

Bigger Kids. Bigger Fun.

YOUR TeenTM

for parents

**Healthy
Responses to
Self Criticism**

**Parenting
After Divorce**

Strategies to
Strengthen the
New Family

Allowance?
Does it Make
Cents?

**The Benefits of
Siblings Sharing
Bedrooms**

Pornography:
The Conversation
Changes By Age

VOL. 9 ISSUE 5
MAY-JUNE 2017 \$ 3.95



yourteenmag.com

TEENS HAVE QUESTIONS



**ABOUT
RELATIONSHIPS**



**ABOUT
ANATOMY**

**ABOUT
PUBERTY**



**ABOUT
SEX**



**ABOUT
GENDER**



**ABOUT
BIRTH
CONTROL**



216TEENS HAS ANSWERS

AGE APPROPRIATE • MEDICALLY ACCURATE • EVIDENCE BASED

216Teens is a program of the Cuyahoga County Board of Health designed to prevent teen pregnancy and STDs. We do this by educating, informing and motivating teens to make healthier choices about their sexual health. Visit our website today.



WWW.216TEENS.ORG.

Brought to you by the Cuyahoga County Board of Health. Funded by U.S. Department of Health and Human Services' Office of Adolescent Health.



CONTENTS

33 PARENTING AFTER DIVORCE

Strategies to Strengthen the New Family

35 Blending Families: Ideas to Make it Work

11 Bulletin Board

- 11 Summer Plans
- 11 #ParentHack
- 13 Stats

14 Gift Guides: Mother's Day, Father's Day, and Graduation

18 In a Minute

- 18 The Value of Volunteering
- 19 The Tall and Short of It

20 Move Out Skills

How to Cook a Meal

21 Recipe

Chicken Cordon Bleu Sliders from *The Weeknight Dinner Cookbook*

22 In the Spotlight

Raúl De Molina from Univision

23 Book Review

Armada by Ernest Cline

25 Did You Know?

Summer is the Time for Exploration

28 Family Matters

Picky Eaters

30 Modern Family

Sibling Rivalry

39 Crossroads

Pornography: The Conversation Changes By Age

42 Ask the Doctor

Anxiety: The Most Common Diagnosis

45 College Corner

ROTC: A College Degree and Path to the Military

48 Money Matters

Does Allowance Make Cents?

50 Tween Talk

Siblings Sharing Bedrooms

52 Tech Talk

Cyberbullying So Subtle You Might Miss It

54 Hot Topics

E'myri Crutchfield, from the mini-series *Roots*

56 Small Stuff

Helpful Responses to Self Criticism

58 Snapshot

I Never Thought It Would Be My Daughter

60 In My Opinion

My Son and I Were Best Buds

62 All About Me

What's in a [Nick] Name?

p. 28



ON THE COVER



Special thanks to our cover sponsor, **The Roll House**, where you and your teenager can enjoy a game of bowling while dining on delicious food. Seven locations in Ohio. Learn more at therollhouse.com.



COVER PHOTO: BETH SEGAL

MORE CONTENT ONLINE AT
YOURTEENMAG.COM



Introducing A Parents' Guide to College Admissions

Our latest website features everything you need to know about college admissions, from ninth grade on.

yourteenmag.com/college



Drugs & Alcohol

The Changing Conversation About Marijuana

bit.ly/YT-marijuana



Family Life

20 Things We Know for Sure About Teenagers

bit.ly/YT-20things

Your Teen E-Newsletter...

Want more from *Your Teen*? Sign up for our weekly newsletters to get regular updates on middle school, high school, and everything else about raising a teenager. YourTeenMag.com/Sign-Up/

FOLLOW US!



Your Teen



yourteenmag



yourteenmag



+Yourteenmag



YourTeenMagazine



yourteenmag

May-June 2017 Volume 9, Issue 5

YOUR Teen[™]

for parents



PUBLISHER &
CHIEF REVENUE OFFICER
Stephanie Silverman

PUBLISHER &
EDITOR-IN-CHIEF
Susan R. Borison

EDITORIAL

EDITORIAL MANAGER
Diana Simeon

SENIOR EDITOR
Jane Parent

COPY EDITOR
Laura Putre

PROOFREADER
Jessica Semel

SALES

Lisa Golovan, Shari Silk

CONTROLLER
Lisa Lindenberg

CREATIVE

CREATIVE DIRECTOR
Meredith Pangrace

PHOTOGRAPHER
Beth Segal

WEB CONTENT

WEB CONTENT EDITOR
Mindy Gallagher

CIRCULATION

CIRCULATION SPECIALIST
Eca Taylor

THIS ISSUE

CONTRIBUTING WRITERS

Lisa Beach, Mary Helen Berg, Cathie Ericson, Karen Gillooly, Molly Gleydura, Sandra Gordon, Sharon Holbrook, Janet Kramer, Jackson Lake, Rebecca Meiser, Ilene Neides, Kathleen Osborne, Sarah Pinneo, Laura Richards, Brianna Torres, Elisa Torres

ADVISORY BOARD

Elise Ellick
Teen Counselor in the Division of Adolescent Medicine, Department of Pediatrics at MetroHealth.

Lauren Rich Fine
Managing Director at Gries Financial.

Marcia Hales
Partner at Morland Partners.

Amanda Weiss Kelly, MD
University Hospitals, Rainbow Babies & Children's Hospital Pediatrician, Director, Pediatric Sports Medicine.

Julian Peskin, MD
Cleveland Clinic staff member, Department of Obstetrics and Gynecology.

Heather Rhoades
Owner of the popular website GardeningKnowHow.com as well as the mother of 5 wonderful children.

Sylvia Rimm, PhD
Psychologist, Director of Family Achievement Clinic, Clinical Professor, Case Western Reserve School of Medicine.

Michael Ritter, CPA
Retired Partner, Ernst & Young LLP.

Ellen Rome, MD, MPH
Pediatrician, Head, Section of Adolescent Medicine at Cleveland Clinic.

Chris Seper
Regional General Manager, Digital at The E.W. Scripps Company.

Amy Speidel
Certified Parent Coach at Senders Parenting Center.

Sonni Kwon Senkfor, MBA
Independent Consultant. Facilitator with The WIT Group and MAC Consulting.

Judy Stenta, MSW
Retired Project Director, SAY, a program of Bellefaire JCB.

Steven Wexberg, MD
Staff Pediatrician, Cleveland Clinic Foundation.

Lucene Wisniewski, PhD, FAED
Chief Clinical Officer of The Emily Program

Lee Zapis
President of Zapis Capital Group.

Your Teen, Vol 9, Issue 5, May-June 2017 is a publication of Your Teen, Inc., a bi-monthly publication, \$3.95. Bellefaire JCB, 22001 Fairmount Blvd., Shaker Heights, Ohio 44118.

©2017 by Your Teen, Inc. All rights reserved. No part of this magazine may be reproduced without the written consent of Your Teen magazine. Your Teen does not verify claims or information appearing in any advertisements contained in this magazine. While advertising copy is reviewed, no endorsement of any product or service offered by any advertisement is intended or implied by publication in Your Teen.

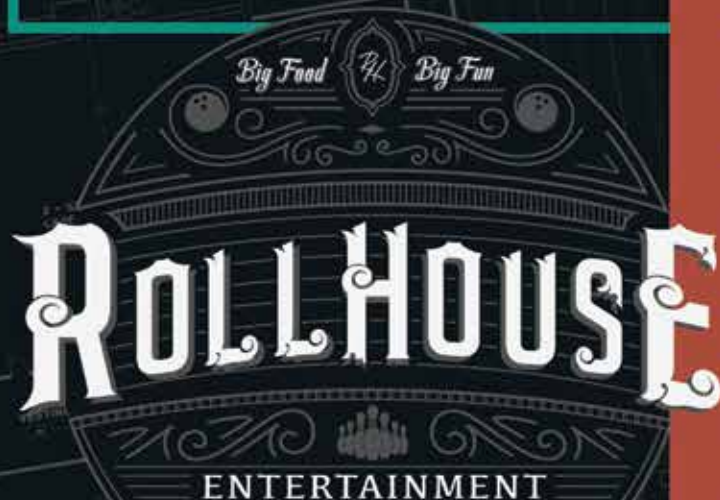
ADVERTISING

Contact Stephanie Silverman at 216-337-1374
Your Teen Media
P.O. Box 21083, S. Euclid, Ohio 44121

COMING THIS
Summer

A BRAND NEW
FULL-SENSORY
FAMILY FUN *EXPERIENCE*

FREWAY LANES OF SOLON
& FREWAY LANES OF PARMA
ARE BECOMING



- + PROGRESSIVE & DELICIOUS SCRATCH MENU
- + MASSIVE TWO-STORY LASER TAG
- + UPGRADED BOWLING
- + NINJA WARRIOR OBSTACLE COURSE
- + STATE-OF-THE-ART GAME ROOM
- + PRIVATE BOWLING SUITE & LOUNGE
- + UPDATED LASER MAZE
- + SOCIAL LOUNGE
- + TWO NEW PRIVATE PARTY ROOMS
- + CONFERENCE ROOM
- + UPDATED PATIO & DECK

+ *Nonstop Fun!*

TO LEARN MORE ABOUT ROLL HOUSE ENTERTAINMENT OR GET YOUR FUTURE PARTY BOOKED,
GIVE US A CALL AT (440) 248-4080 OR LOOK FOR OUR UPCOMING WEBSITE WWW.THEROLLHOUSE.COM

VISIT OUR OTHER BOWLING & ENTERTAINMENT CENTERS

GAME OF FAIRFIELD | GAME OF MENTOR | GAME OF WESTERN COLUMBUS | GAME OF WICKLIFFE | CAPRI LANES

WWW.BOWLTHEGAME.COM



GILMOUR ACADEMY

EDUCATING THE MIND
EMPOWERING THE HEART

Some things are just better together

Independent and Catholic

Our independent accreditation* means smaller class sizes and student-teacher ratios, allowing students to attain a higher level of academic rigor by writing more, discussing more and developing their own ideas more. Catholic means they are learning in an environment that is inclusive, thought-provoking and rooted in the Holy Cross tradition. This gives them the strength to see how they can make a difference in the world. If you educate the mind and empower the heart, students do more than succeed- they **thrive**.

Call today to schedule a personal tour.

440 | 473 | 8050 gilmour.org/visit

Gilmour Academy is an independent, Catholic,
coed school in the Holy Cross tradition.
Montessori (18 months – Kindergarten)
and Grades 1-12



* The Independent School Association of the Central States (ISACS)

EDITOR'S LETTER

I had my first “bashing” experience on the *Your Teen* Facebook page. My name was not attached to my story so the responses weren't personal, nevertheless I felt a lot of judgment coming my way.

I posed a question to one of our experts, Dr. Barbara Greenberg.

“Ten kids are in my basement. My husband and I know all the kids. We periodically walk by the door to the basement and think about going downstairs to check on them. We make a little noise to let them know that we are home. And then, we ignore our gut and don't go downstairs.”

Before I was confronted with the situation, I had a clear and unwavering answer: We will go downstairs. On our watch, we have a responsibility to those kids and to the parents of the other children to make sure that everyone is safe.

At that moment, we felt distrusting, we felt ambivalent, but mostly we just felt embarrassed to go down and check. What should we have done?”

Dr. Greenberg had a helpful answer.

“You are in good company here. Parents frequently ask me this question—do they have permission to invade their teens' privacy by checking up on them.

It is your responsibility to make sure that the kids are engaging in safe and healthy behavior.

Someone may get embarrassed. Your teens may get angry, but their safety is your #1 responsibility. So, I suggest going to the basement and asking the kids if they need snacks. This is always a good excuse to check on the kids.”

This post generated many comments. Some of them were grateful for the advice. Some offered helpful suggestions. And some were judgmental and harsh...

f This is the dumbest article I've ever read. Offer snacks? Really? It's your house, parents. You don't need an excuse to check on them.

f You do not need a reason to go to your basement. You don't need to take cookies, drinks, and wait on them like it's a restaurant. If they get mad, tough. This perpetuates the notion that parents need their kids' approval. Just do your job.

f Totally backwards, kids running the house instead of the parents. Forget the cookies, laundry, etc. parents. It's your house, you pay the mortgage and bills. Stop letting your kids make you feel guilty and be parents for God's sake.

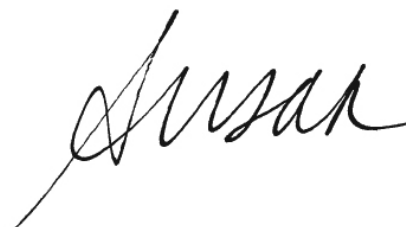
Being judged felt awful. I had owned that we had neglected to do the right thing, and Dr. Greenberg and others replied with helpful and sympathetic suggestions. But “Do your job?” And “Be parents?” This went beyond the usual “ouch.”

For the last 10 years, *Your Teen for Parents* has done its best to offer support, compassion, and helpful advice without being overly critical. Our mission from Day 1 has been to empower parents in a judgment-free zone. Parenting teenagers is complicated and nuanced. If parenting were black and white, we'd all have the rule book.

Thanks to all the people who share wonderful, positive, helpful suggestions through our print magazine, on our website, and on social media. And please don't misconstrue my words. We want people to disagree. Just perhaps with a bit more understanding of the feeling of being exposed and vulnerable when we open up about parenting struggles.

We have a great issue for you (of course!), including our wonderful feature about parenting through and after divorce. We've also got articles to help you talk about pornography (yep, you read that right), to help you make decisions about allowance, and to help you figure out what to say when your teenager feels badly about herself. And so much more.

Enjoy the read!







Create your own SUMMER adventure.

HB offers a wide array of summer programming for boys and girls ages 3–21, with dozens of offerings to choose from.

Visit hb.edu/summer to browse through academic, athletics, adventure, theatre, and specialty camp options to create your own one-of-a-kind experience.

We offer flexible scheduling.
Call 216.320.8085 for details.

HB.edu/summer       Shaker Heights, Ohio

FEATURED CONTRIBUTORS



RAÚL DE MOLINA

Raúl De Molina is a multiple Emmy award-winning co-host of the Univision entertainment news show *El Gordo y la Flaca*. When he's not on camera, he's trying to keep up with his 16-year-old daughter, Mia. We had lots of fun chatting with De Molina about the challenge of parenting in the teenage years. You'll find our conversation on page 22.



LAURA MARKLEY

We've been struck in recent years by how many teenagers are suffering from anxiety. What's up with that and how can we help? We caught up with Dr. Laura Markley, a child & adolescent psychiatrist at Akron Children's Hospital, for answers. (Page 42)



E'MYRI CRUTCHFIELD

We loved watching actor E'myri Crutchfield in last year's History Channel remake of the beloved mini-series, *Roots*. So, we were delighted to have the opportunity to talk to Crutchfield and mom, Erica, about acting, school, and lots more. Flip to page 54 to read our Q&A.



SARAH PINNEO

Special thanks to Sarah Pinneo and her son, Jackson Lake, for penning this issue's review of Ernest Cline's *Armada* (page 23). Pinneo is the author of the *Ski House Cookbook* and the novel, *Julia's Child*. She is also a contributor to the *Boston Globe*, *New York Times*, *Parent & Child*, and other publications.

SLIDE INTO

A SUMMER OF FUN!

**Cedar
Point**

Cedar Point
Shores
WATERPARK

INCLUDED with your Platinum Pass, Cedar Point Shores Water Park has all you need to cool off this summer!

NEW slides! | NEW kids play areas! | NEW food options!

As Low As
6 Easy Payments of

\$35*

But HURRY,
the price goes up May 29!



Go Platinum with VIP Perks:

- **UNLIMITED** visits to Cedar Point and Cedar Point Shores
- **EARLY** Entry to both parks
- **FREE** Parking, All Season Long
- Pays for itself in **LESS THAN 3 VISITS!**

cedarpoint.com/platinum

*Plus applicable taxes & fees



CLEVELAND STATE
UNIVERSITY

presents

AHA! FESTIVAL

Arts & Humanities Alive!

June 7-9, 2017

in partnership with



Playhouse Square®

Inspiring performance.

FEATURED EVENTS

Visit **AHACSU.COM** for full festival schedule.



DISCOVER THE MAGIC OF STORYTELLING

The AHA! outdoor Book Festival will feature authors, publishers and interactive exhibits



EXPLORE THE AFRICAN AMERICAN EXPERIENCE

Author **Isabel Wilkerson** discusses the incredible story of the Great Migration



DANCE LIKE A STAR

Dancing with the Stars' **Karina Smirnoff** will lead a public workshop for dancers of all skills and ages



LAUGH LIKE A COMEDIAN

Yvette Nicole Brown will provide a humorous take on the importance of arts education



EXAMINE THE CREATIVE PROCESS

Award-winning American novelist **Jonathan Safran Foer**



KISS A FROG

The Frog Bride is a hip musical adaption of a classic fable featuring a jazz-funk score



LEAD LIKE A PRESIDENT

Pulitzer Prize winner and *TIME* Magazine editor **Jon Meacham** discusses the American presidency



THINK LIKE AN ASTRONOMER

Dr. Lucianne Walkowicz gives a TEDx Talk on how to better understand cosmic phenomena

and many more!

