

LOCAL NEWS

## Eddystone Elementary students learn healthy living skills



Alexis Duck of The Swarthmore Co-Op helps to load up produce, that Swarthmore Co-op donated, for students at Eddystone Elementary School. (SUBMITTED PHOTO)

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By **PEG DEGRASSA** | [pdegrassa@delconewsnetwork.com](mailto:pdegrassa@delconewsnetwork.com) | The Delaware County Daily Times

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EDDYSTONE — Chester Upland Youth Soccer’s new sister organization, Youth Development United, launched a “Winter Wellness” program at Eddystone Elementary School this week.

Youth Development United provides under-served children with opportunities that enrich their lives and broaden their experiences.

For five consecutive weeks this winter, Eddystone Elementary students, of whom 80.4 percent qualify for free or reduced school lunches because of their families’ economic situations, will have increased access to gain healthy living skills through the “Winter Wellness” program.

Caring instructors will lead the children through stress-relieving art therapy, yoga, mindfulness and martial arts, and encourage them to continue practicing their learnings even when the sessions are complete.

This week’s kick-off session on Feb. 1 was all about healthy eating. “Real Kids Real Food” instructor Sydney Gossweiler taught the children about the importance of eating a rainbow of fruits and vegetables, then led them through the process of making “Ants on a Log,” a healthy snack comprised of celery, almond butter and raisins. The children were also sent home with their own healthy rainbow of apples, oranges, bananas, celery, raisins and sunflower butter to share with their families.

All the produce distributed for Eddystone’s Winter Wellness program was generously donated by the Swarthmore CO-OP, founded in 1937 as a cooperative food market and now open to all.



“It was a lot of fun to work with the Eddystone students,” commented Gossweiler, a junior at Appalachian State University studying Psychology with a concentration in Health Studies, and part of a group that won a national competition hosted by HOSA, formerly known as Health Occupations Students of America. “The students were very energetic, attentive and respectful. They came in with an understanding that real foods are provided to us by nature, and they eagerly participated in our further teachings.”

“We created the Real Kids Real Food program in 2008, in reaction to the overwhelming statistics on childhood obesity and chronic illnesses,” explained Betsy Bragg, Director, who also runs Eat to Thrive for adults.

Both programs have track records of helping to reduce significant health problems including diabetes and cancer. Participants from all over the world are invited to pay what they can to join the courses by Zoom, and free food delivery is available to those who qualify for support. New ten-week sessions are beginning this week; registration can be found at <https://eattothrive.info/>

The Swarthmore CO-OP's mission of promoting healthy, delicious foods, and its focus on educational and event programming, has made it a commercial and social hub for surrounding Delaware County communities, and has helped earn it continuous recognition by the Daily Times as “Best of Delco.”

Chester Upland Youth Soccer, a Section 501(c)(3) charitable organization, strengthens the communities it serves by mentoring youth, engaging families, and promoting healthy living. The organization provides after-school and weekend soccer programming, mentorship and nutrition education for under-served children in suburban Philadelphia. Using the US Soccer Foundation's Soccer for Success curriculum, the organization's trained, caring coach-mentors help the children enjoy and embrace an active, healthy lifestyle. CUYS is a founding member of Chester's Mentoring Initiative, which brings together over 100 organizations each month to support and uplift the youth of Chester. To contribute to the efforts of CUYS, visit <https://cuys.org/donate>.

**‘Jungle Book’ comes to Media Theatre this month on Saturdays and Sundays**



The beloved Disney classic “Jungle Book” will be performed at The Media Theatre, Saturday, Feb. 5, to Sunday, Feb. 27. Banished by the ferocious tiger, Shere Khan, a human boy named Mowgli and his panther friend, Bagheera, are on the run in the deepest parts of the jungle. The 30- minute musical is ideal for parents and their young ones on the weekends, Saturdays at 11:30 a.m. and Sundays at 12 noon.

