009.

“Cathy always strives to be thorough and available for her students, and her evaluations clearly show that she is succeeding in these goals,” wrote Karen Chiariini, coordinator of distance learning at Widener, in her nomination letter for Littlefield. Chiariini is one of five Widener faculty and staff members who nominated Littlefield for this award.

Littlefield currently teaches two courses within Widener’s Continuing Studies Division: Becoming a Civi\ncally Engaged Professional and Introduction to Applied Supervision. She also teaches parttime for Widener’s Graduate Programs in Higher Education and full time at Penn College as an associate professor of graduate studies in the Organizational Leadership and Management Program.

Prior to her career in higher education, Littlefield worked in the hospitality and manufacturing industries. She also launched and operated Forever Floral, a full-service florist in West Chester, with her husband, Dan. They still operate the scaleddown business out of their home through wordofmouth referrals.

“I went back to school to earn my master’s and my doctorate while I was working full time,” Littlefield explained. “I think that is why I enjoy teaching continuing education courses. I can relate to the adult learner and the challenges they encounter when balancing family and work with their schooling.”

Littlefield said that she enjoyed training staff while working in the hospitality industry. That experience coupled with her desire to “make a mark on someone’s life” ultimately led her back to the classroom to make teaching a career.

Littlefield earned her bachelor’s degree in hotel and restaurant management from Widener in 1990, her master’s in business administration from West Chester University in 1998 and her doctorate in higher education leadership from Widener in 2012.

Berklee College

Bryce Milano of Clifton Heights has earned placement on the dean’s list at Berklee College of Music for the summer semester 2013.

To be eligible for this honor, a full-time student must achieve a grade point average of 3.4 or above; a part-time student must achieve a grade point average of 3.6 or above.

For more information on Berklee College of Music, visit www.berklee.edu.

Boston University

Boston University awarded academic degrees to 1,613 students in September, including Markus E. Best of East Lansdowne, who received a master of science in computer information systems.

Eastern New Mexico

Kathy Gerhart, a graduate of Marple Newtown High School, has been named to Eastern New Mexico University’s dean’s list for the spring 2013 semester.

Gerhart is pursuing a bachelor’s degree in history. To be eligible for the dean’s list, a student must complete a minimum of 15 credit hours with a GPA between 3.25 and 4.0.

Elizabethtown

Catherine Merk of Media received a master’s degree in occupational therapy in August from Elizabethtown College.

St. Michael’s

Saint Michael’s College student William Wood, a junior psychology major and the son of Anthony and Laura Wood of Wayne, is studying abroad in Dubrovnik, Croatia at Dubrovnik International University for the fall 2013 semester.

Fairfield

Michelle Onofrio of Newtown Square received a bachelor of science degree from Fairfield University’s School of Nursing at the 63rd Commencement ceremonies in May 19.

St. Lawrence

The following students have been selected for inclusion on the dean’s list for academic achievement during the spring semester at St. Lawrence University.

Jamie D. Goldsmith of Media is a member of the
class of 2013, and majors in philosophy. Goldsmith graduated from the National Sports Academy.

**Jeffrey T. Mogavero** of Havertown, a member of the class of 2016. Mogavero graduated from Haverford High School.

**Kendra J. Sultzer** of Swarthmore is a member of the class of 2014, and majors in environmental studies-biology. Sultzer graduated from Strath Haven High School.

**Parker R. Sultzer** of Swarthmore is a member of the class of 2016. Sultzer graduated from Strath Haven High School.

**Brian C. Thomas** of Springfield is a member of the class of 2013, and majors in physics and computer science. Thomas graduated from Springfield High School.

To be eligible for the dean’s list at St. Lawrence University, a student must have completed at least four semester units and have an academic average of 3.6 (based on a perfect 4.0 scale) for the semester.
Bucks lawyer honored for Wills for Heroes

Organizers of Wills for Heroes, a program providing free wills and other estate planning documents for Pennsylvania’s emergency responders, presented the Pennsylvania Bar Association (PBA) Verdina Y. Showell Award to Sandra A. Romaszewski of Fox Rothschild’s Warrington office.

Romaszewski received the award Nov. 16 at the Fraternal Order of Police Lodge 5 in Philadelphia.