Visit **AHACSU.COM** for more info and tickets.

! VISIT AHACSU.COM FOR MORE INFO

We asked teens...

If you could do anything you want this summer, what would it be?



If I could do anything this summer, I would go to Australia. I would visit all of the crazy desert shops and milkshake places that are always being shown on Instagram and BuzzFeed. Bungee jumping sounds pretty cool too.

Joanna, Cleveland, OH

I would definitely travel to Africa with my family. I've always wanted to help out at an orphanage there and who better to do that with than my family.

Jamie, Beachwood, OH

I would go on a road trip with my friends. Maybe because I graduate this year, it will actually come true!

Haley, Chardon, OH

My dream summer would consist of playing in local golf tournaments, taking a week off to go to Hawaii, and then playing on my high school golf team in August throughout the fall.

Ben, Cleveland, OH

If I could do anything this summer, I would want to travel the world doing crazy things. Something about skydiving in Argentina, bungee jumping off bridges in Australia, or even just walking through Rome—before becoming broke in college—sounds quite nice.

Tara, Jericho, NY



#ParentHack Wake-up Call

When my oldest son was a younger teen, he often struggled to get out of bed in the morning. Nothing seemed to work—setting multiple alarms, nagging, consequences, more nagging. One day I was so frustrated I decided I had to do something completely different to catch him off guard. I sat on the edge of his bed, started bouncing up and down and began to sing the Barney song at the top of my lungs. I should mention that I can't sing very well. He grumbled and pulled the covers over his head as I sang about our "happy family." Finally he threw the covers off, jumped out of bed, stormed into the bathroom and slammed the door. Mission accomplished!

Karen Gillooly is a mother to three boys who lives in Shaker Heights, Ohio, and enjoys reading and Jiu Jitsu.



Reserve Summer
at Western Reserve Academy

PIONEER A MAGICAL SUMMER.

There's something magical about summer. It's a time for kids to explore, discover and reach for big goals. That's the pioneering spirit unique to the Western Reserve Academy experience. It can be found across dozens of fun and enriching programs — from sports to science, academics to adventure, dance to digital design, and piano to puppetry. Give your child more than a place to spend their summer. Give them a place to pioneer it.

**Learn more and register today
at WRA.net/summerprograms**

WRA

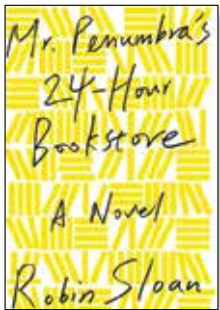
Western Reserve Academy
WHAT WILL YOU PIONEER?



YT Book Recommendation


**Mr. Penumbra's
24-Hour Bookstore**
by Robin Sloan

If you like bookstores, the smell of actual books, and quirky, easy-to-read mystery novels, then *Mr. Penumbra's 24-Hour Bookstore* might be right up your alley. The narrator, Clay Jannon, is an out-of-work marketing major living in San Francisco, who stumbles into a bookstore after seeing a help wanted sign in the window. But this is no ordinary bookstore as the main character quickly comes to realize. Filled three stories high with thousands of books, this long and narrow store has very few customers, and the rare ones that actually do come in are not purchasing books. The store is more of a lending library, and the borrowed books are all encoded. Clay quickly enlists his computer-savvy friends to help him figure out just what might be the real purpose behind this strange and mysterious place.



Together with the help of his Google-employed girlfriend, his special effects artistic roommate, his childhood best friend who creates wildly successful video game software, and Mr. Penumbra himself, they attempt to solve a centuries old mystery. Traveling to New York to gather more clues, they hatch a plan. But if the secret literary society behind this whole thing has any say, it won't be solved by using high tech solutions.

Filled with some big ideas, unusual characters, and daring scenes, this quick read will at times make you laugh and also make you think. —Ilene Neides

By the Numbers



56% of American adults who will be giving a high school or college graduation gift intend to give cash.

NATIONAL RETAIL FEDERATION



44% of moms say what they really want for Mother's Day is to spend quality time with their family.

PRICEGRABBER



78% of fathers say they spend either more or the same amount of time with their kids as their own fathers did.

PEW RESEARCH CENTER



20% of 16- to 17-year-olds will have a summer job.

PEW RESEARCH CENTER



46% of Americans who take a summer vacation will visit a National Park.

STATISTIC BRAIN



MOTHER'S DAY!

Chamilia Dragonfly Charm for Mom

The new Chamilia Signature Dragonfly MOM Charm for Mother's Day 2017 is a solid sterling silver disk with the word Mom in a light cursive font and a representation of a dragonfly etched on one side with Chamilia's signature millegrain outlining the circumference. The reverse side features multiple etched repetitions of the same dragonfly motif and Tanzanite Swarovski Crystal. chamilia.com \$45



Manduka Damana Yoga Bra

The leader of yoga gear+ apparel, Manduka offers the most sustainable pieces for your yogi mom. With relaxed support and minimalistic design, the Damana Bra holds you in place without getting in the way of your flow. The back mesh panel encourages airflow, keeping you cool, calm, and collected—even in the sweatiest class. manduka.com \$52



Jill-e Emma 11" Laptop Bag

This close-fitting, cross-body laptop/table bag is smart, stylish, and secure. Emma was designed with the 11" MacBook Air, iPad, and similar devices in mind. It comes with a pebbled leather exterior, padded walls and interior compartments, and a magnetic buckle messenger flap that covers the top opening. jill-e.com \$99.99



Life is Good Women's Sleep Cardigan

Gift mom some great sleepwear from this positive lifestyle brand that spreads the power of optimism. This super soft cardigan with a flattering fly away draped opening is 60% Cotton and 40% Modal, and the fabric has been washed for softness. lifeisgood.com \$48



P Touch Label Maker PT-D210

The label maker is the perfect tool to add a personal touch to any gift, or to create great-looking labels for your home and office. With its convenient one-touch keys, you can quickly access fonts, symbols, frames, and templates. Plus, you can preview your work on the display so that you know exactly how your label will look before you print. brotherptouch-usa.com \$30



Cabana Life Zip Up Rash Guard

Our full zip rash guard allows you to quickly and easily cover up, and two convenient pockets are the perfect size for a room key or credit card. The swim jacket is a vacation must-have, ideal for walking, running, paddle boarding, swimming, and lounging. All Cabana Life sun protective clothing provides 50+ UV protection. cabanalife.com \$82



Top Chef Flash-Frozen Meals

Don't have time to plan and shop for a healthy meal? Get these flash frozen healthy meals delivered to your door, for about the same or less than it costs to shop, prepare, and make it yourself. They're customizable to meet your dietary needs, prepared fresh that day, then frozen and shipped to your doorstep in time for dinner. topchefmeals.com from \$6.28





New Primal Meat Sticks

Packed with almost 10 grams of clean protein and under 100 calories, these flavored meat sticks are a fresh option from the usual high-sugar, high-sodium snacks. They're gluten free, Non-GMO, hormone and antibiotic-free, no added sugar, soy free, Paleo friendly, and made from free-range turkey and 100% grass-fed beef. thenewprimal.com \$1.99/per stick



Silca T-Ratchet +Ti-Torque Tool Kit

T-Ratchet and Ti-Torque combine to form a powerful force for good. Avoid damage to your bicycle's high end carbon components such as seatposts, handlebars, and stems with this highly ergonomic tool. The T-Ratchet uses interchangeable magnetic components to convert from screwdriver to ratchet, to ratcheting T-Handle in seconds, and the Ti-Torque is made from Titanium and Aluminum with Hard Steel contact surfaces. It weighs only 30 grams. silca.cc \$98



Slumbr Cassiopeia Pillow

Filled with the finest quality, long-lasting 100% European goose down, this pillow cradles your head in billowy softness without flattening out. The airy-light Cassiopeia is great for squishy comfort yet remains supportive enough, even for side sleepers. Standard size (20" x 26"), fits standard pillowcases. Slumbr.com \$225



FATHER'S DAY!

Pelican U100 Urban Elite backpack

This 16-liter durable ballistic nylon backpack comes with a built-in watertight and crushproof laptop case. It fits laptops up to 17" in its impact-protected front compartment, and it is waterproof tested for 3 ft. underwater for up to 30 minutes.

pelican.com \$299.95



Ten Thousand Villages Eco-Leather Wallet

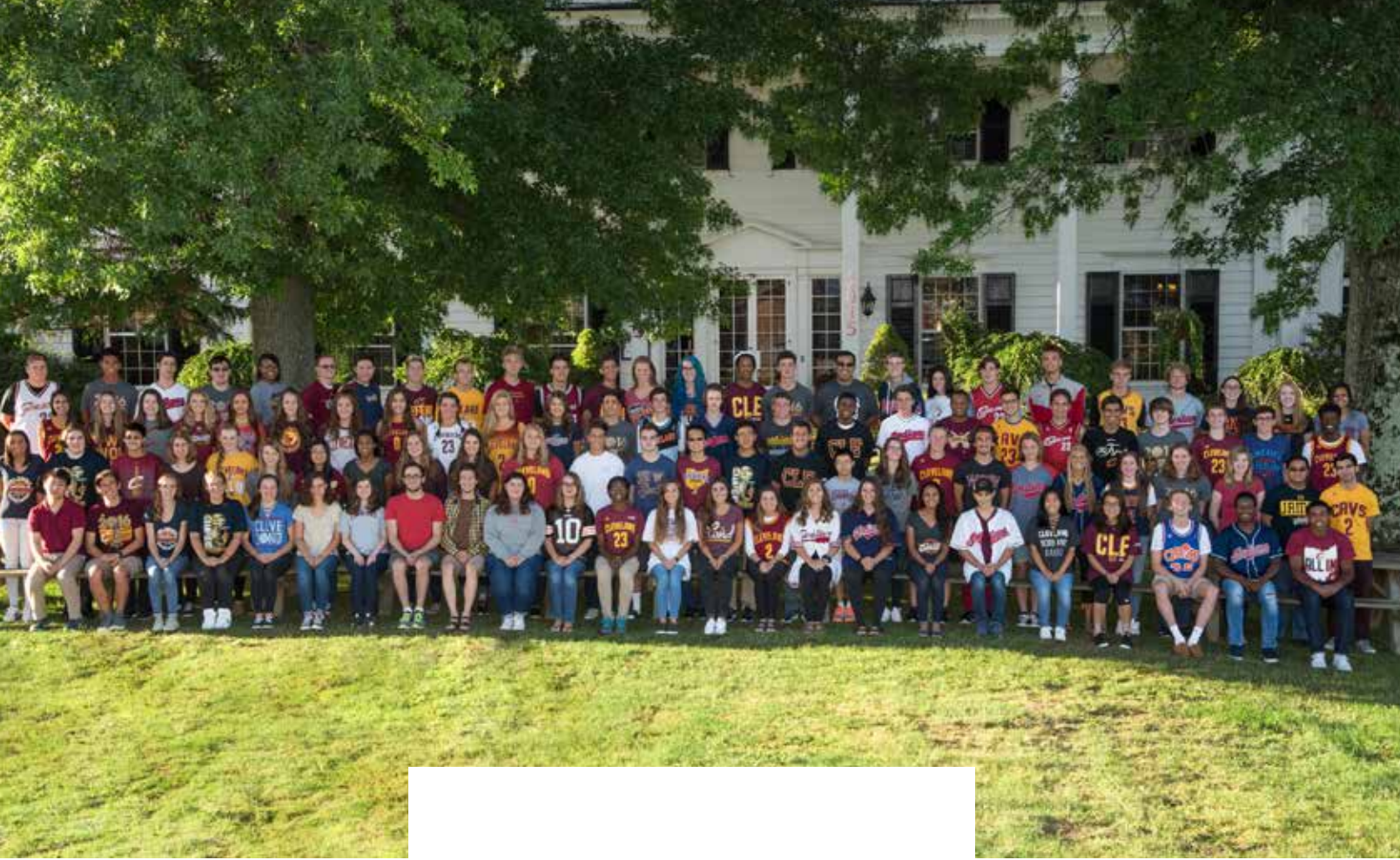
This authentic Fair Trade product is handcrafted in India and tanned with materials derived from sustainable tea bark extracts and waxes. The vegetable tanning process was used in India in ancient times to tan leather.

tentousandvillages.com \$39.99

Body Glove Amphibious Men's Boardshorts

The versatile amphibious boardshort features a 20" outseam, 360 drawstring waist inside, 1/4 top front pockets and back-welt pockets, a side zip pocket, and zipper fly. It's made of rip stop polystretch and is all mesh lined. bodyglove.com \$52





CONGRATULATIONS
CLASS OF
2017

HAWKEN READY

For more information about attending or
visiting Hawken, please call 440.423.2955
or go to www.hawken.edu

HAWKEN
SCHOOL
Co-ed Preschool-Grade 12





GRADUATION!



Nutcase the Zone Helmet

The Zone is a full-coverage helmet with innovative technology that does not compromise airflow or fit. The easy-to-use, no-fuss features on this helmet make The Zone a great choice for the on-the-go rider, and its ABS shell will speak to BMXers who need a full-coverage, durable helmet that sits low on the head. nutcasehelmets.com \$49.95

Kammok Roo Hammock

The Roo Hammock will give you a comfy place to rest wherever you decide to put it. Perfect for parks, backyards, BBQs, patios, and music festivals. Big enough for two people. kammok.com \$99



Margie Edwards Gold Oval Labradorite Necklace

This necklace features a semi-precious iridescent gray-blue labradorite stone set in a 14kt gold-filled encasement and hanging on a 16" 14kt gold-filled chain with a lobster claw clasp.

margieedwards.com \$61

Easy-Doks Dok CR33

The Easy-Doks Dok CR33 is a universal 5-device charger that simultaneously charges, docks, cradles, and plays music on any device that uses a USB cable, including smartphones, tablets, watches, MP3 Players, and more. The CR33 uses Smart SCD Technology (Smart Current Detection) that adjusts the current flow to ensure proper charging current and amps specific for each device. It also includes a high quality 6 watt Bluetooth Speaker and speaker phone to play music or answer calls hands-free on one device on its high quality speaker system while charging. easy-doks.com \$79.99



Skinit Phone Case

Make your own customized smartphone skin using the Skinit customizer. Add your own designs or images to create a skin that reflects your personal style. skinit.com from \$14.99



Under Armour Gear (UAG)

Designed to fit the Apple Macbook Pro 13" with Retina display, this rugged case has an armor shell and impact resistant bumpers, a dual lock secure screen closure, and cooling vents for uncompromised air flow. It meets military drop-test standards.

urbanarmorgear.com \$79.95



Photo: Beth Segal

The Value of Volunteering

Some teenagers see volunteering as simply a graduation requirement, and some parents push it as a college resume-builder. Maybe it's time to take a step back and see what the real benefits are.

1. You can make a difference. Yes, it's a cliché, but for millions of Americans volunteering really is about a desire to help others in their local community—or around the globe. For these teenagers, volunteer work can be tremendously rewarding, not to mention eye opening.

When Bonnie Nieuwstraten's son, Ben, now age 15, went to Guatemala to build wells, he was stunned by the process villages use to get safe, clean drinking water that we take for granted.

But, Nieuwstraten emphasizes, you don't have to travel to another

country. Her three teens realized their good fortune through monthly trips to the local homeless shelter handing out socks, sandwiches, and hygiene items.

2. You can explore a career. Another real-world benefit of volunteering for teenagers? Career exploration, which can help teenagers start to think about prospective majors well before arriving on a college campus.

Kristin Miller, a college consultant in Portland, Oregon, recommends teens focus their volunteer efforts in an area that interests them as a potential career to avoid wasting time (and money) pursuing a college path that isn't for them. Your teen may think she wants to be a veterinarian, for example, until she volunteers at an animal shelter and learns you

don't cuddle kittens all day.

You can help by finding opportunities where your teenager can explore a field in a hands-on capacity, whether that's education, medicine, engineering, social work, or one of the numerous other workplaces where volunteers are welcome.

Meanwhile, if your teenager is only volunteering to impress the college admissions office, here's a tip: half-hearted won't cut it, so it's better to focus on activities in which your teenager really is interested. Like any other extracurricular, colleges don't especially care what the activity is. They care that your teenager was committed to the activity. "Colleges aren't that impressed with a few volunteering hours" listed on a student's application, says Miller. "Volunteer efforts must have a real impact." —C.E.

