



# PULLING THE PLUG: WHY TEACHING CAMPERS HOW TO DETACH FROM THEIR DEVICES IS CRITICAL TO SUMMER SUCCESS

“Have you tried unplugging it?” This is a question we’ve all asked one another, typically when something we have doesn’t work.

WiFi’s down. “Have you tried unplugging it?” TV won’t connect to Netflix. “Have you tried unplugging it?”

Trouble getting your bread to toast — well, you get the idea.

However, the concept of unplugging takes on a totally different meaning at camp where for years it’s been one of the camp industry’s major selling points to families. Their children will have the chance to disconnect from their devices and the pressures that come with them — all while experiencing the joys and independence that can come from spending a summer living in a more relaxed and rustic setting.

That was then; this is now. Today’s campers (and staff) are the first generation that have only ever known a life where technology is involved in everything they do. It’s no longer something that changes the way they do things — it is the way they do things. It’s more than just a handy tool: it’s also their primary outlet for socialization, communication and even how they decompress and engage during their alone time (the latter of which is a major contributing factor to the loneliness epidemic). The pandemic only accelerated what was already going to be an issue, and camps need to hustle to act on and adapt to this new challenge. Unplugging used to be seen as a major highlight of the camp experience — and it still can be — but first the collective focus needs to shift to answering an important question: Are we spending enough (or any) time teaching kids how to unplug in the first place? As campers and staff detach themselves from their devices, they are experiencing



Photo courtesy of Camp Romaca, Hinsdale, MA

symptoms that could be described as similar to withdrawal, and it can cause them to struggle to adapt to the camp lifestyle both personally and interpersonally. So it should hardly come as a surprise that an onslaught of behavioral challenges are seen during the first week of camp, with many camps reporting more campers and staff departing during the first 10 days than during the rest of the summer combined.

As camps begin to prepare for summer 2024, they should have an open mind when considering a number of factors when it comes to their policies and procedures regarding screens and phones at camp.

### Framing the Issue

As pandemic restrictions were lifted and children returned to school, the time they spent on screens did not

come back down as expected. Roughly 20% of 8-year-olds now own a smartphone. By age 12, that rate increases to over 70%. On average, tweens spend almost five hours per day on screens, while teens average over seven hours per day. That means that for many teens they are spending more time on their phones each day than they are sleeping (Hedderston et al., 2023).

The social aspect of screens has added another layer of complexity to kids’ media habits. Just over half of teens (57% of boys, 40% of girls) who play with others online say they play with people they don’t consider friends (Lenhart, Anderson, & Smith, 2015). Kids are using media in service of their identity exploration and to connect with others, but

*continued on next page*



## SUMMER DAY CAMPS

**JUNE 10 - AUGUST 16, 2024**

Except June 19 (Juneteenth) and July 4 (Independence Day)

Kool Dayz • Kinder • Travelin’ Teens • Maple Starz Sparr-Tacular • Summer Blast • Summer Spectacular, and Summer Specialty Camps throughout Glendale



## SUMMER SPECIALTY CAMPS

Skate Camps • Pacific Skate School  
Yoga & Arts Camp • Tennis Camps  
Basketball Summer Break • Nature Camp



### SPARR-TACULAR SUMMER CAMP

**12:00 PM - 6:00 PM**

Operating on a weekly basis

It’s time for summer fun at Sparr Heights Community Center! Children ages 6 -12 will enjoy games, crafts, and weekly presentations from various City departments to learn about public safety, public transit, recycling and composting and visits to our local parks. Children must bring snacks, water, spray on sunscreen, and a brown bag lunch Monday through Thursday. We will have a pizza party every Friday!



### STONE BARN NATURE CENTER

**9:00 AM - 4:00 PM**

Campers will gain appreciation for the nature in their own backyards through exploration in the Stone Barn Nature Center and the rugged 700 acres that Deukmejian Wilderness Park has to offer!