The award recognizes outstanding community service and commitment to the Wills for Heroes program and is named in memory of a lawyer with Exelon Business Services Company LLC, who was an early proponent of the Wills for Heroes program in Pennsylvania.

Romaszewski serves as voluntary coordinator of Wills for Heroes programs in Bucks County and assists at events in additional counties. She developed a manual that helps lawyer volunteers use the software program that formats the wills and additional legal documents for the Wills for Heroes participants. Romaszewski also recruits volunteers such as students of Peirce College’s paralegal program to help with Wills for Heroes events.

ryoung@buckscountyherald.com
High school students can earn college credits at community college

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Additionally, dual enrollment students can save thousands of dollars by completing their first two years at Delaware County Community College and then transferring to a four-year school for a baccalaureate degree. Studies show that students who complete their associate degree before transferring credits are more likely to attain their bachelor’s degree.

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College transfer agreements and high school dual enrollment programs enable four-year schools to enroll students they may otherwise have not received. Research shows that students who take advantage of dual enrollment opportunities while in high school tend to be more successful as they progress through their post-secondary education experience.

“Participation in the College’s Dual Enrollment Pilot Program can simplify and take the worry out of the college admissions process,” said Fran Cubberley, the College’s vice president for Enrollment Management. “The College’s dual enrollment and dual admissions programs allow qualified students to—early on in their college selection process—be assured of guaranteed admission to excellent four-year schools in the Greater Philadelphia area.”

Students are under no obligation to attend Delaware County Community College after completing the High School Dual Enrollment Pilot Program and can transfer the credits they earn to a four-year school.

To learn more about the Dual Enrollment Pilot Program, visit www.dccc.edu/highschool, or call 610-359-5141.
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Laughter and lively conversation fill the hallways. Questions and opinions ricochet around the classrooms. Art projects adorn the walls, science projects line the windowsills, music echoes from the auditorium and cheers ring out from the athletic fields.

This is The Agnes Irwin School — a place where girls take chances, discover their strengths and excel across a wide range of academic subjects, athletic endeavors and extracurricular pursuits. It's a place that's small enough to feel like a real community, but big enough to inspire a sense of adventure. A place where girls are confident, engaged and excited about what lies ahead.

At Agnes Irwin, girls not only embrace learning, they immerse themselves in it. Whether bringing ideas to life in the Kindergarten Invention Convention, writing plays in Middle School or delivering a Senior Assembly, our girls eagerly embrace challenge, freely speak their minds and learn to follow their curiosity wherever it leads — which may be somewhere completely unexpected. Our families hail from 75 ZIP codes around the Philadelphia region as well as other countries, bringing a diversity of perspectives to our community. We blend up-to-date educational thinking and practice with traditional values, inspiring each student to reach her fullest potential in intellect, character and physical well-being, and to lead and enrich the world.

With 700-plus students in Pre-K through 12th grade, exceptional academics and outstanding college placements, Agnes Irwin selectively enrolls more girls than any other independent school in the Philadelphia region.

Find out why! Visit agnesirwin.org for more information.

Aloha Style Polynesian Dance teaches authentic Hawaiian and Tahitian dance right in downtown Narberth. With classes for all ages, anyone can find their niche. We will be starting our children’s Hawaiian dance classes in January 2014. In these classes, children will learn rhythm coordination, basic hand and feet movements and simple Hawaiian and Tahitian dances. You can also have us host your child’s luau birthday party at our beautiful studio.
Some students enroll in Camden County College to earn associate degrees and get right into well-paying jobs. Others complete a CCC program so they can transfer into four-year colleges or universities to pursue baccalaureates before moving into graduate studies or their dream careers.

Other students complete individual courses to upgrade skills or gain professional development to enhance their value in their current field. Still others take CCC classes to pursue a personal interest, just for sheer enjoyment.

No matter what your goals or interests, Camden County College is the first stop on the road to wherever you want to go. Professionals in countless fields have started here and gone everywhere. Tens of thousands of students have used CCC as a springboard into even higher learning, attending institutions like Drexel, Temple, Bryn Mawr and Penn. Even more have increased their marketability and satisfied their thirst for knowledge by coming here.

To enroll or to learn more about Camden County College's hundreds of academic, professional and recreational programs, visit camdence.edu.

How well do you know the environment around you? Sensing Change, an art exhibit and related programs, challenges you to see the environment with fresh eyes. A merging of art, science and history, Sensing Change invites you to explore and respond to daily shifts in the environment as well as long-term climate change.