The Tall and Short of It

When Your Teen Doesn't Feel They Measure Up

I'm tall for a girl. I spent my teen years being asked if I played volleyball, despite my lack of athleticism, and I wore ballet flats at my wedding. My teen boy, eh, not so much. In a massively unfair irony, he didn't receive my statuesque build.

Of course, teens will always compare themselves to others, be it on looks, intelligence, or athletic talent, notes Sheri Gazitt, parent educator and founder of Teen Wise Seattle. But unlike some traits, there is literally nothing you can do about your height (and many other physical characteristics for that matter).

Still, some teenagers struggle with aspects of their physique.

"It sometimes happens that teens come to their parents with concerns about their body and how they look. And those concerns can be really specific. They may say 'I hate my nose. I can't stand my ears. My lips are too thin,' explains Lisa Damour, Ph.D., author of *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood*.

Steer clear of a lecture or invalidating their feelings, say both Damour and Gazitt.

"The first thing you want to do when responding to your teen is not critique them for having this anxiety. They come by it honestly and if you respond to them saying, 'Why are you so superficial' or 'What are you talking about? There is nothing wrong with you,' you are not going to get the conversation off on the right foot," explains Damour.

Instead, validate the concern. "Say, 'Look, I understand you don't love the shape of your lips. We all have parts of our body that are not exactly the way we wish they were,'" suggests Damour.

Then help put it in perspective. Maybe dad has big ears or grandma is extra petite. Those are the characteristics that make us unique and that loved ones often appreciate the most.

"Your teenager will probably not love this response," adds Damour. "But our job as a parent is to help them keep perspective and it is very hard for teenagers to maintain perspective on things relating to appearance and attraction."

It's also helpful to hone in on what teenagers do like about themselves, notes Gazitt, from physical appearance to character strengths and skills. "Your goal is for them to appreciate their amazingness."

I can't speak for the shorter boys, but I can help the tall girls out there. A lifetime avoiding heels? Magical.

—Cathie Ericson



How to Cook a Meal

Your teenager should be able to cook a few simple recipes before leaving home. Many college students move off campus by junior year and, let's face it, eating healthily (and on a budget) means knowing how to cook for yourself. Hand your teenager these instructions, then help where you're needed (like a ride to the store) with an eye toward making your involvement unnecessary after your teenager gets some experience.

1. Pick a simple recipe.

Look for a recipe with a small number of ingredients (5-6 maximum) that you can make with the kitchen equipment you have on hand (if it calls for a food processor and you don't have one, move on). Google is your friend here. If you want to make macaroni and cheese, for example, google "easy macaroni and cheese." Another way to cook a meal is to focus on one or two ingredients you want to use. For example, if you like brown rice, google "easy dishes containing brown rice"—you'll get thousands of hits.

2. Make a grocery list.

Check every ingredient in your recipe. If you don't have it at home, add it to your list, and head to the store to buy what you need. Make sure you indicate how much of each ingredient you'll need. If a recipe calls

for a pound of apples, don't just write "apples." You will likely forget the amount you actually need by the time you get to the store. (Tip: keep the recipe on your phone, so you can refer to it at the store if necessary.)

3. Read the entire recipe before doing anything.

This helps you know what to expect in advance, including what you should prep before starting to cook. For example, a recipe may say add onions, then cook for a minute and add garlic and the rest of the spices. If you have not prepped the garlic and spices, you will not be able to do so in the minute the recipe gives you.

4. Prep ingredients, then cook.

Prep your ingredients (cut the vegetables and meat, measure spices and other ingredients, etc.) and set aside. Now you are ready

to start your recipe. Make sure you follow every step! Recipes work well when you follow the directions, not so well when you don't (though once you are comfortable with a recipe, you may find ways to improve it).

5. Clean Up.

Not only is cleaning up after yourself courteous and appreciated by others with whom you live, but a clean kitchen can help prevent foodborne illness. Immediately refrigerate any uneaten food. Any surface or utensil that came into contact with raw meat should be washed with hot soapy water. Wash your

dishes and dispose of the trash. Wipe the counters and sweep the floor if necessary.

Ideas for recipes to start with: frittata (like a quiche, but easier); simple pasta dishes, like lasagna (use store-bought sauce); and basic meals, like baked chicken, mashed potatoes, and a salad. For more ideas, google "easy meals to learn how to cook."



Photo: Beth Segal

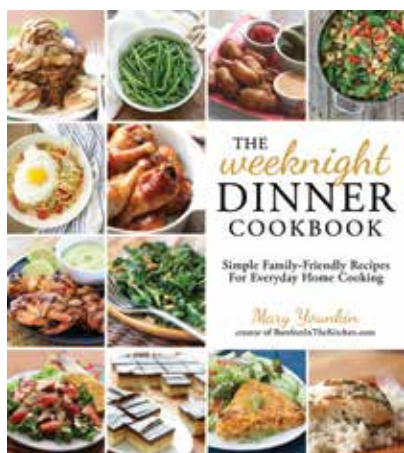
Looking for dinner ideas at the last minute?

The Weeknight Dinner Cookbook by Mary Younkin is the perfect way to get dinner on the table quickly and easily with recipes for tasty main dishes and flavorful side dishes, plus a sprinkling of sweet treats. The recipes in this book are made from scratch, and each chapter conveniently separates them by cook time:

15–25 minute meals, 30–45 minute meals, and 5–10 minute prep (meals cook on their own in the slow cooker or oven). Chef Mary Younkin has ideas that your whole family will love and that you won't have to spend hours preparing.

Whatever the occasion, there is a recipe here to help you get a fresh, great-tasting meal on the table in no time. Each entrée provides notes for side dishes as well as tips for adapting the recipe. Many recipes are gluten-free or suggest gluten-free substitutions.

One of her own kids' favorites from the cookbook is this recipe for an easy meal that you can eat with your hands—no utensils required! Chef Mary says: “Classic chicken cordon bleu ingredients meet a handheld meal that only takes a few minutes to prepare. These sliders are stacked with chicken, ham, and cheese, and a creamy honey mustard sauce ties it all together. The first time I made these sliders, my kids immediately gave them two thumbs up and asked when we could have them again. I like to serve these sliders with Mixed Green Salad with Oranges and Cranberries.”



CHICKEN CORDON BLEU SLIDERS

Serves 6.

INGREDIENTS:

- ½ lb deli black forest ham, very thinly sliced
- ½ lb Swiss cheese, thinly sliced
- ½ lb deli chicken breast, very thinly sliced
- 12 dinner rolls

Honey Mustard Sauce:

- ¼ cup mayonnaise
- 1 ½ tbsp Dijon mustard
- 1 ½ tbsp honey
- 1 tsp fresh lemon juice
- Pinch of kosher salt

DIRECTIONS:

1. Preheat the oven to 400°F.
2. Slice the dinner rolls in half, and place them cut side up on a large baking tray.
3. Whisk together the sauce ingredients and spread about 1 tsp of sauce on each half.
4. Place a slice of ham, draped and folded into a pile, on one half of each roll. Place a half slice of cheese over the ham. Layer a slice of chicken, again draped and folded into a pile, over the cheese. Place the second half slice of cheese over the chicken. Divide any remaining cheese between the rolls and place the top roll over each slider.
5. Bake the sliders for 5 to 6 minutes, until the cheese has melted. Remove from the oven, and serve with extra honey mustard sauce, if desired.

Cook's Note: When purchasing my meat in the deli, I ask for the meat to be sliced thin enough to fold, but not shaved and falling apart. In my experience, this is a “0.5” setting in most delis. I like the cheese in this recipe to be slightly thicker than the meat, at a “1” setting in most delis.

Q & A

...with Raúl De Molina



Raúl De Molina is a multiple Emmy award-winning co-host of the Univision entertainment news show *El Gordo y la Flaca*. When he's not on camera, he's trying to keep up with his 16-year-old daughter, Mia. We sat down with De Molina to hear about the trials and triumphs of raising a teenager.

What are some of the challenges of having an independent 16-year-old daughter?

Mia is 16, and like many kids her age, all she wants to do is drive around. She is always asking to take the car, saying she needs to drive. She goes out all the time with her friends on the weekend, until 11:00 p.m. She's also gotten a few tickets. So this is really difficult for me. I wait up to see when Mia is going to come home. She is out too late, and I call, and she tells me all the things that are going on and that she's at her friend's house and on her way home now, and I say, "Mia, I am taking the car away next week."

Do you have a curfew?

We have an 11:00 p.m. curfew unless she has a special occasion like a con-

cert. And I always wait up until she comes home. Miami is one of the most beautiful cities in the United States and I wouldn't change it for anything. I mean, I love this city. But it is difficult to raise a kid here. It's completely different than anywhere else.

Does she want to be on camera like you?

She did a show on Univision and it went very well. Her first paying job was in Italy, and she loved that. She did five or six episodes. If Mia were to do a show, she would like to do a reality TV show with her friends. But she doesn't really love to be on TV. And now she thinks she wants to go to business school.

Do you try to raise your daughter similarly to how your parents raised you?

I grew up with my mother alone. My father was put into prison by Fidel Castro when I was born. I never got to see him until I was in my 30s. My wife and I try to spend as much time as we can with our daughter. On Fridays and Saturdays, she mostly goes out with her friends. She goes out a lot and travels a lot. But Sunday is family day. Sunday she spends here with us.

What is the hardest part about raising a teenager?

They think they know more than you. Whatever you think, it isn't that way, it's this way. It is either their way or no way. They know more than me, my wife, their grandmother and all that. So that is very difficult. ■

Armada

by Ernest Cline

PARENT REVIEW

By **Sarah Pinneo**

In the first scene of *Armada* by Ernest Cline, the teenage protagonist looks out the window at school and sees a spaceship fly past. As if that weren't crazy enough, he recognizes the ship from a video game he plays daily with his friends.

The premise is straight out of any teen's day-dream. Then the plot gets more exciting. The next spacecraft to buzz the high school has come for him. And there are those odd journals in the attic in which his deceased father spun a conspiracy theory that never seemed possible until now...

Ernest Cline is that rare author whose dystopian sci-fi has crossed over to audiences who don't usually read sci-fi. The author succeeds because his two hits—*Armada* and *Ready Player One*—both function on two levels. Fans of any age will enjoy the plot-driven stories. But the settings are also drenched in 1980s culture. You can read them either for the thrills, or for the nostalgia of happening upon a reference to a video game you played at Pizza Hut in 1984.

In other words, *Armada* may have been designed in a laboratory to become the perfect parent-child read, artfully spanning the generation gap. Since video games—and our kids' overreliance on them for entertainment and social interaction—are often discussed at home, why not share this uplifting adventure tale of video games gone wild?

Armada doesn't merely worship video games, it has a lot to say about the current state of the world. Touching on themes of family, loyalty, trust, and secrets, the book is at its best when covering that most unfortunate human impulse: violence. Before the book is over, our young hero will have to convince his elders that only through selflessness and the mitigation of violence can civilization survive. And when the hard-won happy ending eventually comes, it is not without great sacrifice.

It's the best possible message for a book which celebrates video games, short of asking its reader fans to put down the controller and actually go outside.

Sarah Pinneo is a novelist and food writer in Hanover New Hampshire.



TEEN REVIEW

By **Jackson Lake**

I enjoyed Ernest Cline's *Armada* for a number of reasons. First of all, everyone can relate to the main character, Zach Lightman, as he is simply a regular teenager who enjoys playing video games and likes talking about movies and comics with his friends, Cruz and Diehl.

Zach is not particularly intelligent or sociable, he doesn't have some sort of special ability, and his only talent is that he is incredibly good at video games. If you like science fiction movies or video games you will enjoy this book. Cline mentions *Star Wars*, *Star Trek*, and *Space Invaders* and other movie and video games from the 80's.

But whether you like sci-fi or not, this book has a great plot. The story draws you in as Zach reads from his deceased father's notebook. In the notebook, Zach finds his father's conspiracy theory and evidence of the government's long-term plan to use video games to train the citizens of planet Earth against an oncoming alien invasion.

That plot line flourishes into a thrilling adventure with gripping twists. Also, the manner in which the story is told is often quite hilarious, and the humor is a great addition to the surprise-laden science fiction plot.

Throughout the book, Zach must overcome problems of his own. He has anger management issues, and school is often a challenge for him. He wishes that his life were more like the fantasy and sci-fi movies he watches. Cline does a great job portraying how Zach deals with his problems and showing Zach's emotions as his life dramatically changes.

Although Cline uses the common plotline of an alien invasion, he turns it into a much different and more interesting story. Zach, who has already seen and read classic alien invasion movies and novels such as *Ender's Game*, believes that his experience with an alien invasion will be similar. I found it interesting to see how Cline depicts an alien invasion differently from other books, and to watch how Zach handles a real alien invasion.

Armada was a very worthwhile read. I enjoyed everything from the characters in the story to the incredibly entertaining plot line. I suggest this book to everyone, whether you like sci-fi or not.

Jackson Lake is an 8th grader, a soccer player, and a guitar player for a rock band called Radium.

NOW OPEN

AMAZING SPECIES

Life at the Limits

Discover the stories of the
Most Incredible Creatures
on Earth

Explore the diverse and
sometimes jaw-dropping
strategies animals and
plants employ to find food,
fend off predators, reproduce
and thrive in habitats many
would find lethal.

TICKETS AND INFORMATION
AT CMNH.ORG



Cleveland Museum of
NATURAL HISTORY



Amazing Species: Life at the Limits is organized by the American Museum of Natural History, New York (amnh.org)



Photo: Laura Dempsey

Summer is the Time for Exploration

By Diana Simeon

For many teenagers, it's hard to find time during the school year to do anything but, well, school. Between homework, sports, and other school-related extracurriculars, teenagers rarely get to bed at a reasonable hour, much less have time to spend pursuing outside interests.

Yet this kind of exploration can help teenagers figure out who they are and, perhaps more importantly, who they might want to become.

That makes summer special. Because teenagers actually have time on their hands, it's an opportune time to explore an interest, even if just for a few weeks.

David Pashinsky discovered that over many summers with the Cleveland Museum of Natural History. "Around 5th grade, I started participating in their outdoor education program, and I just stuck with that program all the way through high school," he says. Those experiences—which included week-long trips to the Adirondacks and other natural areas of the northeastern United States—led Pashinsky to the University of British Columbia, where he's now a freshman.

"I wouldn't be here studying forest sciences if I didn't spend so much time with the museum going out and studying the natural areas in Ohio," he says. "I just had so much fun in those programs that I had to keep going in the field."

Who Am I?

While the school year is about learning, it's often in a summer experience that teenagers will learn the most about who they are.

"I came to be interested in natural history through camp experiences, especially with back-country trips in middle school and high school," explains Julia Swanson, who studied geological sciences as an undergraduate at Northwestern University and is today an outdoor education coordinator and

science educator for CMNH. "There was so much to see, to learn about, and to explore," she recalls.

This summer, Swanson will take a group of Cleveland-area high school students on a week-long, back-country hiking trip in the

Cleveland Museum of
NATURAL HISTORY



Brought to you by the **Cleveland Museum of Natural History**, where discovery starts with you. Learn more at cmnh.org.

Adirondack Mountains as part of CMNH's Future Scientists program.

High-school junior Emily Broussard will be among those students. It will mark her fourth summer as a Future Scientist.

"I started the summer I was going into freshman year," says Broussard. "I was interested because I liked hiking and being outside and the tie to science—the natural sciences specifically."

And, like Swanson and Pashinsky's excursions, Broussard's summer experiences have got her thinking about opportunities for her own life. "It's helped me think about the way I view the world and what I want to do in life." ■

HOW TO HELP

Some motivated teenagers will seek out opportunities without their parents' help. But many (if not most) could use a nudge or two. Here are three ways parents can help:

ENCOURAGE BRAINSTORMING. "I recommend that students make a list of the things during the school year, where they said, 'I wish I could do that, but I don't have time,'" says Sara Lindberg, a longtime middle and high school counselor at Washington's Central Kitsap School District. "Then pick a few things off of that list."

LOOK FOR THE SPARK. You may find history fascinating, but if your teenager would rather spend the summer programming computers, then go with that. In other words, the activity should be something that your teenager has an authentic interest in.

Explains Lindberg: "If the 'interest' is something manufactured by a parent, a teen is not going to see the value or learn from that experience—and consequently, may never try it again."

Lindberg adds that the best advice she gives parents actually came from Julie Lythcott-Haims, author of the book *How*

to Raise an Adult. "She once told me: 'We shouldn't try to create a spark of interest for our kids, but when we see it in them, we should do all we can to nurture and develop that interest further.'"

CANVAS THE COMMUNITY. Parents can also help by canvassing what the community offers. (Many teenagers won't have time to do this during the school year.) Chances are you'll discover opportunities that overlap with your teenager's list of ideas. Museums and other educational institutions—like your local community college—can be a great place to start.

For example, at the Cleveland Museum of Natural History, where Pashinsky spent summers, teenagers can explore fly-fishing, rockets, and even forensic science. The latter is in a program called Junior Medical Camp.