Interpretive Hikes • Nature Crafts  
& might even see a wild animal or three!

### Registration Information

**Glendale Residents: MARCH 4 • 9:00 AM** | **General Registration: MARCH 6 • 9:00 AM**

(Proof of Residency Required)

For more information and registration visit [GlendaleCA.gov/DayCamps](https://GlendaleCA.gov/DayCamps)



Community Services  
& Parks



@MyGlendaleParks



CU Weekly **Summer 2024 #2** SCHOOL & CAMPS Special Section

### PULLING THE PLUG (CONTINUED)

from page 11

are they actually engaging in meaningful socialization? In a medium that features no eye contact, no body language, no nonverbal communication, and no true developmentally appropriate social skills, children are faced with a significant challenge when they arrive in a setting like camp. For many campers, engaging behind the safety of a keyboard is a more comfortable way of interacting with peers, with less pressure to recognize and respond to social cues and keep a conversation going. This online illusion of connection doesn't actually translate to the real world unless there is a pre-established strong relationship – and even then it can be a challenging thing to adapt to.

The activities children experience in the real world (and at camp) feature fewer instances of instant gratification. At camp, this may manifest in the form of participation anxiety, which can lead to an overall lack of participation across almost every activity area – something camps that were closed in 2020 have been reporting since reopening in 2021. In planning for next summer and beyond, it's worth preparing your child for the camp experience.

Debbie Neft, PhD, is a psychologist who is also a current camp staff member and camp parent. She offered these insights?

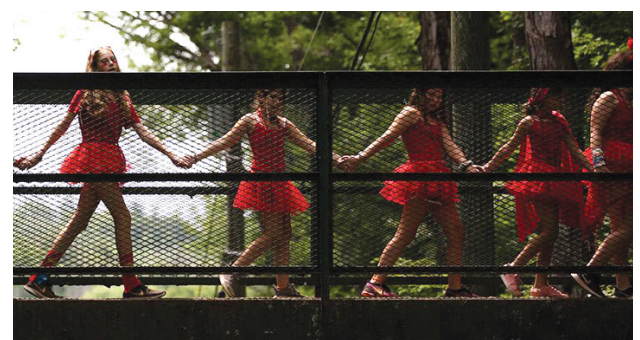
"As a parent, I am so grateful that my kids get the opportunity to detox from screens and relearn how to socialize without them. [Screens] are a true addiction, and something that can only really be kicked at an environment like camp where they are on a level playing field with their peers [when it comes to screen usage]. Skills like making eye contact, seeing/reading expressions on their friends' faces, and learning how to be alone with their own thoughts are essential social and emotional skills that benefit everyone."

"Parents are excited to send kids to camp and for the digital detox that comes with it; though, like camp directors, they should be thinking about the preparation their children need to actually succeed in camp. As an industry that prides itself on partnering with parents, camps must focus on that transition and properly prepare families for the realities their child may face when heading off to camp for the summer – especially for the first time. As youth-development professionals, camps need to be taking the lead on this, in partnership with parents, for the campers' benefit. With the right amount of intentionality and forethought, camps can be instrumental in appropriately preparing campers (and staff) for a successful transition to camp and away from the comfort of their screens."

Some ways to do that include making a precamp action plan for families that may include weaning off campers from technology. Let them know that camp provides the opportunity to engage with friends in person and not via screen. Let them know what the camp will – and will not – allow and how they can enjoy themselves.

Remember: without the crutch of a phone in their hand, downtime can be a very difficult thing for campers to cope with.

Reprinted in part from <https://www.acacamps.org/article/camping-magazine/pulling-plug-why-teaching-campers-how-detach-their-devices-critical-summer-success>



### CLASS OF 2024 TICKTOCKERS PRESENTED BY NCL, INC., GLENDALE CHAPTER

Twenty-six young women from La Cañada Flintridge, La Crescenta, Glendale, Los Feliz and the surrounding area will be honored by the Glendale Chapter of National Charity League, Inc. at the 73rd annual Senior Presentation Ball to be held at the Sheraton Universal Hotel.