Pop your head inside a floating greenhouse of native plants and see what is usually underfoot. Watch gentle breezes and storm-force winds in real time across a digital map. View a record of precipitation that changes daily as jars fill with rain or remain empty.

The artists in Sensing Change draw inspiration from scientific investigations, historical accounts, and direct observations of the natural world. Artists include Vaughn Bell, Diane Burko, Roderick Coover, Katie Holten, Stacey Levy, Eve Mosher, and Fernanda Viégas and Martin Wattenberg. Whether filming from a kayak on the Delaware River or photographing glacial melt from a helicopter, these artists craft visions of the threats, upheaval and opportunities we now face.

Sensing Change is on view through May 2 at the Chemical Heritage Foundation’s Hahh Gallery in Old City. Admission is free. Open Mon.-Fri., 10 a.m.-5 p.m. Visit chemheritage.org/sensingchange for more information.

Your Path to Possibilities in Philadelphia: Community College of Philadelphia offers more than 70 degree and certificate programs in the arts, business, health care, science and technology, humanities and social and human services. Our Main Campus and three Regional Centers are conveniently located throughout the city. With a range of student services, campus life activities and an average class size of 22, the College provides an excellent, well-rounded experience that will help you achieve your educational goals.

The Smart Path to a Bachelor's Degree: If you plan on earning your bachelor's degree, save money by spending your first two years at the College. Since tuition here is more affordable than four-year colleges and universities, you will spend less for your four-year education. The College makes transfer seamless through dozens of transfer agreements and Dual Admission partnerships.

Dual Admissions allow you to reserve a place at the partner school of your choice after meeting established requirements. The College now has a Dual Admissions agreement with Arcadia University, in addition to Cabrini College, Chestnut Hill College, Cheyney University, Eastern University, Holy Family University, La Salle University, Peirce College, Rosemont College, Saint Joseph's University and Temple University.
Transfer agreements with schools such as Moore College of Art & Design, Philadelphia University, West Chester University and Widener University will help you complete your transition to a four-year program.

Excellent Career Paths, Diverse Opportunities: The College offers a wide variety of programs that prepare you to start an in-demand career after graduation or continue your education. Here are just a few:

Automotive Technology: Learn how to repair and diagnose automotive systems in cars and light trucks through the Service Technology option, or you may acquire skills enabling you to become an automotive marketing specialist or service manager with the Automotive Management and Marketing option. In the Service Technology program, you will gain the knowledge necessary to repair vehicles with traditional engines and alternative fuel vehicles. Both options prepare you to enter the workforce after graduation. Automotive technicians and supervisors are in demand in Philadelphia.

Business Administration: Designed for students who want to transfer to business schools accredited by the Association to Advance Collegiate Schools of Business (AACSB), the Business Administration program focuses on mathematics and quantitative reasoning, along with business theories and skills. In the program, you will learn how to interpret and discuss financial statements, evaluate the economic and social impact of business decisions, and understand the role of business historically in different economic systems.

Computer Forensics: For someone new or already working in the field, the Computer Forensics degree will help you seek an in-demand career after graduation or boost your current skills. This program leads to a career as a computer crime analyst or Internet security technician in a public or private setting. With a Computer Forensics degree, you will be able to apply criminal investigation techniques to basic computer forensic investigations and uncover digital evidence of criminal activity.

Liberal Arts – Honors option: Jump-start your goal of pursuing an advanced degree at competitive colleges and universities with the Honors program. You will learn how to demonstrate the role of theory in academia, deliver formal academic presentations by both speaking and writing, and apply strategies for interpretation of texts across disciplines. Graduates have transferred to several prestigious institutions, including Bryn Mawr College, Columbia University and the University of Pennsylvania.

Patient Service Representative: Become an important member of a professional health care team as a front office worker in a doctor's office or hospital, where you schedule patients, update patient information, know financial and reimbursement procedures, utilize basic medical knowledge, and understand legislative and legal issues surrounding health care.

Paralegal Studies: Enter the workforce as an in-demand paralegal or prepare for law school with a Paralegal Studies degree. After completing the program, you will be able to draft legal documents, conduct legal research, demonstrate legal analytical skills and use legal technology programs.