"It's set up to run like an episode of 'House,'" explains Mary Rouse, manager of public programs for the museum. "High school students spend a week solving a medical mystery. The whole goal of it is to give hands-on experiences and ideas of what you can do with a career in medicine, which is not just becoming a doctor."



SUMMER is for SAVING

Tri-C® has the lowest tuition in Northeast Ohio so you can earn college credits and save money this summer. Credits transfer seamlessly to four-year colleges and universities.

Register Now
Classes begin May 30, June 12 and July 3

www.tri-c.edu/summer



Where futures begin™

17-1256

SAY SPRING FORUM

Navigating Adolescence in an Ever-Changing World



Presented by

Kristina Knight, Ph.D.

Kent State University College of Public Health

Thursday, May 18

9-11 a.m.

(registration at 8:30 a.m.)

Bellefaire JCB / Wuliger Center

One Pollock Circle / 22001 Fairmount Blvd. / Shaker Heights, OH

2 CEUs and RCHs

Topics Discussed

- Developmental tasks for youth that occur as part of the transition from childhood to adulthood
- Environmental factors that contribute to the development of youth across generations
- Intergenerational approaches that can be used to support positive youth development

RSVP:

Nancy Schaumburg, LISW-S
SAY Coalition Coordinator

216.320.8469
schaumburn@bellefairejcb.org



SAY – Social Advocates for Youth is a school-based prevention and early intervention program of Bellefaire JCB for students in middle and high school. SAY services are offered in eight east suburban school districts in Cuyahoga County: Beachwood, Chagrin Falls, Cleveland Heights-University Heights, Mayfield, Orange, Shaker Heights, Solon and South Euclid-Lyndhurst.

For Information:

Chris Ruma-Cullen, LISW-S,
CDCA
Director of SAY

216.320.8203
cullenc@bellefairejcb.org



Picky Eaters



Last year, my daughter had the experience of a lifetime when she went to Paris in the spring. Naturally, I was incredibly nervous about letting a high school sophomore fly halfway across the globe without me. All of the traditional travel-related worries came to mind, but what I really feared was that she might starve to death.

You read that right. The kid is a maddeningly, stubbornly, mind-bogglingly picky eater, and I knew that she wouldn't be open to trying new foods during her two-week adventure. In the culinary capital of the world.

I have very little patience for pickiness. When a child I carried and nurtured turns up her nose at the delicious food I have lovingly prepared for her, I'm filled with a burning rage. The girl is brave enough to jet off to France, but she's too afraid to eat anything other than white rice and sauceless chicken. If she suffered from some kind of food allergy, I would be more understanding. But she is just being stubbornly picky.

I was scared to unleash an entitled American with a choosy palate overseas, but thankfully she was able to eat her fill in Paris. She discovered a love for plain baguettes. Mademoiselle has no taste in food.

Kathleen Osborne is a marketer and a mother to Patrick, Molly, and Annie Gleydura.



Photo: Beth Segal



My favorite food is rice. Plain starch is a perfect meal. For each school field trip I take, I have to choose from the long list of repulsive foods to list under the column of allergies, which is code for "disgusting."

Sometimes I want to take the leap to try new things, but that can be risky. For some unknown reason, people like to put onions in everything. Picky eaters can't win. I get weird looks for asking for half the ingredients to be left off a meal, weird looks for picking around the undesired items, and weird looks for not eating what's on the plate. It's tiring being berated for not expanding my palate, but I can't figure out why my parents don't just choose restaurants and foods they know I like.

Non-picky eaters don't get it. Think of something that tastes awful to you, and try having it served to you at every single meal. Now watch everybody get mad at you for not eating it with a smile.

If you ever actually find yourself in this situation, I have a tip: Ask for a side of rice.

Molly Gleydura is a high school junior and an aspiring athlete.

Picky Eaters: **ADVICE FROM AN EXPERT**



Many of our taste preferences are programmed early in life so that by the time we become teenagers, it may be difficult to reprogram. But barring early childhood trauma around eating (such as a severe food allergy, the need for tube-feeding, swallowing difficulty, sensory disorder, etc.) or a problem called “selective eating disorder” (which is adult picky eating), taste and texture preferences can change.

It’s important to normalize eating nutritious foods. Parents can do this by (1) serving them as part of a balanced meal; (2) setting a good example by eating them yourself;

(3) not forcing; and (4) eating meals together as a family without distractions like TV and phones.

Teens: Try to embrace the idea that foods contain essential nutrients for optimal health and well-being. Eating a balance of foods from every food group makes you feel great—physically, emotionally, and mentally. Agree with your parents to taste small portions every time they’re offered. Since we tend to like foods we’re familiar with, we need to try them many times to get used to different textures and tastes.

Parents: Ask your teen for input when experimenting with different recipes that vary cooking methods, forms of the food,

seasonings, and sauces—e.g. some vegetables are boring and bland when steamed, but rich and sweet when roasted with a little olive oil and salt. Experiment with raw versus cooked, like raw apple slices versus homemade applesauce. The key is to relax and not make a big deal about it, so long as your teen is growing the way he or she is expected to grow. Plan meals and dishes to include the few healthy foods he or she eats as often as possible, and accept your teen the way he or she is. Definitely do not use food as a bribe, threat, punishment, or reward.

Janet Kramer, MPH, RDN, LD, is a clinical dietitian at Rainbow Babies and Children’s Hospital, Cleveland.



J-DAY CAMPS

J-ADVENTURE/J-TRAVEL CAMP

JUNE 12 – AUGUST 4 • 9 AM – 4 PM • MANDEL JCC & HALLE PARK, BURTON

NEW! J-Adventure Camp (GR 6-7)

- Day & overnight trips with weekly community service projects
- Two days a week at Anisfield Day Camp, our country camp site
- **FREE** towel service at camp
- Fabulous trips to Cedar Point, Columbus, Kalahari, Clay’s Park & more!

NEW! J-Travel Camp (GR 8-9)

- Overnight & day trips
- Trips include Syracuse, NY; Chicago, IL; & Niagara Falls, Canada (*passport required*)
- **FREE** towel service at camp
- *Tikkun Olam* – repairing the world through weekly community service

Register at mandeljcc.org/daycamps • For info call (216) 831-0700 ext. 1349






Mandel
Jewish
Community
Center



Sibling Rivalry

You Will Survive It

Parent

By Elisa Torres



I could feel the heavy energy in the air as the girls purposefully ignored one another at every opportunity. Their rivalry isn't loud. It's the silence that signifies there is

tension between these two normally fun-loving sisters. And today that tension was visible. It was visible in the pursed lips and clenched jaw of the eldest and in the tears coursing down the cheeks of the youngest. Briana had asked why the kitchen chores weren't finished. Naomi bit out something that included the words "...and it's not fair!" and went to her room and closed the door firmly. I watched them avoid conversation and interaction for an hour. I was tempted to intervene and try to help them solve the disagreement, but I also wanted them to resolve this conflict on their own. It was a dilemma because I felt a deep need to

have the peace and joy in our home restored for the sake of all.

Both sisters are singers, and ironically, we were in the middle of producing an album celebrating the connection between parents and children. This conflict had come during a week of many scheduled events: high school play practices until 9:00 p.m. each night, choir recital, music production meetings in the home, studio recording sessions, even serving the homeless in the local soup kitchen. Everyone had a full plate, and evidently our collective plates had overflowed in the kitchen that evening.

When they were younger, I would assign them certain "Togetherness Chores" so that they might work side-by-side on a common goal until their emotions settled down. Usually those chores ended with both of them giggling and making plans for playtime afterwards. Togetherness Chores do not seem to work anymore. On this day, I asked Briana to resolve it herself.

Instead of talking it out with her sister, she decided to clean the kitchen herself. In the interest of allowing her to find her own way in life, I often let her

do things that I might not agree with. Doing her sister's chores that night was not what I considered the best choice, but I stayed quiet. A few minutes later, Naomi came out. She stood in the kitchen, turned a full circle observing all, then came to me with a kiss and a sweet "Thank you, Momma!"

I kissed her back and said, "Don't thank me, thank your sister. She did your chores." They talked, and she did thank her sister, but the best part of the conflict was hearing her explain why she felt that the chore load was unfair that particular week. It actually made sense once she articulated it for us. She was overwhelmed with school activities and felt the need for her home time to be restful. It helped me to realize that, even though they are becoming adults, I sometimes need to be more cognizant of the areas where they are still "kids" and I need to intervene on their behalf.

Elisa Torres is a single mom, former home-schooler, writer, singer/songwriter, and life coach. Tune in to her twice-weekly CoffeeChat on Facebook or follow her on Facebook at One More AMAZING Day.

Teen

By Bree Torres



Two weeks ago, we sat down as a family and, once again, tried to figure out what to do about the mess in our home. We are students, artists, and singer/

songwriters, and our home is also our production studio and practice place. With all the comings and goings of us and others in our lives, the house seems perpetually cluttered. Coffee cups and music sheets usually adorn the end tables, and pots from last night's dinner still sit on the stove. The living room shows signs of life as well: scattered throw blankets, game boards, and empty popcorn bowls.

Although to the casual observer, this may not look like much, it's a constant source of tension. Between working, school, the album, choir, plays, and everything else that goes on, there never seems to be enough time set aside to clean up the house.

There we were, one week after trying to set down rules as to who cleans the kitchen on specific nights. I'd come home from class to a messy kitchen and a frustrated mom because, once again, the chores hadn't been done. I angrily went to my sister's room and asked why she hadn't done them, as it was her night to clean up. She yelled something about having too much to do and slammed her bedroom door shut. So I cleaned the kitchen myself.

This is just one instance of sibling rivalry in the house. From the old days of arguing over who gets to play with dolls, to not speaking because one of us messed up the plan to keep the house in order, there's always something to fight about. More often than not, I settle the disputes by doing the chore that needs to be done or just walking away from the argument. On the rare occasion my sister cleans up, she says, "See. I do clean the kitchen!" Yes, she does. Sure, that one time three months ago.

All rivalry aside, we usually do get along. Just not when it's about responsibility and follow through. When we fight, neither of us respects the other person enough to listen.

We are all very busy, but what can I do when no one else helps? Sometimes I find myself not doing my own chores to say, "See? I can do that too!"

On this particular night, my sister came and thanked me for helping her. I looked at her and said, "I didn't help you. I did your chores myself." SOS. I could use some help with this!

Bree Torres is a singer, song writer, barista, big sister and valiant contender to be mom's favorite child.

Expert

Bickering. Yelling. Whines of "It's not fair." Tattling. Sibling rivalry can (seriously) annoy even the most even-keeled parents. We asked some of our favorite experts how parents can help.

1. LESS IS MORE. When it comes to sibling rivalry, many parents wonder how much to intervene. "As little as humanly possible," says Dr. Michael Bradley—author of *When Things Get Crazy With Your Teen: The Why, the How, and What to Do NOW*. "It's tremendously hard, but this is normal, natural, and important for kids to go through. The more parents step in, the worse it gets. Parents can do more damage when they try to decide guilt without knowing all of the information. Say, you hear an explosion. You weren't there. You don't know who did what to whom. And even if you were there for the explosion, you're still only seeing the end product. Maybe today's "victim" was actually yesterday's villain. You don't know, and that's why you've got to shrug your shoulders and say, "Sorry I wasn't there. You have to work it out."

2. IF YOU MUST INTERVENE, DON'T TAKE SIDES. Let's face it, it can be hard — sometimes impossible — not to intervene, especially when it seems like one sibling is always the aggressor. And especially on those days

when you've just had enough already. Tread carefully, says parenting expert Amy Speidel. "I hear a lot from parents that an older child is coming in as an agitator and needling the other child until that other child has a meltdown. And our inclination is to come in and say, 'All he wants is to look up to you and have him be your friend and then you treat him like that.' In that dynamic, we are sainting one child and demonizing the other."

Instead, says Speidel, ask that sibling to take a break. "You can say, 'It doesn't sound like the way you are responding is how our family is. So, take a break and come back and be the person that you know how to be and that honors our family.'"

3. TAKING SIDES HURTS MORE THAN PARENTS MAY REALIZE. In fact, it can make a teenager feel like he's been kicked off the family team—a situation that makes sibling rivalry worse, not better. "Most sibling rivalry is about children wanting to feel special. Teenagers are no different," explains Joy Hartman, a family therapist near Milwaukee, Wisconsin. "They want to feel special and loved as they face the pressures of the outside world. Family is the place to relax and be themselves—the place to belong and be loved. Teenagers are developing their own identities and interests, often with a hint rebellion or defiance. As difficult as it seems some days, offering your teen unconditional love—and treating them as a valuable team member—will give them a lifetime of knowing they belong somewhere."

This sense of belonging can also help tone down the rivalry. Notes Hartman: "Teens who feel a part of something bigger than themselves have what it takes to manage the complicated emotions behind rivalry with their siblings as they venture into the world."—D.S.



Parenting After Divorce

Strategies to Strengthen the New Family

By **Cathie Ericson**

As parents, the last thing we want to do is hurt our children, but sometimes our own relationships crumble, and the fallout can be rough.

While divorce is hard on kids of any age, teenagers may suffer more than their younger siblings during a divorce, says Christine Leatherberry, an attorney with Connatser Family Law in Dallas who has helped many families through the process. “Parents are more likely to unload their problems on their teens and lean on them during the divorce, compared with a younger child,” she says.

As hard as it may be, and as much as you may be hurting, you must remember that your teen is hurting, too—and depending on you for help. Here are some ways to help your family deal—and, hopefully, heal.

Proceed with Caution

Honest communication is best for teens, but that doesn't mean you should air your dirty laundry—no matter how tempting that might be, says Gayani DeSilva, M.D., adolescent psychiatrist and author of *A Psychiatrist's Guide: Helping Parents Reach Their Depressed Tween*.

Don't fall into the trap of believing teens are more grown-up than their younger siblings and thus deserve more information about the divorce, warns Erica Wollerman, a licensed clinical psychologist and owner of Thrive Therapy Studio in San Diego. Your teenager doesn't need details about affairs or other bad behavior nor does your teenager want to hear all the ways you believe your divorce is your ex's fault. Remember, that ex is still your teenager's parent.

Wollerman recommends that parents use straightforward language like, “We have tried really hard to make our marriage work, and unfortunately, we think it might be best for us to separate.” Then, emphasize that you love the teen, this is not her fault, and you all will be working through the situation together.

Your kids will never forget how you handled yourself during this time, says Leatherberry, so approach it from a thoughtful perspective.

Co-parenting effectively can be tricky, so consider

finding a class or therapist who can help. Working as a team is critical for your teen's success and happiness, notes DeSilva.

Consistency Is Key

Teens are notoriously up and down, and one element of their lives that provides stability is their home. Even though that will be changing in some ways, it's up to the parents to keep it as consistent as possible. Here are three ways experts say parents can work to achieve that:

1. CREATE TWO REAL HOMES.

You want both places your teenager will be living to feel like home. While there is no need to create replicas of your child's original room, let him “own” some individual space in each household, says DeSilva. If you're able to reasonably duplicate items that he otherwise would be taking from place to place, do it. It's smart to make it as easy as possible with the least amount of packing and transporting. Of course, you

Four Commandments for Divorced Parents

Professionals see the same mistakes over and over—so here's your cheat sheet to avoid becoming "those parents."

1 Thou shalt not try to one-up each other with material gifts and permissiveness.

"Parents need to continue to parent their teens together, and support each other's parenting goals," says DeSilva. Don't fall into the trap of being a "Disneyland Dad," in contrast to a mom-who-makes-them-study-and-eat-vegetables, and don't allow your child to miss school or stay out later when you're in charge.

2 Thou shalt not say anything negative towards or about the other parent.

"Teens will be protective of the parent they see as the underdog, so do not feed into this dynamic by playing either victim or victor," says DeSilva.

3 Thou shalt tread lightly when dating.

As time progresses, parents are going to want to move on from the marriage, Wollerman points out. "While this is understandable, keep in mind your teen might not be ready to see you moving on." She recommends avoiding discussions about your dating life until you are serious with someone. "Then gauge how much you share based on how your teen is coping with the divorce." And before you introduce a significant other, discuss it with your teen and see how open she is to the idea. It's likely to go badly if you push her into it, she says.

4 Thou shalt not use your teen as a counselor.

It's inappropriate to share too many details or unload your angst on your teen. Wollerman encourages both parents to set boundaries about what they talk about because teens are very influenced by their parents sharing how difficult it is for them—especially if one parent is struggling more.

"Teens have enough drama in their lives and don't need the added stress of dealing with yours," Leatherberry says. "Rely on a friend or hire a professional to help you deal with the stress of divorce."



don't need two complete wardrobes, but try to have the basics stored at each house.