The Senior Presentation Ball is a tradition for the Glendale Chapter, highlighting and thanking the Class of 2024 for the members' 5,360.75 hours of community service. The young women, or Ticktockers as they are known, began their NCL journey in seventh grade working with their mothers, called patronesses, to support the chapter's philanthropic partners. Over the years, the class volunteered at American Red Cross, Arroyos and Foothills, Ascencia, Door of Hope, La Cañada Tournament of Roses, Operation Gratitude, Pasadena Humane Society, Twelve Oaks Senior Living, Union Station, USC Verdugo Hills Hospital, YWCA of Glendale, the Chapter's annual rummage sale and more.

"The Senior Presentation Ball celebrates the culmination of the Ticktockers' six years of community service, leadership development and cultural experiences, which are the pillars of our program. Chapter members, families and friends are delighted to recognize the Ticktockers' accomplishments, volunteer service and the mother-daughter bond that is the cornerstone of NCL. They have truly embraced the spirit of NCL and we look forward to their exciting and successful futures," stated Chapter presidents Michelle Demonteverde and Krysty Leckrone.

The Ball will include a welcome from Ticktockeer Gabriela Rubalcava, president of the Class of 2024, and from Grade Level Advisor Kelli Kunkle-Day. The Class has chosen the theme, A Night to Remember, and an accompanying theme song is "At Last" by Etta James. The evening will include the presentation of each Ticktockeer, the father-daughter waltz, the Senior Service Award and a farewell toast. The chairs of the Senior Presentation Ball are Monica Ordubegian and Stacy Sartor along with the class committee chairs, Joy Asbury and Mia Husfeld.



The mistresses of ceremonies for the Ball are Class of 2024 past Grade Level Advisors: Liz Schwalbach, Kristen Creighton, Michelle Demonteverde, Lori Strauss, Alison Stewart and Moira Bollert.

The Glendale Chapter of NCL, Inc., was first organized in 1942 and in 1958 became a chartered chapter of National Charity League, Inc. It works with over 20 local philanthropies, supporting them with hands-on service. Learn more at [www.nationalcharityleague.org/chapter/glendale/](http://www.nationalcharityleague.org/chapter/glendale/).

ENROLL NOW!

## MCMS Summer School

Preschool - 6th Grade



**4 Week Sessions:**  
**SESSION 1:**  
June 17 - July 12  
**SESSION 2:**  
July 15 - August 8

**Academics:**  
Math, Reading, Writing, Bible



**Fun Electives:**  
Foreign Language, Cooking, Crafts, Art, Gymnastics, Music, Sports & Fitness

**Fun Activities:**  
Field Trips, Water Play, Bounce House, Games, Etc.

\*note that not all activities are for every age level



Contact us:  
**818-249-2319**  
[mcms.us](http://mcms.us)  
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Montrose, CA

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- ♥ Extended Afternoon Activities with Camp Little Heart
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**New!**  
Girls Summer Youth Sports Camp  
July 15-19 and July 22-26

- ♥ Cross Country ♥ Softball
- ♥ Basketball ♥ Soccer
- ♥ Swim ♥ Volleyball


Register at [immaculateheart.org/youthsportskamp](http://immaculateheart.org/youthsportskamp)



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(323) 461-3651


**Be sure to check out the CAMP INTEGEM flyer in this week's issue!**

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(408) 459-0657



**Summer Doesn't End With This Issue!**

Be sure to look out for one more CV Weekly Summer Camp Issue publishing next Thursday, March 14. It's not too late to get your announcement placed! Call Rachelle at (818) 248-2740 for rates and more information.



**DID YOU KNOW?**  
A squirrel's front teeth never stop growing...



**FUN SUMMER SQUIRREL FACTS**  
In the summer, squirrels are most active two to three hours after sunrise and about two hours before sunset. Squirrels will retire to their nest well before dark and rarely leave the nest in the dark.