The College offers open houses and campus tours throughout the year. For more information about Community College of Philadelphia, visit ccc.edu.

C o-educational, Quaker, preschool through Grade 8, minutes from Center City:
Friends School Haverford offers rigorous academics in a community where everyone is known, and a commitment to meeting each child where he or she is in every subject, including a math program that can take capable students through calculus.
A social curriculum based on respect and kindness, a micro-farm with egg-laying hens, travel — and study — adventures, inter-scholastic sports, and extracurriculars like horseback riding, ice skating and fencing are just a few of the hallmarks of our program.
Come visit! An All-School Open House will be held Nov. 13, 9-11 a.m.; Middle School Open House, Nov. 16, 1-3 p.m.
Register online at friendshaaverford.org.
wendolyn Bye Dance Center at 3611 Lancaster Ave. in Philadelphia has been offering dance classes for children and adults for over 25 years. Classes from beginner to professional include ballet, pointe, modern, jazz, tap, hip-hop, creative dance, musical theater, Zumba, Pilates and Exercise with Dance. The school has a professional faculty of international reputation and is the home of Dancefusion, a professional modern dance company. Classes are ongoing for the 2013-14 year. Also ask about our Main Line location. Register at 215-222-7633 or gbyedance.org.

Does your child’s center have a Handprints Inc. Window Decal?

Look for the Handprint logo in the window of your child’s music, art, language, sports or tutoring center to make sure it is a safe place for kids. Handprints Inc. has been ensuring kids’ safety by requiring criminal background clearances for all employees who work with your child. At Handprints Inc., we believe working with children is a privilege, and we are committed to providing the highest quality certified safe centers. All Handprints Certified Safe Centers meet or exceed an intensive 100-point Quality Assurance Inspection, which includes criminal clearances, facility and emergency procedures.

Every Handprints Certified Safe Center is listed on our website to ensure it is a safe place where kids can learn. Enjoy the peace of mind that comes with knowing your child attends a Handprints Certified Safe Center — because kids deserve a safe place to grow, play and learn. Ask your center director if their center is a Handprints Certified Safe Center.

For more information, call 215-348-8855, visit handprintsinc.org or email info@handprintsinc.org.

JNA Institute of Culinary Arts, conveniently located in South Philadelphia and easily accessible by public transportation, has been educating and training future chefs, culinarians and hospitality professionals for over 25 years. A staff of instructors with over 100 years of combined experience, in addition to extensive extracurricular activities, provides the opportunity to pursue success based in a solid education. Essential support such as Financial Aid assistance, career counseling and job placement for students and Alumni is readily available.

Apply online by calling 215-468-8800 or visiting culinaryarts.edu.

With the hiring of a new Manager of Professional Development, The National Liberty Museum is expanding its adult professional learning experiences to offer more ways to engage. In addition to the day-long Saturday workshops the museum currently offers to educators, the museum now offers hybrid tour/training experiences to an expanded audience.

For over a decade, The National Liberty Museum has earned an excellent reputation among educators by providing Act 48 training on topics such as: Bullying Prevention, Conflict Resolution, Diversity Appreciation and more. Facilitated by expert presenters, the training improves educators’ abilities to foster character, diversity appreciation, conflict resolution and critical thinking skills among their students.

Now the museum is offering professional learning experiences for youth-serving professionals, health care providers, public servants, and nonprofit and business leaders. The first new offering is the hybrid tour/workshop that integrates training with an exploration
of the museum exhibits for an engaging and completely unique experience.

Those who have yet to visit the museum may be asking, "What is so special about The National Liberty Museum? Is it Heroes Hall, where the Flame of Liberty glass sculpture by Dale Chihuly provides a metaphor for the strength and fragility of liberty? Or is it The Hall of Expression, where the Jellybean Children and the Shredder exhibits provoke lively discussions on diversity?" The museum contains these and other galleries that inspire visitors to "Live Like A Hero." During hybrid tour/workshop experiences, visitors will enjoy these highlights and so much more.

In 2014, the museum will offer webinars for those who live and work outside of the Philadelphia area, shorter workshops for busy professionals, and tailor-made training to meet the needs of your particular group. The museum also has space available for events, and continues to offer interactive tours for both adult and school groups.

To learn more about the museum, sign up for a professional development workshop or schedule a tour, visit libertymuseum.org.