2. ADOPT SIMILAR RULES AND ROUTINES.

Parents should strive to be on the same page about what is allowed and what isn't, from curfew to dating to social media rules. Try to avoid being in a situation where your teen can play one parent against another.

"The more the message is the same at both homes, the easier it will be for all of you," says Erin Asquith, LCSW, a clinical social worker and therapist in Woodcliff Lake, NJ. "Otherwise, you fall into the 'Well, at Dad's house I can have my phone all night,' or 'Mom lets me have friends over whenever I want,' type of manipulative conversation."

If you have trouble agreeing on these rules and routines, consider meeting with a therapist who can help you get on the same page.

3. WORK ON THE SCHEDULE WITH YOUR TEENAGER.

While parents will make the ultimate decisions, allow your teen to have ownership over as much of the process as possible,

says Asquith. "Listen to what they're saying about preferred schedules, and think about taking it into consideration, or at the least finding a compromise so they feel heard."

And remember, even if you're no longer husband and wife, you're still Mom and Dad. "If the teen is with one parent and wants to talk to or see the other parent, it is best to facilitate that, if possible," says Wollerman.

Be Patient

The circumstances of each divorce are different, and the way each teen internalizes them will be different. "Divorce is a life moment that's likely going to be devastating to a child or teen," Leatherberry says.

"Some teenagers' reaction may be to shut down and not speak about it," warns DeSilva. Other teens may become more defiant and secretive, or may spend more time with their friends.

Most will need extra attention and room to express their feelings, expectations, and struggles. Therapy is often an ideal way for them to have a safe, neutral place to explore their feelings, she says.

"Parents are not in a good state of mind to counsel their

own children, nor are they neutral parties,” Leatherberry says.

You also should communicate frequently with the school, including teachers, counselors, and coaches. You need a team to keep an eye out for warning signs that your teen is having a tough time, and behavior at school can be a big tip-off, Leatherberry says.

Some red flags:

- Grades beginning to suffer
- Missing out on extracurricular activities and practices (sports, dance team, choir, band, etc.)
- Acting out, getting into trouble, tardiness, picking fights with others
- Excessive visits to the school nurse or pretending to be sick to get out of class
- Approaching the school counselor on their own (be sure your counselor keeps you in the know)

Remember that your teen won’t be this age forever, notes Leatherberry. “The goal is for your relationship with your teen and your teen’s relationship with both parents to evolve in a healthy manner over the long term,” she says. ■

One Big Happy Family?

The Brady Bunch only exists in TV land. In reality, combining two families can be incredibly tricky. When single parents get serious in a relationship, they might be feeling the crush of new love and the excitement of building a new life together. The kids who are involved (his/hers/ours) may not share their euphoria.

“It can take ample time for blended families to get into a flow that really works. The beginning can be

bumpy, so brace for impact,” says Erin Asquith, LCSW, of Verus Therapy in Woodcliff Lake, New Jersey. “Roles shift once you go from dad’s fun girlfriend to step-mom who now will discipline.”

Here are three steps to help ease the transition.

DEVELOP A PLAN.

First, you and your partner need to get on the same page. “It’s important for new partners to sit down and



discuss their values and what they want to teach within the new home they're establishing," says Asquith.

Once you've settled on a set of principles, invite input from all the kids. Share the principles in a family meeting, so everybody is in the know. But be sure to use the meeting as a springboard to let your kids share what *they* need.

While you're at it, discuss new rituals and ways for the family to bond. How does it look each time they return or come back to your new blended home? Do you eat dinner together? What does the nighttime routine look like? And, while you're creating time for the entire family to be together, you also want to remember to carve out opportunities for the "original" family to spend time as they used to before the transition.

EMPHASIZE EQUALITY.

It's imperative that you and your new partner have the same expectations for your biological and non-biological kids. This includes chores, the rules you set (such as curfew), and the financial obligations they have (such as whether they pay their own cellphone bill or pay for activities with friends).

Share the house rules and then stick with them, says Asquith. "Consistency is the name of the game, always."

Remember though, that no matter how hard you try, creating equality is always challenging and almost not achievable, even for non-blended families. "Get ready for your kids to tell you that things aren't fair, but do the best you can," she says.

HELP BUILD RELATIONSHIPS BETWEEN STEPSIBLINGS.

Remember that your teen has always held a certain "role" in the family dynamic, and this can shift as more kids join the fold. Maybe your daughter was the baby of your family, but now she's the middle child and almost unwittingly, the expectations of her change.

Keep that dialogue open and resist the urge to try to make them automatically become BFFs with the other kids. Those relationships will be built over time.

Above all, at the core you're still a parent, putting your family first, points out Asquith. Parents are going to have hiccups and successes along the way, no matter what the family looks like. ■

BROADWAY! SUMMER CAMP ★ with An American in Paris

JUNE 26-30

A musical theater camp unlike any other for teens (14-19) who love to act, dance and sing. Includes master classes with Broadway professionals and a ticket to *An American in Paris*!



Inspiring performance.

216-640-8458

You want the best for them

So why not help them get the best start on their future?

The Advantage Parent Loan is a great option for parents of students who need additional money for college. Fixed interest rates start as low as 4.45% with auto pay.

Apply today at
advantageeducationloan.com



East Coast Custard - We're the Cherry On Top (And the Custard that Goes With It!)

Having a special event? Delight your guests with a cone or sundae from East Coast Custard, Cleveland's finest frozen Custard! Our truck will come to you, wherever your event is located.

We Cater all special occasions, including:

- Birthdays
- Graduations
- Weddings
- Sporting Events
- Schools
- Class & Family Reunions
- Company Parties & Picnics
- Vending Events
- 25 to 2,500 People
- Since 1985



CONTACT OUR PARTY PLANNER TO RESERVE YOUR DATE
(877) 340-4204 www.eastcoastcustard.com

SHELTER PET & FASHION ICON

Amazing stories start in shelters and rescues. Adopt today to start yours.

TOAST 325K+ Instagram Followers



Start A Story. Adopt
theshelterpetproject.org



PORNOGRAPHY

The Conversation Changes by Age

By Diana Simeon

My daughter watched online pornography when she was just 12 years old. She and her friend were curious about some of the terms they'd been learning in health class. They went to Google—and well, you can guess what happened next.

I was shocked when my daughter told me what she'd seen. I knew online pornography existed, of course, but until then I didn't really get just how easy it was for my daughter to access it.

Over the years, I've heard similar stories from many parents. In fact, a 2008 study by researchers at the University of New Hampshire, published in the journal *CyberPsychology and*

Behavior, found that more than 90% of boys and 60% of girls were exposed to pornography before the age of 18. And that was in 2008, before most adolescents had a smartphone in their pocket.

So, what's a parent to do? For starters, younger adolescents should be prevented from accessing pornography as much as possible. You can help by adding a filter that blocks explicit content to your home Wi-Fi network (google parental controls).

If you believe a younger adolescent has viewed, tried to view, or is even curious about pornography, talk about it.

“Rather than frame it as, ‘I don’t want you to watch porn,’ it should be, ‘Here’s what you need to know,’” explains Elizabeth Schroeder, EdD, MSW, a sexuality educator and co-founding editor of *American Journal of Sexuality Education*. “It’s making them an educated consumer. ‘I don’t think you should be watching porn, and here are the reasons.’”

What younger adolescents should know is that explicit content is not appropriate (or healthy) at this age, that it is for grown ups only, and that your adolescent’s responsible use of his device does not include accessing such material.

“A child in middle school is a concrete thinker,” says Schroeder. “Adults can look at it and see it as a fantasy, but kids don’t know that. They see body parts. Huge penises. Ridiculously huge breasts, and so what they are getting from pornography is information versus understanding it as a fantasy.”

As teenagers get older—and more sexually mature—the conversations must be different, however. It’s not that all teenagers will watch pornography, but as the UNH study suggests, many do. They may search for it out of curiosity; they may feel pressured by peers to watch it; or (cover your ears) they may enjoy it. And like having sex, there’s not a lot you can do to prevent it if your older teenager is de-

termined. Instead, experts say, parents should focus on preparing teenagers to have healthy sexual lives—and relationships—in a world that includes easy access to pornography. Here’s how to get started.

1. Don’t let pornography teach your teenager about sex.

Few parents relish the idea of talking about sex with their teenager. But if you don’t do it, someone or something else will. And for boys in particular, there’s a good chance the something will be pornography. “A lot of boys say they started watching porn because they wanted to learn about sex,” explains Andrew Smiler, Ph.D., a psychologist and author of *Dating & Sex: A Guide for the 21st Century Teen Boy*.

In general, boys are more likely to seek out pornography than girls. The UNH study found that 42 percent of the girls who had seen pornography had not sought it out, while only 6.2 percent of boys who’d watched pornography had done so inadvertently.

Still, this is an important conversation for both genders. And if you want your teenager to learn your values, then you need to be talking about sex well before your teenager discov-

ers pornography, say both Smiler and Schroeder.

It can be helpful to think about these conversations broadly as: What do I want to teach my child about being in a relationship? Sex is a part of that, but not all of it. What you talk about depends on your child’s age, explains Smiler. Early on, it may be more, “What does it mean to be someone’s boyfriend or girlfriend? What are the expectations?” he explains. “This then becomes some of the groundwork for later conversations.” Those later conversations should include specifics about sex, like the fundamentals of safe sex, but also what it means to be in a healthy, consensual sexual relationship (which is not what your adolescent will learn from pornography).

2. Talk about pornography.

Parents who have these kinds of ongoing, wide-ranging conversations about sex will have an easier time talking about pornography. And you should be talking about pornography by middle school, which is when many adolescents will first encounter it. Have you seen it? Do your friends watch it? Why do they watch it? The goal is not to shame, but rather to talk about what pornography is and why you don’t believe your teenager should watch it.

Again, simply telling a teenager, especially an old-

er teenager, not to watch pornography doesn’t work. “It disempowers,” says Schroeder. “And whenever you tell a kid not to do something, that’s what they want to do.”

There are many reasons for not watching pornography that parents can talk about with teenagers. Chief among them: It gives all the wrong ideas about sex.

Says Smiler: “The story lines, if you will, and the set of bodies that show up on screen are pretty narrow. All the guys are well cut. All the women have a particular body shape. No one has body hair.”

There is also little-to-no verbal consent in pornography; much of it is demeaning to women (and it can also be violent and disturbing); everyone is always “in the mood”; and it’s mostly a straight, male perspective on sex. “It’s this one narrow version of sexuality and how it is supposed to look,” says Smiler. In other words, if pornography is how your adolescent is learning about sex, it’s not a great basis for developing a mutually pleasurable sex life with a partner.

The jury is still out on whether viewing pornography during adolescence causes long-term issues. Studies that expose minors to pornography would be unethical, explains Schroeder, so it may be some time before

we know what this generation's easy access to pornography means (versus the old days, when dad's *Playboy* or your parent's *Joy of Sex* was about as racy as it got).

"Boys who are watching a lot of porn and have very little direct experience of their own learn that sex should look this one particular way," says Smiler. "Then at some point when they have a partner, they have a script in their head that may not match the reality they are trying to experience."

Smiler recommends parents talk about these kind of specific downsides of pornography with old-

er teenagers. "You might also ask, 'Are you going to be disappointed by your partner's actual body?' We know that the idealized form you see in pornography is a minority of the bodies out there."

3. Don't freak out.

So, you've discovered your teenager—or tween—has watched pornography. Perhaps you've even walked in on your teenager in the midst of watching it.

Rule No. 1: Stay calm (and don't shame).

"As best you can, do not freak out, or at least do not freak out in front of your

child," says Smiler. "If this is something that he has been doing and enjoys and you freak out in front of him, you are losing some cred. 'Mom or dad freaked out the way I always knew they were going to, and now I am going to have to sit here and endure this conversation.'"

Schroeder agrees: "You want to remain calm. Kids are in tune to how we say things before they are in tune to the words."

Instead, if you've walked in on it, ask your teenager to turn off the computer. "Say, 'We will talk about this in half an hour.' Go and get yourself collected," says Smiler. If you've

discovered it on the computer or phone, then say you want to talk about what you found.

"It's going to be a hard conversation at that point," says Smiler. "You might just start by asking why they are looking at pornography and what they like about it." Then calmly explain your concerns.

Last, but hardly least: Try to keep the conversation about healthy sexuality going (even if it's "just listen for 10 minutes while I tell you this"), says Schroeder. It will become easier and less embarrassing (well, maybe). And even if it seems like your teenager isn't listening, he is. ■

SOLON HOME DAYS 2017



FRIDAY, JULY 28 5:00-10:00 p.m.

SATURDAY, JULY 29 12:30-10:00 p.m.

SUNDAY, JULY 30 2:00-7:30 p.m.

PARADE: SUNDAY, JULY 30 1:00-2:00 p.m.



To obtain a sponsorship or for more information regarding 2017 sponsorships please contact Rich Parker 440.248.5747 or RParker@solonohio.org or Maria Farley at MFarley@solonohio.org or 440.349.6720.



ASK THE DOCTOR

Anxiety

Anxiety is a mental health condition that often emerges in early adolescence. What should your teenager know about anxiety, and what are the best ways to treat it? *Your Teen* turned to Dr. Laura Markley, a Child & Adolescent Psychiatrist at Akron Children's Hospital, for answers.

Doesn't everyone feel some type of anxiety?

Most people experience anxiety from time to time, but for a teen with an anxiety *disorder*, the anxiety tends to worsen over time and can interfere with daily activities such as school work, relationships, and sleep. About one in four teens will experience an anxiety disorder at some point in their life, and about one in 20 will experience a severe anxiety disorder.

Do you see a link between anxiety and social media?

Social media and the internet can have positive uses in our lives, but with this generation, it seems to have become the new medium of communication to the detriment of in-person conversation. What I have observed is that teens may have a high quantity of relationships, but a decrease in the *quality* of relationships. I see this causing a struggle to identify, articulate, and open up about their feelings.

Communication over social media and texting, instead of conversing in person, is hampering the ability to communicate when they need help or are feeling anxious and need to talk through those feelings. Teens can be “connected” to everyone—and yet at times feel connected with no one. These feelings of emotional isolation can lead to or worsen anxiety.

Depression and anxiety tend to occur together, so a child who is anxious can become depressed, and vice versa.

How do parents factor into the equation?

Kids learn how to communicate from watching their parents at home. Parents must model how to interact and communicate with others, which should include regular family time away from screens. If “quality family time” is frequently spent staring at screens, our teens will struggle to learn how to express how they feel in general or when they need help.

What are the symptoms of anxiety?

Common types of anxiety include fearing social or performance situations in which a teen expects to feel embarrassed, judged, or rejected. Teens can develop anxiety that interferes with their ability to achieve in school.

Parents may first notice the development of physical symptoms. A teen may have headaches, feel sick before school, have diarrhea, or report chronic stomach pain with no physical cause. Sometimes there is a pattern to their illness where the child feels sick on school days, but is fine on the weekend. Parents should know that in most cases they are not “faking it”—their emotions are overloaded to the point that their body is experiencing symptoms. There may be noticeable changes in their normal appetite and/or sleep patterns, either difficulty sleeping or sleeping all the time. They may have difficulty concentrating in school, which can lead parents to become concerned about ADHD

because of falling grades, but we commonly find instead that the patient is anxious/depressed. A parent might also notice a withdrawal from friends or family, or activities they used to enjoy. Depression and anxiety tend to occur together, so a child who is anxious can become depressed, and vice versa.

What is the treatment for anxiety?

Treatment considerations for anxiety are psychotherapy and medication. Your teen’s primary care physician is a great first step for recommendations and treatment for anxiety.

Therapy is often the first-line treatment for anxiety disorders. Cognitive behavioral therapies are very effective, especially for younger populations. These therapies teach an adolescent coping skills so they can stop, check their thoughts, and confront the thoughts that bring on anxiety to gain better control of their anxiety. They may learn to cope using a medium that appeals to them, such as art, music, keeping a journal, jogging, or exercise.

Depending on the degree of impairment, therapy plus medication may be appropriate. If a teen can’t function (they are missing school, isolating themselves, etc.), or if they are experiencing worsening depression, then Selective Serotonin Re-Uptake Inhibitors (SSRIs), commonly called “anti-depressants,” may be recommended. SSRIs are effective in treating the biological imbalances in the

brain that contribute to anxiety. In general, sedating medications, such as benzodiazepines (Xanax, Ativan), are not recommended in treating anxiety disorders in youth, because they can impair cognitive abilities and development in young brains.

The good news is that treatment works, but it takes time and patience. A patient should feel improvement in 2-3 months (sometimes sooner), and experience remission in 3-4 months with combination treatment. It’s very important to continue treatment after remission to solidify the gains the teen makes and prevent relapses. Too often when things get better, a teenager will stop going to therapy and taking their meds. This can lead to a rebound of their symptoms.

What advice do you have for parents of teens?