**DID YOU KNOW?**  
Squirrels zigzag to escape predators...



Assistance League® of Flintridge

# SUMMER SCHOOL

SUMMER ENRICHMENT 2024

June 17 through July 12

Classes for Grades 1-6

All for the joy of learning, with no homework!

REGISTRATION  
OPENS MONDAY  
MARCH 11  
AT NOON

For more information about **ALF Summer School** and **TO REGISTER ONLINE**, visit our website at **[ALFlintridge.org](http://ALFlintridge.org)** or call the ALF Programs Office at **818.790.2211**

[ALFlintridge.org](http://ALFlintridge.org)



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*in La Cañada Flintridge*

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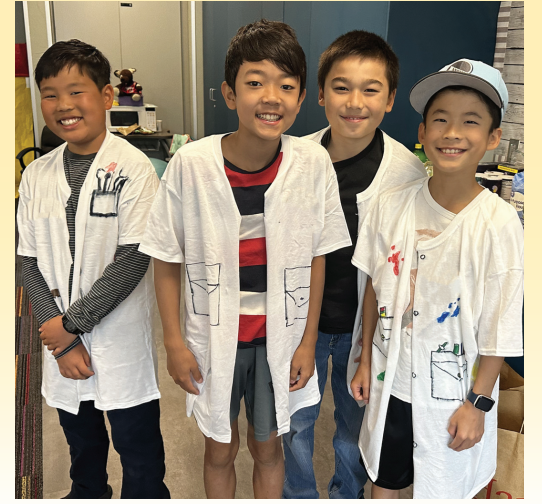
**Summer 2024 #2**  
**SCHOOL & CAMPS** Special Section

**ALF SUMMER SCHOOL STARTS JUNE 17**

Assistance League of Flintridge is offering its annual summer school at Palm Crest Elementary School from June 17 through July 12, 2024. Classes will not be held on July 4 and 5. Children entering grades 1-6 may enroll in one, two or three classes covering a range of topics, including Computer Tech Lab, Robotics & Coding, STEAM into Summer, Writers Workshop and Math Exploration.

Assistance League Summer School Co-Chairs Nancy Gunther, Julia Hastings and Kim Westhoff are excited to again provide this opportunity for local children to explore subjects that are challenging, enriching and creative “for the joy of learning,” without homework. All La Cañada Unified School District safety protocols will be followed.

For more information, go to the ALF website at ALFlintridge.org, or call (818) 790-2211. Online registration begins at noon on Monday, March 11.



**RHODES SCHOOL OF MUSIC: READY FOR A MUSICAL JOURNEY**

Hello, La Cañada! We are excited to be making music with so many wonderful families in the La Cañada and La Crescenta communities! After the success of our Los Angeles location (with over 600 students) we are thrilled to be expanding to the Foothills area.



We offer lessons on almost every instrument: piano, guitar, voice, drums, strings, woodwinds, brass, audio production and “mini-music” (for ages 3-5). We have some spectacular teachers who are ready to guide students of all ages through their musical journeys. Our prime after-school and weekend spots are starting to fill up, so give us a call and our amazing front desk staff will get all of your questions answered and find a time that works for you.

We look forward to meeting you! Give us a call at (818) 864-6773 to get started.

Rhodes School of Music, 846 Foothill Blvd. (next to Sprouts), La Cañada Flintridge, CA 91011.

**A HEALTHY MIXTURE OF LEARNING AND FUN**

Montrose Christian Montessori School is offering its Summer School Program starting on June 17th. During this program, the school will provide a healthy mixture of learning and fun, a Montessori-based curriculum with Christian practices. Its flexible, fun-filled Summer School program offers your child the chance to grow academically and socially over the summer break. If your child is behind, or is determined to move ahead, or just needs something meaningful to do, then the Summer School program is a perfect fit. Morning sessions is academic time which includes Math, Language, and Reading.