The cast is made up of Media Theatre students. Dean Fagioli of Media will be playing Bagheera. Baloo is played by Preston Newton of Glen Mills, Kai Quimbo of Media is Mowgli, Lily Jo Shelkin of Springfield plays Shere Khan, Greyson Heneks of Springfield is playing King Louie, Kaa is played by Delilah App of Havertown, Selina Fagundes of Media will be playing Colonel Hathi, Maddie DiRosato of Newtown Square plays Shanti, Elliot Behrens of West Chester plays Dizzy, Ziggy plays Lila Bea Hannon of Media, and Lucy Salcedo of Media plays Baby Elephant.

The rest of the cast makes up the ensemble of animals. Darby Yozallias of Lafayette Hill, Ella Armstrong of Wallingford, Natalie Paynter of Media, and Riley Easterbrook of Media double as the Monkeys and Elephants. Delia Parker of Morton, Evelyn Badeau of Chadds Ford, Keira Quimbo of Media, and Maeve Lesniak of Media make up the Coils. Will Lesniak of Media, Quinn Assiran of Drexel Hill, and Audrey Siu of Media will play the Jungle Trees, Evren Bilal of Media, Francis Hannon of Media, and Jackson Snyder of Media Play the Wolves. Fiona Cleary of Media, and Zoey Ziegler of Aston play the Bumble Bees.

Tickets are \$15 for adults and \$12 for children. Tickets can be purchased online at <http://www.mediatheatre.org> or by calling the box office at 610-891-0100.

## **Sports Legends of Delco Museum celebrates Black History Month**

Opened this week, and lasting through Monday, Feb. 28, the Sports Legends of Delaware County Museum is celebrating Black History Month by highlighting special artifacts showcasing many accomplished African American Athletes from Delaware County. The museum’s special second-floor exhibition poster features 18 men and women covering 100 years of local sports history and includes notable athletes of football, boxing, basketball, baseball as well as Olympic track



Among the treasures selected to be a part of the Black History Month exhibit is a game-worn Harlem Globetrotters Basketball uniform from the estate of Chester High great Granny Lash. Another museum artifact that is being highlighted is Fredia Gibb's World Champion Kickboxing Belt. Fredia was the first African-American woman to earn such an honor.

The blazer given to the family of Emlen Tunnell, prior to the 2000 Super Bowl, honoring him for being named one of the NFL's 100 all-time greatest players, is yet another treasure on display.

To learn more about Delco sports history, visit the SLDC Museum located at 301 Iven Ave., Radnor. The museum is open Monday through Friday from 9 a.m. to 3 p.m. For more information, contact curator Jim Vankoski at 610-909-4919 or email [vankoski21@comcast.net](mailto:vankoski21@comcast.net).

## **Young students' artwork featured in new Swarthmore Borough Hall exhibit**

An exhibition of mixed media art by budding student artists at Swarthmore Friends Nursery School will be on display from today through Monday, Feb. 28, at Swarthmore Borough Hall, 121 Park Ave., Swarthmore. The opening reception is free and open to the public this Friday, Feb. 4, from 5:30-7:30 pm. The art at Swarthmore Friends Nursery School is process-based with a focus on fine motor development. The goal is for the children to discover different ways to create art. Everything in the exhibit has been cut, drawn, painted, glued, and colored by the children.

The exhibit is free and open to the public. Exhibit hours are Monday-Thursday 9 a.m.- 8 p.m.; Friday, 10 a.m. – 7 p.m.; Saturday, 10 a.m. – 3 p.m.; Sunday, 1 – 5 p.m.

Swarthmore Friends of the Arts is the community group responsible for the rotating art exhibits at Swarthmore Borough Hall. For information about Swarthmore Friends of the Arts visit <http://www.swarthmorearts.org> or contact Skip Gosnell, publicity chair at 484-343-2728, [skipgosnellart@gmail.com](mailto:skipgosnellart@gmail.com).

*Readers can email community news and photos to Peg DeGrassa at [pdegrassa@21st-centurymedia.com](mailto:pdegrassa@21st-centurymedia.com).*





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