Treat mental health concerns with the same importance and urgency as physical health concerns: the sooner you address an illness, the better off your child will be. Don’t wait to see if things improve on their own, and don’t take issues lightly. If a teen musters the courage to tell you something is wrong, take it seriously. Most importantly, be available. Model good behavior with screens and social media. Have as much interaction with your kids as possible where they have your full, undistracted attention. ■



S U C C E E D

At Bowling Green State University we're focused on your success. From immersive first-year programs, learning communities and undergraduate research to internships, co-ops and study abroad opportunities, BGSU provides all the resources you need to succeed.

BGSU will engage, challenge and prepare you for a meaningful future.

Bowling Green State University. It's All About 



**A ^{#1} PUBLIC
UNIVERSITY FOR
ENGAGING STUDENTS'
IN THEIR EDUCATION
— THE WALL STREET JOURNAL**

BGSU.
www.bgsu.edu





ROTC: A College Degree and a Path to the Military

By Diana Simeon

Joanne Thompson's son, Kevin, first became interested in government service the summer before tenth grade.

"He went to a camp at American University," Thompson recalls. "It was about national security or something like that. When we picked him up he said, 'I would stay here forever doing this.'"

By the time Kevin was a senior in high school, he had decided to pursue a career in the U.S. Navy. "His senior year, he had two Plan A's," says Thompson. "One Plan A was the U.S. Naval Academy, and the other Plan A was the Navy Reserve Officers Training Corps (NROTC)."

Today, Kevin is a NROTC student at Virginia Tech University, where he's studying systems engineering. His NROTC scholarship pays tuition, books, and fees.

"When he graduates, he'll commission as an ensign in the Navy," says Thompson. "He will serve five years at a minimum. And he's proud to do so."

For high-school students interested in pursuing a career in the military after graduating from college, the Reserve Officers Training Program (ROTC) has long been a popular way to go.

These college-based programs—offered by the U.S. Army, Navy, and Air Force—allow students to earn a bachelor's degree, while also receiving training to prepare them for military service. Most ROTC students (who are called cadets, aka officers in training) receive scholarships to help pay for college. When they graduate, they are commissioned as officers and are obligated to serve from three to four years of active duty, depending on which branch of the military they go into. ROTC officers serve in all branches of the military; in any given year about 30 percent of newly commissioned active-duty officers are graduates of ROTC programs.

Competitive Scholarships

The Army, Navy, and Air Force run their own ROTC scholarship programs. Not surprisingly, there is stiff competition in all three branches for scholarships that cover full tuition, fees, and books for four years. "For the Air Force, these represent about five percent of all ROTC scholarships," says Capt. Daniel Work, a U.S. Air Force Recruiting Flight Commander for the Air Force ROTC unit at Ohio's Bowling Green State

Brought to you by **Bowling Green State University**, where students are prepared for lifelong career growth and leadership in a global society. Learn more at bgsu.edu.

University. “They are extremely competitive.”

Each branch requires a minimum GPA and SAT/ACT score to apply; some majors are favored over others—engineering, for example. There may also be a physical requirement—and like any other college scholarship program, a student’s extracurricular activities also come into play. Students interested in applying for ROTC scholarships can get detailed information, including deadlines, on the websites for the branch of service they’re interested in (see list at end of article).

In addition to applying for a ROTC scholarship, students must apply separately and be accepted to colleges where that scholarship can be utilized. In other words, the college must have a ROTC unit for the service you’re applying to. About 1,700 colleges and universities in the United States host ROTC units. The Army and Air Force both have around 1,100 campus programs; the Navy has around 150.

There are also less competitive types of ROTC scholarships. For example, the Air Force offers a Type 2 scholarship of up to \$18,000 a year, and the Army, Navy, and Air Force offer scholarship programs for students who join ROTC after they’ve already been in college for a year or two.

It’s also possible to try ROTC for two years (typically freshman and sophomore year) without committing to serving in the military. These students do not receive any ROTC scholarship funding and are under no obligation to serve until they are formally contracted. This happens when they (1) accept a scholarship or (2) when they reach the stage of becoming a professional officer candidate (typically junior year).

“It’s a risk free trial for two years,” says Work. “It lets them see what the Air Force is about. And there is no commitment

before junior year, so if they don’t like it, they can drop it.”

Indeed, at the end of the day, ROTC is about a commitment to serve in the U.S. military. “Low-cost college is not the reason to do this,” says Thompson. “You have to want to be in whatever service you want to be in.”

For Thompson’s son, ROTC is going well so far. “He works really hard,” she says. “He’s learned some really good leadership skills. He’s now a sophomore and more confident. It’s been fun to watch.” ■

A Day in the Life

What’s it like to be a ROTC cadet?

In part, that depends on the college, the specific unit, and the branch of service, explains Capt. Daniel Work, a U.S. Air Force Recruiting Flight Commander for the Air Force ROTC unit at Ohio’s Bowling Green State University.

At Bowling Green, Air Force ROTC cadets exercise together several times a week. They also attend a weekly “leadership laboratory,” where they learn drills and other skills they will need. (At BGSU, this is the only day of the week cadets are required to wear their uniform). In addition, they attend a weekly class that helps prepare them to serve as officers in the Air Force.

“It’s a college course, but the content is Air Force-centric,” explains Work. “It’s a combination of Air Force history, an in-depth look at the operations the Air Force provides for the country, and other information the cadets will need when they commission and become officers. We want them to be able to hit the ground running.”



Other than that, they’re college students just like everyone else at BGSU, says Work.

At some campuses—including Virginia Tech, which is one of six senior military colleges in the country—cadets live a more military lifestyle.

“As a freshman in the Corps, my son was in Alpha company, and all the Alpha freshmen live together and move around together,” explains Thompson. “They wear their uniforms to class. But after about 5:00 p.m. and on weekends, they’re just regular college students.”

Cadets may also be required to participate in summer programs. For the Air Force ROTC, that includes field training between sophomore and junior year, explains BGSU’s Work. “They’ll go through additional leadership and other kinds of training, like simulated deployed environment obstacle training and weapons qualifications training.”



Learn More At ...

Army ROTC www.goarmy.com/rotc.html

Navy ROTC www.nrotc.navy.mil

Air Force ROTC www.afrotc.com



TO BENEFIT
the gathering place

*Celebrate
National Cancer Survivors Day®*

Sunday, June 4, 2017
5k or 1 Mile
at Beachwood Place - Rain or Shine

SUPPORTING SPONSORS



Media Partner



www.racefortheplace.com
216.595.9546



Photos Courtesy of: Bob Churgovich, Marc Golub Photography, Jeff Ivey Photography and Joe Vanacek



Photo: Beth Segal

Allowance? Does it Make Cents?

By Sharon Holbrook

Maybe you gave an allowance to your 7-year-old, and it was a simple matter of a couple of singles a week he could use to buy gum or Pokémon cards. Or maybe you thought about giving allowance, but never really got around to it, because you were just busy.

Either way, adolescence is a good time to revisit this topic again. Your children are wanting bigger-ticket items like cell-phones, concert tickets, and designer clothes. They're thinking about summer jobs, and you're thinking about college expenses. Also, you were kind of hoping they'd be a little more responsible about money by now.

Where does allowance play into all this?

First off, you don't have to give allowance. For some families, it sim-

ply isn't in the budget. Also, Beth Kobliner, author of the newly released *Make Your Kid A Money Genius (Even If You're Not)*, has reviewed academic studies on allowance from around the world, and she's found that there's no consensus on whether allowance is always a benefit to kids' financial development.

Ron Lieber, author of the bestselling *Opposite of Spoiled: Raising Kids Who Are Generous, Grounded, and Smart About Money*, is an enthusias-

tic proponent of allowance as a learning tool, assuming a family can afford it. "It's in the same category as art supplies, books, or sports equipment. We want them to 'practice money' and get good at it, the same way we want them to practice and get good at all those other things."

If parents decide to give allowance, it should never be tied to the completion of chores. Kobliner, Lieber, and nearly every other money expert agree on this—kids should do chores simply

*Be clear about expectations.
Decide and communicate what
you're asking them to pay for.*

because they are part of a family. And being in a family means pitching in and working together. No one should be able to opt out of chores by forfeiting allowance.

Another rule for successfully managing allowance is to be clear about expectations. Decide and communicate what you're asking them to pay for with this allowance, Kobliner says. That's going to be different for each family, of course, depending on your family's lifestyle and needs.

Lieber offers a straightforward philosophy to determine allowance

or spending budget for your teen. "We want them to have enough so they can get all the things they need and some of the things they want, but not so much that they don't have to make a lot of really hard choices." It's in making those choices, and having to tease apart their wants from their needs, that kids develop into adults who are responsible spenders and savers.

So maybe you'll shell out for a Lands' End winter coat, but not the designer name she wants. She'll have to make the tough decision whether to take that extra money from the bud-

get and sacrifice somewhere else. As Lieber says, handing over some of this control (and the consequences) is "a relatively low-stakes real-world experience in bargain-hunting and thinking about which things are most important to them."

And that's the bottom line about what parents should focus on when it comes to allowance in these years: we're providing the opportunity to practice and fail now, when they're still young and under our roof. Better now than in their twenties. ■

URSULINE COLLEGE PRESENTS ADMISSION PREP PROGRAM FOR RISING HIGH SCHOOL JUNIORS AND SENIORS



WEDNESDAY, JULY 12

The college application process can be daunting. Set aside a day – on the beautiful Ursuline College campus – to focus on the steps to success! This free workshop helps rising high school juniors and seniors prepare to apply to their dream college.

We'll break the process down into manageable steps and offer:

- **Anatomy of the Application Process**
- **An ACT prep workshop**
- **A college application essay-writing workshop**
- **Other breakout sessions tailored to your interests**

Ursuline

Registration is limited. RSVP at ursuline.edu/admissionprep or call 440-684-6047 for more information.

The Benefits of Siblings Sharing Bedrooms

By Laura Richards

The topic of bedrooms is a hot one in our house because we have three bedrooms for four kids, which means someone needs to share. Thankfully, my 15- and 4-year-old have an amazingly close bond and share a room by choice—which amazes me, but for now, it works.

For some families, the process isn't as easy, and sharing is a challenge. So, what if your teen must share with a younger (sometimes much younger) sibling?

"Teens can be sensitive to issues regarding space and having to share," says Dr. Jennifer Guttman, a clinical psychologist with practices in New York and Connecticut. It's helpful to be understanding, while also having a mature conversation about the family's needs. For example, I know it's hard to share a room with your sister, but this is the space we have right now. "Reinforce for your teen the importance of being flexible in the situation and being a positive role model for a younger sibling," adds Guttman.

It's also important to explain to the younger sibling that teenagers need their space, suggests Dr. Guttman. She recommends parents ask the younger sibling to help out by letting the teen have some alone time in the room during agreed-upon times. Explain to both kids the importance of working together as a family to solve problems (including space issues).

At the same time, it's extremely important that both siblings feel they have their own space—and parents can take steps to help children feel that way, even if they are, in fact, sharing a bedroom.

"When you're growing up, especially when you are a teen, it is a wonderful thing to know your bedroom is yours and only yours," says professional organizer Christina Giaquinto, owner of Christina Giaquinto Organizing. "Being free to decorate it as you want and truly create a space of your own is empowering."

Giaquinto shared some tips for accomplishing a successful room.



1 Create two areas within the bedroom so each sibling has a space that is entirely their own.

A shared bedroom shouldn't have a uniform look. Allow both siblings to bring their personality to the décor in their area. If your 6-year-old loves dinosaurs, allow him to add that to the room. And if your 15-year-old loves the Yankees, let him put up a poster. This allows both children to express themselves creatively.

3 Like Dr. Guttman suggests, organize times when each child has the room solo. For example, if your 15-year-old wants the room to do homework, listen to music, or hang out with a friend, organize a schedule from 3:00–5:00 p.m. to be your oldest son's time in the bedroom.

4 Within the shared areas, keep things neat, organized, and labeled. For example, one desk drawer can be for your older child's homework and school papers, while another drawer is specifically for the younger one's coloring books and crayons. This again creates an environment that is shared, but still has specific areas designated to each child.



Dr. Guttman stresses the importance of having discussions with kids about family and working together. Those conversations can make living in close quarters easier, while also promoting your children's long-term relationship. "Siblings know each other longer than anyone else on the planet will know them," notes Guttman.

It has worked for our family, and I hope it will work for yours, too.

We have implemented Dr. Guttman's and Christina Giaquinto's suggestions in our own family for our sons who share a room. My 15-year-old occupies one half of the bedroom with our

4-year-old on the other. My 4-year-old has lots of stuffed animals that he keeps in his old infant Moses basket so they are contained and organized. My 15-year-old keeps his skateboard collection in a row along one wall. We've made it clear to both boys the importance of respecting each other's things. This is really geared to the 4-year-old who is far more intrigued by his older brother's cool stuff than the 15-year-old is with preschool toys! With good communication and respect, it can be a doable situation. When I hear the two of them chatting in bed at night it warms my heart knowing they are forming an indelible brotherly bond. ■

Check Out Notre Dame College

... where **every** student is our most important student

For nearly a century, Notre Dame College has offered an outstanding education with a personal touch and caring heart.

- Serving the needs of all students, on campus and online
- More than 30 career-focused academic programs including Nursing, International Business and Criminal Justice
- Small classes, personal attention, exceptional faculty
- Financial aid and scholarships for Honors and STEM Programs; Band, Choir and Theater; Student Leadership; Cheerleading; Club Sports ... and more
- Big-time NCAA Division II athletics in a small-college setting
- Nationally recognized Academic Support Center for Students with Learning Differences

**Call today for information
or an appointment.**

Toll-free: 877.NDC.OHIO, ext. 5355 or e-mail admissions@ndc.edu



NOTRE DAME
COLLEGE



NotreDameCollege



NotreDameOhio

4545 College Road, South Euclid, Ohio 44121 • 877.NDC.OHIO

NotreDameCollege.edu

Cyberbullying So Subtle You Might Miss It

By Mary Helen Berg

You know what cyberbullying is, but that doesn't mean you always recognize it. Some forms of cyberbullying are so subtle, even the savviest parents miss them. And yet they can still be as cruel and damaging as more public forms of bullying.

An awareness of these sneaky techniques will help you guide your teen through complicated social media relationships. Here are some classic examples of these more subtle forms of cyberbullying.

The Exclusive Photo

This tactic uses photos that show a group of friends having fun as a tool to make others feel isolated or unpopular.

"There's no crime in posting an image of what you're doing," says Signe Whitson, a national educator on bullying prevention and author of *8 Keys to End Bullying: Strategies for Parents & Schools*. "But in this case, the person who's left out is very aware that their friends are sending them a message that 'Hey, we were all invited to this party, or we all went out after the soccer game, and you specifically were not invited.'" Some teenagers take it a step further by tagging the person being left out.

Aggressive Liking

Clicking the "like" button on social media is intended to send a positive message. But when a frenemy follows your teen online and aggressively "likes" ev-

erything your teen posts, it becomes a form of mockery, says Caroline Knorr, senior parenting editor for Common Sense Media.

"It's done to intimidate," she says. "It puts the original poster on notice that everything you're doing is being observed by someone who doesn't like you or doesn't have your best intentions at heart."

No Comment

Tons of comments and "likes" are a sign of support and affirmation, so if your teen's online post is greeted with silence, she may feel humiliated. Cyberbullies sometimes coordinate efforts behind-the-scenes to purposely limit responses, Whitson says.

Young people gauge their self-worth on the number of likes and followers they get, Whitson explains. When a post gets zero response, "It's like shunning. It's awful."