Afternoon sessions may include fun electives such as Cooking, Music, Arts/Crafts, Sports/Fitness, and Foreign Languages. Special activities are held on Fridays, and may include field trips, bounce houses, water play, and other fun activities. Sessions are offered to Preschool through 6th grade, divided by age group. Extended care is available before school from 7:30am and after school until 6:00pm. Email the school at [contact@mcms.us](mailto:contact@mcms.us) or call 818.249.2319 for questions or tours of the school. To apply or for more information about the different session options, please check out its website at <http://www.mcms.us/summer-school-2024>.



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MOMENTS Unforgettable Summer



**STRATFORD SCHOOL**

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Day Camps

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Sports Camps



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**Give them a summer filled with epic moments and unforgettable memories!**

Registration Opens February 2024  
[StratfordSchools.com/summer](http://StratfordSchools.com/summer)

- Spaces Are Limited
- Sign Up Today
- All Families Welcome

**SUMMER CAMPS**  
Preschool THROUGH Grade 8\*



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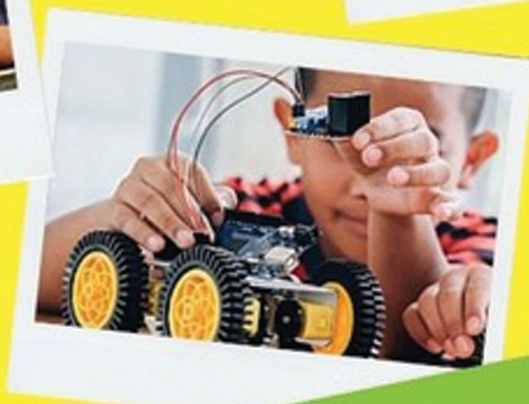
**JUNE 17TH THRU JULY 12TH**

**CRESTVIEW SCHOOL**

140 Foothill Blvd.  
La Canada, CA, 91011

**CONTACT US**

(818) 650-8676  
Parker-Anderson.org





# Ribbon Cutting Celebrates Cath Lab



**LEFT:** Attendees of the ribbon-cutting ceremony received a tour of the newly-renovated Cath Lab led by Glendale Memorial Hospital's senior leadership team. From left are Dan Murphy, chief officer of Philanthropy; Laura Reyes-Everett, vice president of Business Development; Bradley Grote, chief operating officer; Jill Welton, hospital president and CEO; Kora Guoyavatin, chief financial officer; Jim Zolnowski, chief nursing officer; and Cassie McCarty, director of Mission Integration and Spiritual Care Services.

**RIGHT:** Jill Welton, president and CEO of Glendale Memorial Hospital, had the honor of cutting the ribbon to the upgraded space that is now equipped with the latest in imaging technology allowing for more precise diagnostics and interventions to ensure optimal patient outcomes.

On Feb. 9, Dignity Health - Glendale Memorial Hospital and Health Center hosted a ribbon-cutting ceremony to celebrate the grand opening of its new state-of-the-art Catheterization Lab. The newly-renovated Cath Lab

features advanced infrastructure, enhancing Glendale Memorial Hospital's capacity to deliver cutting-edge, minimally invasive procedures for both cardiac and neurological patients. Coupled with the area's most

experienced team of cardiologists and neuro experts, this expansion allows GMHHC to accommodate a higher volume of patients, reduce wait times and ensure timely access to life-saving interventions.

## P.E.O. Glendale Reciprocity Bureau Holds Founders' Day Celebration

P.E.O. Glendale Reciprocity Bureau recently held its Founders' Day at the Elks Club in Glendale in celebration of the 155th birthday of the organization. Glendale Reciprocity Bureau is made up of 11 Glendale chapters, each identified by letters. Two chapters from the Burbank Reciprocity Bureau also attended the festivities.

also owns and supports Cottey College, a liberal arts college for women in Missouri.

