

LNP

LeBron to LA

NBA superstar LeBron James will take his talents to the Lakers

Sports, Page B1



Always Lancaster

TEEN SUICIDE

Second in a three-day series looking at suicides among teens and the emotionally packed stories beyond them.



DAN MARSCHKA | STAFF PHOTOGRAPHER

In October 2014, Rachael Benson stands in the bedroom where her daughter Juliet shot herself. The bullet from the gun created the hole in the wall next to the headboard of the bed frame.

CRAVING CONNECTION

Lampeter-Strasburg teenager's suicide in 2014 illustrates the love-hate relationship many kids have with social media

Juliet Benson, a 16-year-old with a passion for singing, was grounded from using her phone shortly after school started in fall 2014. Rachael Benson, Juliet's mother, said the grounding was in part a discipline measure, but it also was designed to protect Juliet from vicious social media bullying from a few students at Lampeter-Strasburg High School, where she was a junior.

The night Juliet killed herself, her mom had taken her phone. Juliet craved that connection to her friends, and the phone was the only way for her to check what her tormentor was saying about her on social media sites such as Twitter and Facebook.

On the evening of Sept. 16, Juliet found the gun her mother carried for protec-

tion and killed herself with one shot to the head.

Her mother never learned which social media sites Juliet had visited before her suicide. She just knew that, after she heard that single gunshot and ran to Juliet's room, her life was suddenly and tragically changed forever.

Juliet's love-hate rela-

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MONITORING SOCIAL MEDIA USE

Parents with teenagers have the difficult task of monitoring their kids' social media accounts.

Instead of implementing safeguards that may or may not work, parents should concentrate on fostering a strong, healthy relationship with their child, said Gerald Ressler, a social worker and executive director at the Samaritan Counseling Center in Lancaster.

"I would much rather work on a strong relationship rather than tracking every little movement of my child," he said.

But that doesn't mean parents should ignore what their children are doing on their devices, he said.

Here are three suggestions on how to monitor a teenager's online activity:

CHECK IN

"Very directly ask about it," Ressler said. "Ask, 'Are you experiencing bullying?' 'Have you seen these sites?'" Open and honest communication can spare a lot of heartache in the long run, he said.

SET EXPECTATIONS

Ressler suggested setting guidelines and expectations, such as time limits and browsing history checkups, before providing your child with unfettered internet access.

INVESTIGATE PARENTAL CONTROLS

If all else fails, implement parental safeguards to, for example, limit how much time your child can use a device. Banning certain mobile apps is another option. Internet providers often have such a service.

Parents can also download apps like OurPact. One of the more popular parental control apps available on the Apple and Android devices, OurPact can be used to remotely block internet and app usage, budget screen time, monitor text messaging and locate a child using the device's location services. Once the child gets older, Ressler said, parents could dial back these restrictions.

“Twenty years ago, when someone was bullied, maybe four people heard it on the bus, and teens could go hide out in their room when they got home. But now your room is social media, and teens can be bullied at 3 in the morning.”

— Dale Brickley, senior clinical manager at WellSpan Philhaven

This series was reported by Alex Geli and Susan Baldrige, who conducted numerous interviews with families, health experts and teens over the course of several months. Geli is an education reporter for LNP and LancasterOnline. Baldrige, a former staff writer, now serves as director of the Partnership for Public Health in Lancaster County.

PA. ELECTION

Wolf drops tax plan as he seeks a 2nd term

2 years of strong growth help governor's re-election bid

MARC LEVY ASSOCIATED PRESS

HARRISBURG — Gone is the governor who had ambitious plans to overhaul Pennsylvania's tax structure and pump billions more into the state treasury to fix deficits and public school funding disparities. Gov. Tom Wolf, a Democrat running for a second term, doesn't talk about that anymore.

"Who's talking about raising taxes?" he questioned a TV reporter last month who asked Wolf about the prospect of raising taxes this year.

Actually, Wolf does still talk about raising one tax: on Pennsylvania's booming natural gas industry, a tax that is politically popular and, according to the state's Independent Fiscal Office, one that would largely be paid by out-of-state customers.

Otherwise, a governor who once challenged members of the Republican-controlled Legislature in a 2016 budget speech to confront the state's ticking fiscal time bomb or "find another job" now touts his efforts to save money and stresses the importance of focusing on areas of bipartisan agreement.

Taxes? He's not talking about it.

As Wolf shifts from governing to the campaign trail, he has secured roughly half of the education money he had initially set out as a goal — \$2 billion over four years — and suggests he has dealt for good with an entrenched post-recession deficit he inherited.

Republican lawmakers, meanwhile, rejected nearly every tax increase Wolf

GOVERNOR, page A5

TRADE WAR

Canada tariffs go into effect

Levies hit US goods from ketchup to lawn mowers

PAUL WISEMAN AND TRACEY LINDEMAN ASSOCIATED PRESS

OTTAWA, Ontario — Canada began imposing tariffs Sunday on \$12.6 billion in U.S. goods as retaliation for the Trump administration's new taxes on steel and aluminum imported to the United States.

Some U.S. products, mostly steel and iron, face 25 percent tariffs, the same penalty the United States slapped on imported steel at the end of May. Other U.S. imports, from ketchup to pizza to dishwasher detergent, will face a 10 percent tariff at the Canadian border, the same as America's tax on imported aluminum.

Trump had enraged Canada and other U.S. allies by declaring imported steel and aluminum a threat to America's national security and therefore a legitimate target for U.S. tariffs. Canada is the United States' second-biggest trading partner in goods, just behind China.

Speaking Sunday in Leamington, Ontario, Prime Minister Justin Trudeau

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LOCAL

"Pershing's Own" United States Army Band stirs up the crowd at Long's Park.

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SPORTS

The Lancaster Inferri Rush shrug off the heat and shut out the Worcester Smiles.

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NATION

From the outset, President Trump's zero tolerance policy sowed confusion.

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