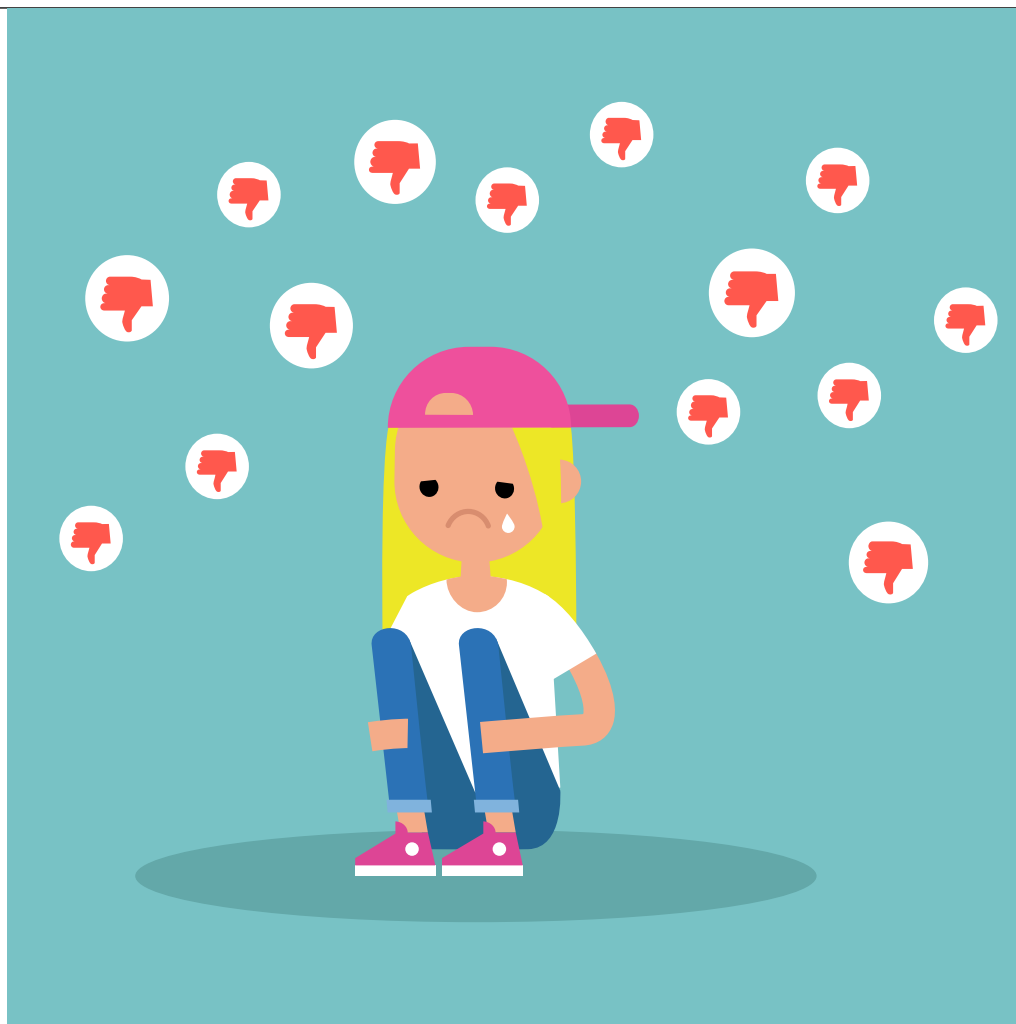
Griefing

This form of cyberbullying occurs in the online gaming world, when one player follows another and harasses him by intentionally sabotaging his game. "Griefing borders on stalking," Knorr says. "A griever can come in and dismantle everything you've done so you can't go anywhere in the game."

Sub-tweeting/ Sub-booking

A cyberbully uses Twitter (sub-tweeting) and Facebook (sub-booking) to post negative comments about an individual without naming her, but does so in a way that makes clear who is being discussed.

"It's intimidating and it's also humiliating because everybody sees it," Knorr notes.



CYBERBULLYING: HOW PARENTS CAN HELP

Start by lending an ear when your teenager wants to talk. Peers can be mean in many ways, online and off, and sometimes just letting your teenager dump about it goes a long way. If your teenager wants advice, great. If not, let it go. You've still helped by listening.

You can also talk more generally about mean cyber behavior and cyberbullying as a way of getting your teenager to open up. I've heard some teenagers will post negative comments about someone, but not use their name. Have you seen that?

Here are other ideas from Knorr and Whitson:

➤ For younger adolescents, consider installing parental control software. By viewing your adolescent's online activities, you can get a good idea of whether things are positive or negative in their online life (and whether you need to intervene).

➤ Advise your teenager to block people who use these tactics, or to just sign off social media—but most teens won't want to do either, says Whitson.

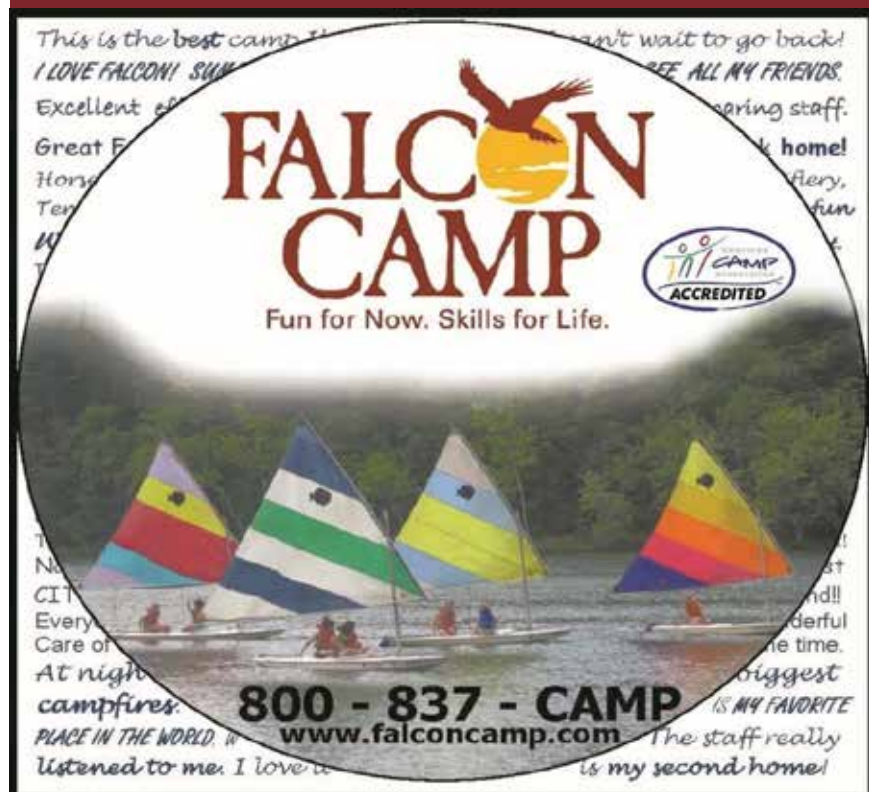
➤ Remind your teen that she can flag and report offensive behavior to the social media platform or game moderator. Take screenshots of bullying statements or photos. Encourage

your teen to strategize with you, or another trusted adult, when questionable behavior occurs, says Knorr.

➤ Finally, ask your teen to stand up for others. Uniting with peers is the best defense against cyberbullying.

“Reach out to the victim and say ‘I support you,’” encourages Knorr, “because what bullies try to do is isolate their victims and intimidate everybody else who might stand up for them.”

Ohio's Premier Summer Camp



Top 10 Camp in USA!

- EarlyChildhoodEducationZone.com

**Selected as Ohio's
"Coolest Camp"**

– Philly.com

Program Excellence Award presented to Falcon Camp

- American Camp Association Ohio

Join campers and staff from Ohio and around the world to experience the best summer of your life -

Don't miss out - Camp is filling Now!

Interview with E'myri Crutchfield from *Roots*

When we watched the History Channel remake of the mini-series *Roots* last year, we were riveted by actor E'myri Crutchfield, who plays the young Miss Kizzy. This issue, we were thrilled to have the opportunity to talk to 16-year-old Emyri and her mom, Erica.



When did you know you wanted to be an actor?

E'myri: Well, I've always been very outgoing. When I was six years old, my mom and I would go to the mall. I would stand in the jewelry section in a store and try to sell jewelry to the customers. People started telling my mom to put me in acting class because I was so outgoing.

Erica: Before we went anywhere, I would threaten her and say, "Do not open your mouth. Don't talk to anyone. Don't do anything." She'd prom-

ise, and then as soon as I turned my back, she'd sneak off and I'd hear her voice and find her with a crowd around her. Constantly.

Where do you go to school?

E'myri: Now I am in a regular high school, but when I first started auditioning, my mom was home-schooling me. And when I'm on set, then I'm also home-schooled.

Is it hard for you to go back and forth?

E'myri: Socially it isn't hard, but ac-

ademically it is. When you're home-schooled or on a set, there's not a lot of structure. This is my first time in years being in a structured school. So that's been difficult.

Erica, what worries you as the mom of a 16-year-old actor?

Erica: E'myri will leave me soon and be in the world doing this by herself. I just hope she carries on what I have tried to instill in her. I want her to have a discerning spirit of who she is, what she is, and where she is, and to keep her head focused.

Do you have set rules with E'myri?

Erica: This is my first teenager, and this is the hardest time of my life. I either want her to go back to being a child or hurry up and be 18 and go to college. Like other teenagers, she thinks she's a grown-up or that I'm wacky and don't know anything. I do have rules and she does get punished. I'm trying to teach her that it doesn't matter how old she gets, there are rules—in my house, at school, college, when you walk out the door. But sometimes she thinks she shouldn't have to follow the rules, and that can be frustrating.

What would you say to the many teenagers out there who want to do what E'myri is doing?

Erica: Everyone thought I was crazy. I left my work, drained my account, and flew her to California two years in a row. My husband would say, "Erica, everybody out there thinks their kid can act, what makes her so special?" But I knew in my heart and so did E'myri. So, we



E'myri Lee Crutchfield (as Young Izzy) and Malachi Kirby (as Kunta Kinte) in *Roots*.

took a risk. And if we hadn't, she probably wouldn't be here. She wouldn't have done all this. So I say to anyone who has a talent or a passion, go for it. Do it. Keep going. You might get a million *no*'s, like we did for the first two years. But it only takes that one *yes*, that one person to discover you.

What would you add, E'myri?

E'myri: A lot of times, I wanted to give up. I had friends who started acting at

the same time as me, and they were booking jobs right and left. It took me two years to book my first job. I was just very discouraged, and my mom and my acting coach kept me on my course. So I just say, "Don't worry about what other people are doing because you are who you are." God has something in place for everyone. Just because someone else is doing or getting something does not take away from you or mean you won't get there, too. ■



★
MANY NEW
OFFERINGS
FOR SUMMER
2017!

LAUREL
Dream. Dare. Do.

Ready. Set. Summer!

Summer at Laurel 2017

Join us for exciting sports, adventure, theatre, science and specialty camps for girls and boys entering Preschool through Grade 12. We have a range of half- and full-day options as well as Before- and After-Camp Care.

JUNE 12–AUGUST 4, 2017

For more information and to register, please visit LaurelSchool.org/Summer or call 216.455.0154.

LYMAN CAMPUS
One Lyman Circle
Shaker Heights, Ohio

BUTLER CAMPUS
7420 Fairmount Road
Russell Township, Ohio

Healthy Responses to Self Criticism

By Rebecca Meiser



Photo: Beth Segal

There was a time, not too long ago, when, in the eyes of Sammy, their teenaged daughter, Deborah Smith and her husband could not say or do anything right. Sammy was going through a phase where she felt insecure about almost everything: her appearance, academics—and especially how her parents would act around her friends.

“One time, at a school event, my husband made a joke, and Sammy just burst into tears in embarrassment,” Deborah recalls. “It was like she felt judged all day, every day.”

Deborah hurt for her daughter—and also a tiny bit for herself. Insecurity—the feeling that you are not good enough—is terrible for a teenager, and just as awful for the parent who is watching.

“It’s difficult to hear our children speak poorly of themselves,” says Dr. Deborah Gilboa, a parent and youth development expert and founder of the advice site *AskDoctorG.com*. “Both because we like them so much and because we fear what their insecurity means. We fear the pain they’re going to experience and the bad choices they might make because of those insecurities.”

Often a parent’s first instinct is to deny their child’s statements. *No, you totally don’t have big teeth honey. Or: You’re good at math. That test was just really hard.*

As well-meaning as these responses are, turns out they’re not very helpful. “Denying your teenager’s insecurities makes your teenager feel invalidated. They just think that you don’t understand them,” explains Dr. Barbara Greenberg, a Connecticut-based clinical psychologist and co-author of *Teenage as a Second Language: A Parent’s Guide to Becoming Bilingual*.

Often, Greenberg says, these self-slanders about “feeling fat” or “feeling ugly” are really stand-ins for other, deeper emotions. “Your teen might have a fight with their peers, and then all of sudden they feel ugly,” Dr. Greenberg explains. “For a lot of girls, that’s code for something else that’s going on.” What Greenberg encourages in these situations is to keep the dialogue open and prod a little bit, asking your teen why she is feeling that way.

Though it may take some willpower on your end, it is possible to honor your teenager’s feelings without agreeing with him. “You can say things like: *I hear that you are feeling ugly. That’s not what I see, but I understand that’s how you’re feeling.*” Dr. Gilboa suggests.

Teens don’t always want you to fix their problems. Oftentimes, they just want your ear. “Sometimes the best thing we can do for our children is to provide a safe place where they can express their feelings without us trying to solve everything,” Dr. Gilboa explains.

And unwittingly, when we do try to fix things for our teenagers, we

can actually end up negatively affecting their self-esteem. “It disempowers your teenager and makes them feel incompetent,” Dr. Greenberg notes.

There are small things you can do, though, to help your child lift himself up. At home, give your child the opportunity to do things she is good at. If she has a keen design sense, ask her to help rearrange the living room furniture, for instance. Teens like to feel competent, Gilboa says. If your child is having a hard time socially at school, you can ask if he wants to join a youth group or try out a new summer camp. This gives him access to a different, wider net of people—which might be what your child needs to feel better about himself, Greenberg says.

It may help both you and your child to remember that everyone has insecurities. Even the most confident people hate the way their hair looks sometimes. It is part of everyone’s burden and journey in life to learn how to live with—and occasionally even cherish—these flaws.

Though her daughter is “mostly over” her sensitive phase (“*Thankfully,*” Deborah says), she knows the process to self-acceptance is never easy for either parent or child. Possibly the best thing a parent can do during this time is offer a child some grace and sympathy. ■



YOUTH CHALLENGE: A Place for Teen Volunteers to Have Fun, Find Friends & Make a Difference.

Does your teen need service hours?
Contact us today to
see how they can get involved.

(440) 892-1001 • youthchallengesports.com



PROGRAMS ON BOTH THE EAST AND WEST SIDES OF CLEVELAND

East: 19910 Malvern Road, Shaker Heights // **West:** 800 Sharon Drive, Westlake



**UNIVERSITY
SCHOOL**

www.us.edu/summer



BOYS & COED PROGRAMS • PRE-K - GRADE 12

DAY CAMPS • SPORTS CAMPS • ENGINEERING & DESIGN • DEBATE • THEATRE
ART STUDIO • SPACE CAMP • MUSIC COMPOSITION & SONGWRITING



I Never Thought It Would Be My Daughter

By Sandra Gordon

It was 12:30 a.m. on a Sunday last December when my cellphone woke me up from a dead sleep.

Earlier that evening, my 14-year-old daughter, Jane, had gone to her first formal high school dance and then to her first “after party.” I don’t consider myself a helicopter parent. In fact, my parenting style has always been more free-range. After all, I grew up on a farm in the Midwest. But that night, I kept my cellphone on my nightstand just in case.

“Come pick up your daughter now!” said a man’s voice mixed with thumping party music. My heart suddenly racing, I threw back the covers and scrambled in the dark to throw on whatever I could find. What was going on? As I drove through my suburban neighborhood, my panic mounted, as teens from the party began clueing me in. One caller, a boy, asked if I was on my way and if I was okay with alcohol. “No, I’m not!” I screamed.

“How much did she drink?” No answer.

At the luxury apartment complex where the party was held, I found Jane splayed on the cold tile of the first floor restroom, unconscious. She was wearing her favorite Lululemon black yoga pants and a white T-shirt, her pretty, long brown hair in a ponytail. I was stunned seeing her this out of it. Thankfully, another mom was there, holding up Jane’s head so Jane wouldn’t choke on her own vomit. “JANE! JANE!” I yelled. Her eyelids don’t even flutter.

The man who called nervously appeared. Fortyish and boyish-looking, he’s someone’s divorced dad and the party’s host. He had no idea how it happened, but just knew that my daughter drank too much. He wasn’t sure what exactly she drank. He just wanted me to get Jane out of there, as if it were possible for me to sling my gangly 125-pound daughter over my shoulder.

Maybe another parent would yell at him for hosting a booze bash for high school freshman and sophomores. Me? I was in a vortex of tears. Yet, I knew yelling wouldn’t

change anything. Instead, I focused on solving the problem. “CALL 911!” I said to one of Jane’s friends, who had wandered into the restroom to check on her. After what felt like forever, Jane was hauled out on a yellow stretcher.

In the local hospital emergency department, Jane’s clothes were cut off and IVs were inserted. She looked like a crumpled fawn in a mass of tubes. Her blood alcohol level tested at 0.2, four times the legal limit. She was the smell of a bar at closing time. “We see this every weekend,” said the young emergency medicine physician, shaking her head.

Roughly 4,300 teens die from alcohol poisoning every year in the U.S., according to the Centers for Disease Control and Prevention (CDC). Jane turned out to be one of the lucky ones. There wasn’t much to do but wait until she woke up. “Try to get some sleep,” the doctor said, while pulling shut the thick curtain that separated us from the ER’s main area.