P.E.O. is a philanthropic organization that was founded by seven women at the beginning of the women's movement in 1869. It has evolved into a sisterhood working toward a common cause in which women celebrate the advancement of women, educate women through scholarships, grants, awards, and loans and motivate women to achieve their highest aspirations.

Pat Steen welcomed 75 women to the Founders' Day luncheon. Nancy Johnson, Chapter ES, gave the invocation. Mary Wickser, Chapter AH, Kristie Colegate, Chapter IH, and Pat Spencer, Chapter GD, presented a program describing the meaning behind P.E.O.'s objects and aims. The program concluded with a Founders' Day celebration video highlighting the seven women founders of P.E.O.

Scholarships are available for young women attending accredited colleges and women returning to higher education after being a non-student for several years. Applicants applying for scholarships do not need to be a member of P.E.O. or related to a member of P.E.O. The sisterhood

Following lunch, Glendale Reciprocity Bureau honored the women who have been members of P.E.O. for over 50 years. Recognition was also given to the Reciprocity and Chapter presidents followed by an opportunity drawing featuring 14 baskets of goodies with the theme A Legacy of Love. Ending the event, Dori Torrey, Chapter FF-KU, gave the benediction.

Women interested in discovering more about membership in the organization or students wishing to apply for scholarships can learn more at [www.peocalifornia.org](http://www.peocalifornia.org).

### Documents Of America Sponsored By Glendale Moose Lodge 641

## The Amendments

In the summer of 1787 42 delegates from 12 states created the U.S. Constitution. At the end of the task, in mid-September, the delegates had a final robust debate over adding a group of laws limiting government power over individual people. The group of laws became known as a bill of rights. The debate ended with a rousing speech from the respected Ben Franklin and 39 delegates voted to adopt the new Constitution, without a bill of rights. Led by George Mason of Virginia three delegates voted "No." They held out for a bill of rights.

The leading Anti-federalist was George Mason; he had authored the Virginia State Bill of Rights. It soon became apparent that nine small states would vote to ratify without the two largest states of New York and Virginia. A Constitutional crisis loomed. A compromise was reached. The Federalists pledged to support the House of Representatives taking up legislation to amend the Constitution with a bill of rights in return for New York and Virginia immediately ratifying the new Constitution. The Constitution was ratified on July 2, 1788.

since 1791.

The most interesting amendment is the most recent. The 27th Amendment was ratified May 5, 1992 - more than 202 years after it was sent to the states for ratification. The Congressional Compensation Act of 1789 mandates that salary increases for senators or representatives cannot take effect until after the next biennial federal elections. This amendment was part of the original 12 proposed amendments sent to the states in 1789.

The proposed Constitution was sent to the 13 states for ratification. Nine states needed to vote "Yes" for ratification. The delegates favoring the Constitution without a bill of rights were called Federalists and the delegates who wanted to include a bill of rights were the Anti-federalists.

Led by Congressman George Mason, the House passed 12 proposed amendments in 1789 and sent them to the states for ratification. Ten became amendments known as the Bill of Rights and were ratified on Dec. 15, 1791. Seventeen additional amendments have been added to the Constitution

The most important amendment is the first. It forbids the government from making any laws prohibiting the freedom of religion, speech, press, assembly and petitioning the government for redress of grievances. No other government in the world grants these rights to their citizens.

Comments? Contact the Glendale Moose Lodge 641 at [Lodge641@gmail.com](mailto:Lodge641@gmail.com).



### A TALK ON CHRISTIAN SCIENCE

## FINDING WHERE GOD IS SEEN AND FELT What's church got to do with it?

March 16 @ 11:00am

**Location**  
Community Center of La Cañada Flintridge  
4469 Chevy Chase Drive, La Cañada Flintridge  
**Contact** 818.790.3493 | [www.cslcf.org](http://www.cslcf.org)

**Sponsored By** First and Third Churches of Christ, Scientist, La Cañada Flintridge and Glendale CA

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