Since 1973, Pennco Tech has been helping people achieve their goals. Pennco Tech has a long history of being the stepping stone people use to turn their dreams into reality. We are a technical school with locations in Blackwood, New Jersey, and Bristol, Pennsylvania, providing added convenience with multiple locations. Pennco Tech advisers will work with you to formulate a solid plan, and then give you the training and employer connections you need to accomplish that plan for after you graduate.

Pennco Tech's career training schools in New Jersey and Pennsylvania employ instructors who know what it takes to achieve career goals; through hands-on and classroom training, you will receive the necessary building blocks to succeed. In addition, Pennco Tech is a military-friendly school that offers educational assistance to military members, veterans and/or spouses of veterans. Let us help you achieve your academic and professional aspirations. You served our country's needs; let Pennco Tech help in serving yours. Take a look at our programs online at pennco.edu/programs, and choose the right one to help you achieve your dreams.

Pennco offers the following programs to our students: Air Conditioning, Refrigeration, Heating, Automotive Body & Paint Technician, Electrician, Medical Assistant/Administrative, Pharmacy Technician, Plumbing and Heating Technology (Bristol campus only), and Diesel/Truck Technology (Blackwood campus only).

At Pennco Tech, career preparation begins long before graduation. We offer assistance on job-seeking and job-keeping skills and techniques. In addition, you are advised of entry-level job openings and interview opportunities. Your career doesn't start when you graduate. It begins your first day of class.

Advisory Committee: Each area of study at each Pennco Tech facility has a local advisory committee composed of people representing area businesses. The input from the committee ensures you get an education that is relevant to the needs of employers.

Employers. We are always interested in speaking with companies looking to hire our graduates. Employers wishing to post jobs should email them to placement@pennco.edu. We will look for qualified graduates based on your hiring needs that could be a good match for your company.

For more information, visit pennco.edu.

The Star Career Academy "All Star Cook Off" is just one of the ways that Star Career Academy makes culinary education a unique and exciting experience. The second annual Star Career Academy "All Star Cook Off" was hosted October 18th, 2013 at the Philadelphia campus. Similar to "Chopped," students were chosen
from each campus to create dishes from mystery ingredients. Star's Culinary Programs utilize the skills and experience of professionally-trained chefs. Philadelphia's own Chef Francesco Martorella came from the Capital Grill as Executive Chef/Partner to run Philadelphia's Culinary program. Find out more about the Culinary program at Star, call 888.215.2655.

Six hundred thousand people a year die due to the complications of venous insufficiency. Varicose veins and leg pain are not just cosmetic problems, but can also be a serious medical condition that can lead to life-threatening complications. Eliminate painful, unsightly varicose veins, skin changes or even ulcers with Endovenous Laser Therapy (EVLT). With a short, 15-minute procedure involving no surgery, no general anesthesia and no downtime, you'll get relief of your symptoms and leg pain, with no hospitalization required. The procedure is performed at our clinic and is covered by Medicare and most insurance plans. Afterward, you can resume normal activities right away. Do not postpone treatment. Varicose veins can start out as a seemingly small problem, but left untreated can become much more serious. Complications of varicose veins may include ulcers, which may form on the skin near the affected veins, particularly near the ankles. They are caused by fluid build-up in the dysfunctional veins and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by calling 215-254-6555.
‘Year Up’ aids young adults with skills, experience

Wilford Shamlin III
Tribune Staff Writer

Peirce College is starting with the end in mind as it reaches out to disengaged youth with a new program that helps build work experience, enhances job readiness skills, and guides personal and career development while allowing them to earn two semesters worth of credits toward their college degree.

The Year Up program, as its name implies, is a year-long initiative that provides young adults between the ages of 18 and 24 who graduated high school but are not employed or pursuing a higher education. An estimated 45,000 people fall in that category locally, and businesses will expect prospective job candidates to be more qualified in the near future. Jobs requiring formal education beyond high school will account for nearly two-thirds of all new job openings by 2020.

Students who complete the Year Up program not only leave with marketable skills, but valuable internship experience at Fortune 1000 companies such as Comcast, J.P. Morgan Chase and Bank of America. They’ll have a stronger sense of their strengths and weaknesses from life-coaching sessions, and a broader network of contacts who can serve as mentors, assist with professional and personal development, and even put in a good word for them with a prospective employer.