While shifting in my green plastic chair all night, I decided not to wake my husband, who was still at home

sleeping, and I mulled over the events of the past week. When Jane asked to go to the after party, I saw the glint in her eye. I had a feeling alcohol was going to be there. Each night before bed for the past week, I had talked with Jane about the dangers of alcohol on the teenage brain, that because your brain is still growing, you’re more likely to develop a lifelong addiction. That consuming alcohol at such a vulnerable age can mess with your brain’s circuitry. As a health writer, I was up on the latest research.

Right before the party, Jane’s 16-year-old sister showed me a photo on social media of the event’s exact alcohol stash—a mass of vodka, whiskey, and beer bottles. “The party’s going to be lit!” the caption had read. At that, I sent Jane a text saying that she couldn’t go to the party after all. “I promise I won’t drink, Mommy,” Jane texted. I decided to trust her. After all, we had had those talks. But we might as well have chatted about the weather.

At 6:30 a.m., Jane, still a tangle of tubes, finally stirred. “How do you feel?” I say. “Safe,” she says.

"Safe?" I repeat.

Jane nods.

"You're in the hospital," I say. "You almost killed yourself."

"I'm so sorry, Mommy,"

Jane says, with a tear streaming down her face.

When we got home at 10:30 a.m. that Sunday morning, the parents of Jane's friends began calling and I pieced together what happened. Egged on by the "cool" sophomores, freshman Jane had downed seven vodka shots. Not knowing what she was doing, she passed out before she even knew she was drunk.

In 2010, there were roughly 189,000 emergency department visits in the U.S. by underage drinkers, accord-

ing to the CDC. I never want to know that statistic so personally again.

For weeks, I relived the terror of the cliché phone call, racing to the apartment complex, the haunting image of my daughter conked out on the tile floor and the alcohol coma at the hospital. And Jane? Well, thanks to anti-nausea medication, she didn't even get a hangover. She knew she made a big mistake. Still, she was mostly upset that her Lululemon yoga pants were in shreds.

Since Jane's near-death experience, there have been more talks about alcohol and how Jane's impulsive actions terrorized us all. My husband, Jane, and I attended two pricey sessions with a leading

teen therapist so we could drive home the point that even though she was mostly unconscious throughout the whole thing, it was a BIG deal. Jane must earn back our trust, the therapist said.

We're not sure how to do this other than one neighborhood pool party, bonfire, and hang-out at a time. I let Jane go because I know she needs to be with her friends, as all teens do. Yet, she has a firm rule. If alcohol gets smuggled in, it's off limits. "IF YOU DRINK ANYTHING, I'M SHUTTING IT DOWN!" I routinely say, glaring. Jane also has an 11:00 p.m. curfew. I always pick her up instead of letting someone else drop her off at home. She can't have a sleepover after a party either,

which is how many teens hide drinking from their parents.

What will happen when Jane does drink again at a party is anyone's guess. In the meantime, to help Jane feel safe and buy time until she's more mature and can hopefully make better decisions for herself, forget being a free-range parent. I now think of myself as a helicopter parent on steroids—or rather, a party drone, hovering just above Jane's pony-tailed head. ■

.....
Sandra Gordon is a freelance writer in the New York City area. Read more of her work at sandrajgordon.com.

A Hero's Journey begins here.

Wilderness canoe trips with Heart & Meaning

Since 1971 NWL has provided authentic wilderness and rites of passage experiences for youth ages 10 to 17. Within the context of a fun and challenging canoe trip, we use proven techniques in community building, group process, Native philosophies and storytelling to create a pathway through adolescence.

Girls ages 11 to 17 | Coed Youth ages 14 to 17 | Boys ages 10 to 17

Northwaters & Langskib Wilderness Programs

northwaters.com | langskib.com | 866.458.9974



WHERE "I CAN'T" BECOMES "I CAN!"

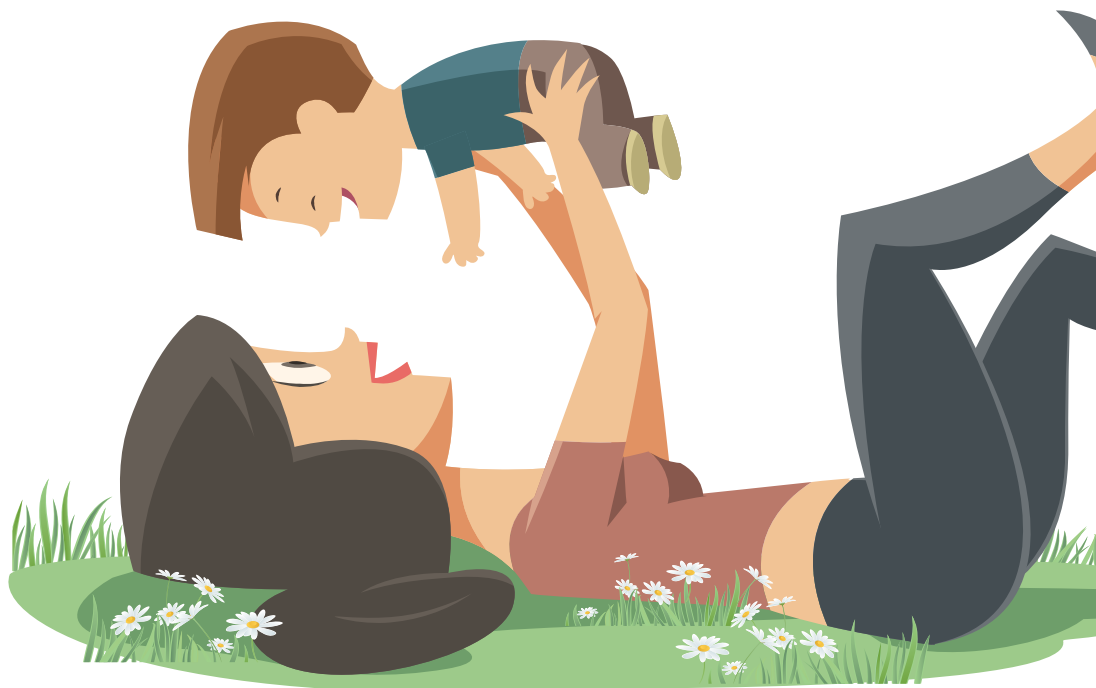
Galvin Therapy Center offers Interactive Metronome. This research based program helps children overcome attention, memory, and coordination limitations. Our premier clinic provides state of the art speech language, physical and occupational therapy. In addition, check out our effective ILS and ABT listening programs.



galvintherapycenter.com • (216) 514-1600

Best Buds

By Lisa Beach



We used to be best buds, my son and me.

My little shadow would follow me everywhere, running outside to get the mail, helping me water the flowers, watching me fold a load of laundry. Like two ice cubes frozen together, you couldn't pry us apart.

We used to do this little trick whenever I was about to gather up the laundry, where I would lie down on my back, knees parallel to the floor, and he would sprawl on top of my legs, facing me. We'd hold hands, and he'd start laughing, knowing what was about to happen.

"Do you want to help me with the laundry?" I would croon quietly to him.

"Yes!" he'd declare with a huge grin. And then I'd swing my legs up and down, giving him a ride on my shins, propelling him from horizontal to vertical and back again. He'd giggle uncontrollably, and when the laughter died down, I'd do it all over again.

But that was back in the days of giggles. Now, we live in the days of mumbles. And scowls. As my son slowly grew up, transitioning from a polite toddler to a moody teen, we grew apart.

My son, now 15, tolerates me.

As much as I try to become a part of his world, he keeps me at a distance with one-word answers, if he answers at all.

Because I pick him up from high school every day, we've got about 15 minutes of one-on-one time in the car as we drive home. Each day, I try desperately to connect with him, often falling flat within the first few minutes.

Knowing that a simple question like, "How was your day?" usually evokes nothing more than "fine," I ask him open-ended questions to peek inside his teenage world.

"Tell me something funny that happened at school today," I asked on our recent drive home.

"Well, there's this kid who runs down the hall after second period every day," my son revealed. "I call him Speed Racer because he is literally darting between all the kids in the hall trying to get to his next class. He does this every day, Mom."

Okay, not an earth-shattering revelation, but, at least, it's a conversation. I tried a different angle.

"What happened today that made you feel good?" I asked, hoping for a tiny teenage epiphany.

"Nothing," he replied, somewhat

annoyed, as I see the wall between us start to build again, one frown at a time.


"Nothing made you smile today? Maybe you got a good grade on a test, or someone helped you with a project, or a girl smiled at you or something?" I asked, grasping for a hint of what makes my son tick at 15.

His brows furrow, and I see that I've awakened the irritable beast lurking inside, sending him into an angry tail-spin. My innocently probing questions pushed him over the brink.

"Stop suffocating me! Why are you always so involved in my life, asking a million questions?" he lashed out at me.

"I'm just wondering how your day went, trying to get you to focus on the good stuff, that's all," I explained, feeling both defensive and defeated at the same time.

His body tensed as he turned toward the passenger-side window, staring vacantly at the passing cars. In the window's reflection, I could see the anger in his face. If he glanced over at me, he would have seen me biting my lower lip in frustration. He didn't bother to look, of course, and instead put his earbuds in for the rest of the drive home, literally tuning me out.



And so it goes, my son and me. We repeat this dance often—me leading the way with my unflinching love, my never-give-up attitude, and him resisting, every step of the dance.

I wonder if he even recalls our shadow-days together when he was a pint-sized extension of me? Does he remember the hours I spent decorating his fire engine cake for his fourth birthday, the games of flashlight tag we played at night in the house, the hours we spent walking through the neighborhood, or the countless trips to the library or the park? How about the back scratches, the tuck-me-in snuggles, the piggyback rides, or the butterfly kisses?

My heart aches for our days of giggles, as I struggle to find my footing in his sullen teenage

years. I realize this “don’t-poke-the-bear” phase is just a temporary detour, as my son becomes his own man, trying to escape the shadow of his younger self. But it hurts me to the core as he pushes me away in the process.

Some days, the dichotomy of our relationship then and now seems almost too stark a contrast. I wonder if our shadow-days will recede into a faded memory as we both tiptoe around a new strained normal between us. And I worry that we will never be best buds again.

But then, it happens like clockwork. Almost every night, no matter what’s transpired between us that day—arguments, snarky comments, silence, attitude, or frustration—my son asks me to tuck him in. My 15-year-old son still wants to

snuggle. He melts into his blankets, his attitude softens, and his heart opens. I prop myself up on his bed with one arm while I reach over and tickle his arm or scratch his back with the other. We relive something good that happened earlier in the day, and we exchange I-love-you’s in the dark. And once in a while, before I leave his room, we even exchange butterfly kisses, just like when we were best buds, my son and me. ■

.....
Lisa Beach is a freelance writer, humorist, mother of two teenagers, and recovering homeschool mom who lived to write about it. Check out her writer’s website at www.LisaBeachWrites.com and visit her humor blog at www.TweeniorMoments.com.

**YOUR CHILDREN HAVE RIGHTS.
I CAN PROTECT THEM.**



DEFENDING THE RIGHTS OF STUDENTS AND MINORS

A boutique law firm focused on the rights of students and minors. We address all education and special education issues. With extensive experience in our juvenile and criminal courts, we are uniquely positioned to address your family member’s legal needs

Education/School Law

- IEPs & 504 Plans
- Access to Special Education Services
- Student Discipline Issues
- Bullying & School Abuse

Delinquency & Criminal Cases

- Sexting & All Other Sex Offenses
- Drug Abuse/Possession
- All Traffic Offenses
- Theft



**AVAILABLE 24/7 • CALL TODAY FOR A FREE
INITIAL CONSULTATION
216-533-9533 • danmargolis.com**

SAT and ACT Prep

Also PSAT | SAT Subject Tests | College App Essays

- Chagrin Falls Location
- One-on-one sessions only
- 20+ Trained Tutors
- Proven results

Higher Scores mean Higher Merit Aid



www.academycustomtestprep.com

Contact Mark T. Coffin, Ph.D. • markc369@gmail.com • 440-448-7009

MENTION COUPON CODE ATP17A for 5% DISCOUNT

Must it always be about them? All About Me is a chance to talk about something other than your teen—finally.

What's in a [Nick] Name?



It was just your average weekend afternoon—a lazy day of random chores and a board game that we actually *all* enjoy (Rummikub).

“C’mon Flanka, could you take any *more* time?” one of my sons said to the other as he not so patiently waited his turn (surely to go “out” and win the game).

“Enough, Shwamba, I’m making my move,” he retorted.

My husband jumped in, and before he could complete the first word, one of them said, “Stay out of it, Chewy.”

We’ve had nicknames for all of the kids since birth—Cleetus, Splunk, Laineybird, Birdy, Cookie, Birdress, Rylo, Skooch, Skooch-Ma-Gooch, Goh-Gee—and they’ve had their own for us—Poof, Dooma, Foo-mico, Fooma, Nemo, Meeno. It’s endless and ridiculous, and it’s fascinating to me which nicknames stick.

Growing up, my sister and I babysat for the same family. She passed down the job to me when she left for college in 1983, and to this day, we call each other by “variations” of the names of that family. They talked about their cousins incessantly; they all had these crazy names like Srilly, Osna—which we promptly shortened to Lilly and Fosna (eventually Fosi).

In fact, it wasn’t until my kids were teens that they found out my sister’s real name.

I remember it pretty clearly. One of the cousins randomly said, “You know my mom’s name is Suzanne—not Lilly.”

“Ha ha,” said my oldest, as if it were the most ridiculous thing he’s ever heard.

“No really, Zach—her name is Suzanne. I swear,” said Ben, who was 9 at the time.

“Wait, *what*? Her name isn’t Lilly?” my oldest (then 14) asked, eyeing me like I had stolen his birthright.

“Yeah, Ben’s right—it’s actually Suzanne,” I said, as I finished setting the table, completely unrattled by the inquisition.

“Then why the heck do we call her Aunt Lilly?”

“Yeah, it’s a long story. I’ve called her that since I was little. I never call her Suzanne.”

“Yeah, clearly.”

I remember the look on his face—the way he looked at my sister, as if seeing her for the first time.

I kind of felt bad about it—mainly because I hadn’t even given it any thought that what I call her would be the name *my* kids would call her. It got me thinking, why do we call each other by nicknames?

“As humans we are programmed to respond to affection and kindness—

just like the family pet,” according to the Irish psychotherapist Sinead Lynch.

Oh—the family pet. The one we call Dippie, Fla-riopey, Plastic, Little Boo-Boo, Sauce? Yeah, her name is Moxie.

The explanation, in an article in the *Irish Examiner* I found online (thank you Google), continued: “One way to connect with someone is to create a ‘pet’ or nickname for them. A name that says ‘I know this person’.”

I call my brother-in-law Steversville (Stephen), my oldest and only niece (the one who made me an aunt has to have a special name) Flayva-Flay (Faye), my middle darling nephew, Willy Vanilly (Will), and my youngest cutie pie nephew, Bennifer (Ben).

It’s true. It’s my way of saying I know this person.

But probably the most telling of the research said this: “Nicknames give us a chance to lighten the mood and show people that we are up for a laugh.”

Anyone who knows me knows that’s my bottom line—always up for a laugh (even when it is far from appropriate).

So, I will continue using nicknames shamelessly, and know that someday, I will be sitting around with my children and grandchildren as they play games with Uncle Splunk, Aunt Birdy, and Uncle Cleetus—until someone tells them their real names.

We Treat People, Not Just Smiles.

We offer
orthodontic
treatment
for children,
teens,
and adults!

In addition to traditional
metal braces, we have clear
ceramic braces and Invisalign®
treatment available.

Call today to see how we can
help create the
beautiful smile you deserve.



440.349.5885

PHILIP D. BOMELI, DDS, MS
6370 SOM CENTER RD.,
SUITE 101 IN SOLON

www.solonorthodontics.com



Did you know? The American Association of
Orthodontists recommends all children receive an
orthodontic evaluation by age 7.

FREE Exam and
Consultation

Tech AND Trek

The New Liberal Arts: iPad-powered experiences

Hiram's Tech and Trek program puts an iPad Pro, Apple pencil and keyboard in the hands of every full-time traditional student.



Sure, the devices are key. Still, it is Hiram's New Liberal Arts: integrated study, high-impact experiences, and mindful technology that makes it truly transformational. Tech and Trek enables you to capture, connect and reflect upon life-changing ideas, feelings, images and questions, no matter where you are.

- **FaceTime or Skype** with students, friends or content experts anywhere, anytime.
- **Be part of a class** where faculty can assess your understanding on the spot so questions get answered and you don't leave confused by the material presented.
- **Download presentation apps** to create state-of-the art digital story telling projects.
- **Augment a written narrative** or essay with photography or videography.

ARE YOU READY TO START YOUR PATH OF DISCOVERY?

www.hiram.edu/techandtrek

HIRAM
COLLEGE

Contact the Office of Admission for more information: 800.362.5280