Peirce College, which focuses its curriculum and degree programs for working adults, has joined forces with Year Up Inc., which is helping young adults in major urban markets pursue higher education and professional careers. Year Up has professional training corps working in New York, Baltimore, Washington, D.C., Philadelphia, Miami, Atlanta and Chicago. Year Up has set up permanent offices on Peirce College’s Center City campus, opening its doors at the start of the fall semester in September.

Uva Coles, vice president of student services at Peirce College, said the partnership with Year Up’s professional training corps is a solid match because Year Up could help support a career-focused environment already in place for its target student population.

“Combining Peirce’s career-related courses with a comprehensive, full-time Year Up internship provides students the opportunity to develop professional skills and accelerate their careers, while building relationships with highly respected companies in the region,” Jeshaiakh Nixon, 20, of Northeast Philadelphia, said he knew the Year Up program was a great fit from the first day. He picked up on an energetic vibe instantly and remembered thinking, “This is for me.”

Nixon had procrastinated on plans to pursue an education beyond high school mostly because he was unsure about how to make it happen. Instead, he passed his time with trivial matters that he said, “were not getting me anywhere. I spent two years running in circles.”

However, Nixon said the supportive environment and caring staff within the Year Up program, recommended to him by a coach and friend, “inspired him to make self-improvements and change direction.” With just a few weeks, Nixon said his perception of himself and his interactions with others changed. He also saw “how much potential we have, how much of a leader I am, how much I have to bring to the table.”

Oshiyat Isley, 20, of North Philadelphia, said she too sensed a deep connection almost instantaneously. Her personal fears and lack of confidence gave way to a more positive and powerful feeling. She said she felt the strong support of a system that believed in her and reinforced a winning attitude.

“It’s okay to fail but it’s not okay to stop trying,” Isley said. “This is my second chance, my second home.”

At a recent Feedback Friday session, which encouraged students to provide honest critiques about each other, a whiteboard was used to reinforce core values: Professionalism, obtaining education and new skills, focusing on family and future, setting priorities, applying knowledge, maintaining resiliency, embracing diversity and working hard but not losing sight of the importance of having fun.

National directors for Year Up hope to replicate the success of Baltimore and Miami, where 85 percent of Year Up graduates found full-time jobs or continue pursuing higher education within four months of graduation.

Nakia Mack, associate director of admissions and programs for Philadelphia’s Year Up program, said support structures are key elements to helping students succeed. She has seen the professional growth in students as they become more confidence and more focused.

“It’s mind-blowing. It made me believe in the Year Up mission even more just by seeing them respond to an environment we’re creating,” Mack said.

Year Up participants dressed on the casual side, walking into class with attire that was inappropriate for a business environment: Women in low-cut blouses, short skirts and fingernails with bright neon colors, men without ties or blazers, and both genders wearing sneakers and shoes or jewelry that were appropriate for a party than for the workplace.

 Officials for Peirce College and the Year Up program organizers expect students to emulate professional staff who dress for success and demonstrate an ability to manage their time and work flow.

During Year Up sessions, students are taught leadership qualities, goal setting and how to analyze and overcome challenges. Classroom exercises are used to clarify values so that they are “driven to be successful,” Mack said.

They also learn about setting priorities and identifying distractions that contribute to loss of productivity, such as spending too much time using social media and taking personal calls.

Mack said she sees “building resiliency within our students and fostering that within them” as a formula for helping them achieve success.

Year Up students enrolled at Peirce are paired with an academic adviser and life coaches who schedule weekly meetings. They also have receive one-on-one career training and development.

As a result of the program, Peirce College students participating in Year Up say they have raised their expectations for themselves.

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The inaugural class of students in the Year Up program listen to each other give honest feedback and critiques about their individual strengths during a “Feedback Friday” session on Oct. 25 at Peirce College’s Center City campus.

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Oshitay Isley, left, of North Philadelphia, and Jeshaiah Nixon of Northeast Philadelphia, are among the first class of students to enroll in Year Up’s Philadelphia program run in conjunction with Peirce College. — TRIBUNE CHIEF PHOTOGRAPHER ABDUL SULAYMAN

Stefanie Cuadrado, program manager for Year Up’s Professional Training Corps program in Philadelphia, leads a “Feedback Friday” session on Oct. 25 at Peirce College in Center City.

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